

# When You Make Clothes at Home



## Guaranteed Underwear

Everything about Stanfield's Unshrinkable Underwear is just right.

We have in stock all sizes and weights of this famous Underwear. Best of satisfaction assured.

"THE CLUB"  
112 Princess St.

SOME SPECIALS AT

## FISHER'S MEAT MARKET

- ROUND STEAK . . . . . 30c.
  - PORTERHOUSE STEAK . . . . . 35c.
  - STEWES . . . . . 18c. and 20c.
  - LEGS OF LAMB . . . . . 34c.
  - LAMB CHOPS . . . . . 35c.
  - PORK LOIN CHOPS . . . . . 40c.
  - PORK ROASTS . . . . . 38c.
  - HAMBURG . . . . . 29c.
- Choice Smoked and Cooked Meats.
- Corner of Princess and Clergy Sts.  
Phone 153.

## A. GREY

Photographer

wishes to announce that he has taken over the Photographing Business of W. L. Richardson, 151 Wellington street, and is now prepared to do first class work in this line.  
Workmanship guaranteed.  
PHONE 1788.



Here are some of the little things to remember about this year's clothes, when you make them at home:  
To begin with, when working with very heavy fabrics, like tricolette or duvetyne, which are of firm body, notch the edges of the fabric along hems and seams. This makes unnecessary a bulky second turn for hems, and is quite as satisfactory as a binding for seams. Make tiny notches and press the seams open nicely.  
When using a heavy fabric not so firm in body, bind the seam edges

and the edge to be turned up for a hem.  
Use weights in the corners of overskirts of heavy frocks, and in the corners of heavy coats or jackets which are part of suits. Tack these weights firmly in place to the under side of the hem at the corner, using a firm, strong thread and making the stitches secure.  
Use plenty of fasteners—hooks and eyes, buttons or snaps—and sew them on securely. One of the differences between cheap and expensive ready-made things is this dif-

ference in the way fasteners are applied. In the better class things they are put on just where they ought to be and there are plenty of them, and they are sewed so that they don't come off. We have all had experiences with the cheaper grade of ready-made clothes.  
Remember that one way to save money when you make a skirt with a long tunic or overdress is to use a cheaper fabric for the upper part of the foundation skirt. Use a fabric of a matching color, however, and have it extend down far enough so

that there is no danger that a strong wind will blow up the overskirt and show the foundation.  
A judicious use of beads and embroidery adds much to the finish of a blouse or frock this year. Look at the good clothes in the shops to get your ideas. One is this: Cut flowers from duvetyne in a contrasting color to that of the frock to which they are to be applied and sew them down on the gown with a one-two-three stitch with some loosely twisted floss or with some of the heavier, ribbon-like silks.  
forty for them to do more than dimly conceive. That is, in fact, a general summing up of their testimony; and those who say that the trivial reminiscences with which the departed establish their identity and prove their right to be attended to are all that they are occupied with—and all that they manage to get through—are unacquainted with the facts.  
Thieves are every day stealing the trade-mark of honesty.

### IS DEATH THE END?

Sir Oliver Lodge in October Yale Review.  
I assert on the strength of my experience that death is not a going out of existence, thought it is a separation of soul and body. It may be called the liberation of spirit from the trammels of the flesh; it may be expressed in various ways; and it is certainly a loss of the accustomed bodily mechanism. As such it would seem to be largely a disability and a loss. So it has usually been regarded. But if the fact of communication is established, we may hope to hear something on the other side of the account, and we may be told by those who are able to communicate that the loss is more than counterbalanced by gain. We may learn that the conditions into which they have entered are more favorable to their development, which is happier and freer than before. We can be told

that their attention and powers and memories persist, that these things were part of their permanent personality, and were not essentially connected or limited to the bodily instrument. The function of that was merely to enable their manifestation in the world of matter. They may go on to tell us that they have gained a larger comprehension of the possibilities and privileges of existence, and that they look forward to an end-less progress into state of being too

## DON'T SPECULATE INVEST

We cannot impress upon you the many advantages of buying at this store. Our stock of Men's and Boys' Clothing is new, well assorted and of the very latest styles.

## We Are Down On High Prices

- Come in, see our goods and make comparison. That is the logical thing for you to do. You will save money every time you buy here.
- Men's and Young Men's Suits—\$25, \$30, \$35.
- Men's and Young Men's Overcoats—\$25, \$28, \$30, \$32, up to \$40.
- Trousers—a very special offering—\$6.50.
- Raincoats—splendid quality, at \$15, \$18, \$20.
- Sweater Coats—all the way from \$2.50 up to \$8.00.
- Boots, Shoes, Rubbers, etc., at attractive prices.

## ISAAC ZACKS

271 Princess St.

## How Much Tobacco Will My Heart Stand

A Question Vital to Every Man Who Smokes or Chews

IT MAY COST A PRECIOUS LIFE TO FIND OUT BY EXPERIMENT.  
The heart of every user of tobacco bears a double burden. It does its allotted task and then fights nicotine for supremacy. As long as the heart wins he lives; when it loses he dies, but before the final victory of nicotine you pass through many stages of decline and decay and suffer many pangs. Hearts are like human beings—some are stronger than others; therefore, some hearts will stand more tobacco than others, but there is a limit to what any heart can stand. The man who puts this additional strain on his heart a dozen times a day by smoking cigarettes, a pipe or cigars, or chewing tobacco—is taking a madman's chance with health and life to lose and nothing to win but the chance that he may not lose them. He is indulging in a costly habit at the expense of precious health. Ask any doctor anywhere, and he will tell you that using tobacco is injurious and that it is far better to quit the habit than to experiment to find how much tobacco your heart will stand without serious results.  
But the thought of quitting is unpleasant to most men—men to those who know that tobacco injures them—and they really quit takes more will-power than they have, and causes more suffering than they can voluntarily endure. To quit the habit make it easy for yourself by getting Nicotrol tablets and taking them as directed. The habit really quits you, and its departure is a pleasure equal to its indulgence.  
If you want to know how much easier it is to quit the habit with Nicotrol than without it, go twenty-four hours without tobacco and note what an effort it costs you; then begin using it as usual and take Nicotrol tablets. At the end of a week discontinue smoking or chewing for a day, and it is probable you will have no desire to resume. At least your desire will be greatly diminished and another week or two should make it not only possible, but a pleasure, to quit.  
Note—Dr. Connor, formerly of Johns Hopkins Hospital, under whose advice Nicotrol has often been used, said when this statement was shown to him: "I have known Nicotrol to conquer the tobacco habit in less than ten days' time, and I can therefore recommend it highly." When the doctor's statement was shown to one of our leading druggists he said: "Nicotrol is truly a wonderful remedy for the tobacco habit, way ahead of anything we have ever sold before. We are authorized by the manufacturers to refund the money to every dissatisfied customer, and we would not permit the use of our name unless the remedy positively cures the habit. Nicotrol is sold in this city under an iron-clad money-back guarantee by all up-to-date druggists. (2)



## SATISFACTION GUARANTEED

On repair work of magnets of all kinds, including marine, stationary and motor cars, lighting, starting and generating systems of all makes, and storage batteries. Inquire about the new threaded base dry battery before purchasing.

WILLARD SERVICE STATION  
19 Brock St. I. LESSES, Prop. Phone 1340

The family despot may not be the father or mother.  
Temptation may be followed by a liberal cash bonus.  
To infer is many times next of kin to downright lying.  
When you do not know, try the dignified silence plan.

# EXPORTS—Canada Must Build Up Trade Overseas

**Aims of the NAVY LEAGUE OF CANADA**  
To emphasize Canada's opportunities and responsibilities on the sea.  
To raise funds for the relief of our merchant seamen, injured in the war, and for dependents of those who were killed.  
To maintain sailors' homes in our ports.  
To train boys and young men for our merchant ships by the organization of Boys' Naval Brigades.  
Patron  
H.R.H. THE PRINCE OF WALES  
Dominion President  
COMMODORE JEMILUS JARVIS

CANADA is vitally interested in trade extension overseas, for this so closely affects our national wealth. We are daily losing export business in favor of foreign competitors, because we lack shipping facilities. Our Dominion is undertaking a great shipbuilding program, recognizing that we must build a fleet to build our trade. The Navy League of Canada is straining every effort to prepare Canadian boys to man Canada's ships which will carry Canada's goods to the waiting markets of the world. This is the work of the Boys' Naval Brigades, and it is a matter of primary interest to every Canadian that this movement should not be handicapped by lack of funds.

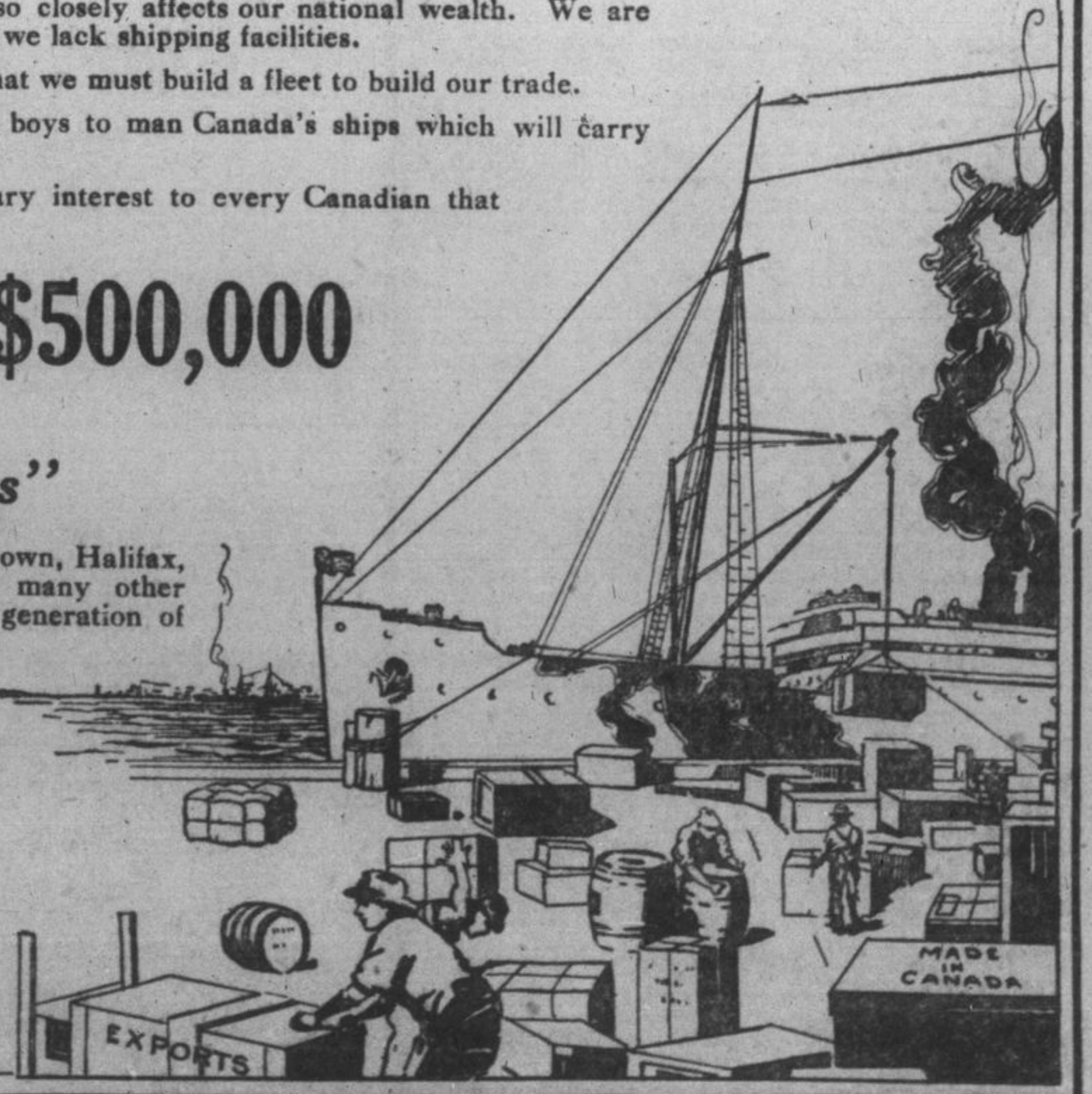
## Nelson Day Campaign for \$500,000

OCTOBER 21st, 22nd, 23rd

"Canadians Must Sail the Seas"

Boys' Naval Brigades are already established and operating in Charlottetown, Halifax, Montreal, Toronto, Saskatoon, Calgary, Victoria and Nanaimo, and many other branches must be organized from East to West in order that the younger generation of Canadians may have the opportunity for free training in seamanship and so will be ready to meet Canada's great need.

You will help. You cannot afford to withhold interest in the outcome of this campaign; it is too vital to future issues. For the sake of our boys and of our export trade you will give, and give liberally to the cause. By helping the work you will be helping yourself.



## THE NAVY LEAGUE OF CANADA

Campaign Committee for the Province of Ontario  
Chairman: SIR JOHN C. EATON  
Honorary Treasurer: SIR EDMUND WALKER  
Vice-Chairman: A. M. HOBBERLIN  
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