

In the Realm of Women---Some Interesting Features

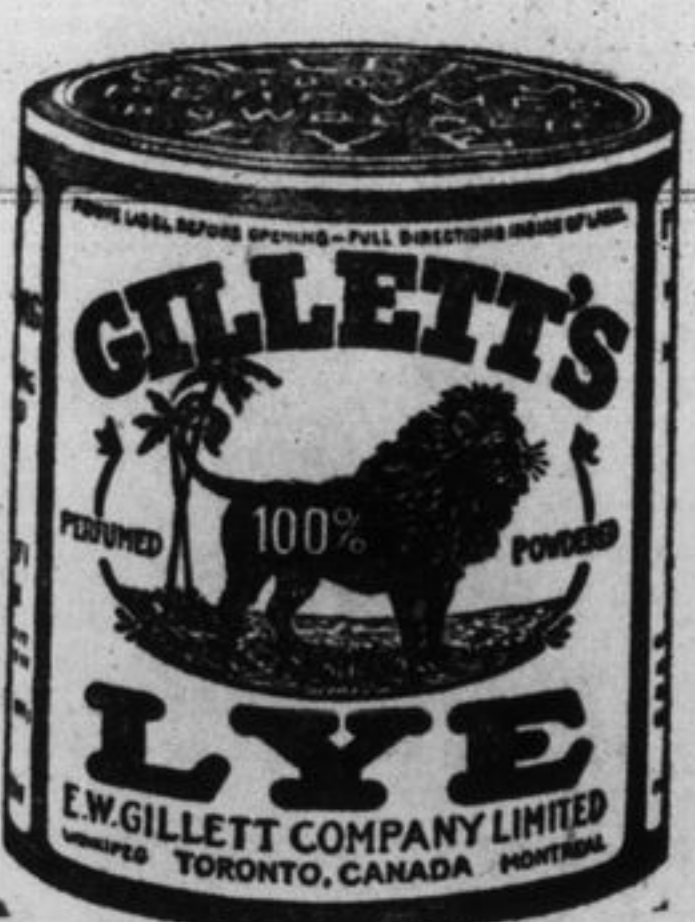
Try it on something real dirty



Snowflake
THE FULL STRENGTH
Ammonia
softens water-cuts grease

To-morrow's
HOROSCOPE
By Genevieve Kemble

WEDNESDAY, SEPT. 28.
According to the stellar rule this day should be notable for some substantial progress, particularly along lines long stubbornly held up by obstruction and successive disappointments. A thwarting and delaying force is brought into lively action by the aspect of Mercury both by lunar and mutual direction—a swift-winged planet stirring to movement should be found good, with profound insight leading to dependable conclusions. All mercantile and professional pursuits should flourish, but those in the employment of others should be cautious.
Those whose birthday it is have the forecast of a year of steady progress, with the judgment equal to cope with stubborn problems. Those in the employment of others should be careful not to give offence. A child born on this day should be steady, persevering, industrious, and have sound and dependable judgment, being studious, contemplative and profound.



made with one pound of meat, one pint of cold water, half teaspoonful salt, two slices of onion.
Insert the carbohydrates sent from the laundry in men's shirts into shirts-waists that are packed in a suitcase to keep them flat and unwrinkled.
Tomatoes and peppers stuffed with nuts, raisins and bread crumbs are delicious and quite new to many housewives.
In escalloping cauliflower, tomatoes, eggplant, onion, or almost any vegetables, finely chopped nuts, mixed with the crumbs which form the top layer, add greatly to the flavor and give an added food value as well.

A CHINESE SCHOOL
IS WELL MANNED
Splendid Work is Done in it Under Capable Management.

The Chinese school which is being carried on in Sydenham street Methodist church on Sunday afternoons, is a very attractive place. The school is under the competent management of Roy Ward, and he is enthusiastic over the work. On Sunday, he had twenty-two Chinese in attendance, who were given individual attention, to beginners, and from one to two are cared for when they have advanced to the higher grades. Few of them who come to him are able to read even their own Chinese language, but they rapidly pick up the English language, which they find to great advantage. Last year there were as many as thirty-five Chinese in attendance, but through the business slump quite a few of those who were in the laundries and restaurants have been transferred to other places or have been appointed to new ground in Canada. A goodly number in recent years have passed through Mr. Ward's hands, and he has received letters from many of "his boys" who speak enthusiastically of the help he had given them. One of them returned to China and missionary work on the streets and recently was able to build a church in his native place. On Sunday there was a request for \$60 for rally day purposes, and of this twenty-two Chinese contributed over \$10.

The Dread Pyorrhea Begins
With Bleeding Gums

Pyorrhea's infecting germs cause many ills. Medical science has proven this.
Diseased conditions, which not long ago doctors were unable to trace to a cause, are now known often to be the result of Pyorrhea germs that breed in pockets about the teeth. Rheumatism, anaemia, nervous disorders and other diseases have been traced in many cases to this Pyorrhea infection.
Don't let Pyorrhea work its wicked will on your body. Visit your dentist frequently for tooth and gum inspection.
And watch your gums yourself. Pyorrhea, which afflicts four out of five people over forty, begins with tender and bleeding gums; then the gums recede, the teeth decay, loosen and fall out, or must be extracted to rid the system of poisons generated at their base.
Forhan's For the Gums will prevent Pyorrhea—or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums hard and healthy—the teeth white and clean. Start using it today. If gum-shrinkage has already set in, use Forhan's according to directions and consult a dentist immediately for special treatment.
35c and 60c tubes in Canada and U. S. If your druggist cannot supply you, send price to us direct and we will mail tube postpaid.
Formula of R. J. Forhan, D. D. S.
Forhan's, Ltd., Montreal



Lighten the
Tax Burden

You can't increase your strength by overtaxing the digestive organs. Strength comes from food rich in tissue-building elements that are easily digested. Lighten the tax burden by eating

Shredded
Wheat

a pure whole wheat food prepared in a digestible form. You will also lighten the burden of the housewife and mother because it is ready-cooked and ready-to-eat—no worry or work.

Two Biscuits with milk make a nourishing, satisfying meal and cost but a few cents. Delicious with raisins, prunes, sliced bananas, peaches or other fruits.



Oatmeal With Raisins

One teaspoonful salt, 3 cups boiling water, 1 cup oatmeal, 1-2 cup chopped Sun Maid Raisins. Add salt to boiling water. Add oatmeal slowly and boil ten minutes. Add raisins. Cook in double boiler at least forty-five minutes. Any cooked or dry cereal is improved by the addition of raisins.

Tips To Housewives

A teaspoonful of sugar in the stove blacking will add to the lustre of the stove.
A lump of camphor placed in the china closet will prevent any silver which may be in it from tarnishing.
If a level teaspoonful of cornstarch is added while making fudge, the candy will be smooth and creamy.
Put a little butter in the griddle cake mixture the last thing before frying the cakes and the griddle will need very little greasing.
If the dinner for the members of the family must be kept waiting, put the plate with the food in the steamer and keep it tightly covered over boiling water.
An ounce of alum dissolved in a pint of boiling water, allowed to cool and bottled for use at any time will remove all stains and tarnish from brass and will not injure the skin on the hands. It only requires to be rubbed on the surface and wiped off.
A foundation of soup stock is

The annual pest of sandflies and other insects is in several parts of the county near Windsor. Farmers have found them so troublesome to the horses that they have been doing their plowing and fall wheat tilling by moonlight.

EZEMA

you are sure to get relief when you use Dr. Chase's Ointment for Eczema and Skin Irritation. It relieves at once and gradually heals the skin. Sample box Dr. Chase's Ointment free if you mention this paper and send 2c stamp for postage. 50c a box. All dealers or Edmundson, Bates & Co., Limited, Toronto.

WILSON'S
FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

BABY'S OWN SOAP
Cleansing
Healing
Fragrant

PURITY SALT

A pure full-flavored Salt for every Table and Cooking use.
Made in Canada by The Western Salt Co., Ltd. Cornwall, Ontario

PARKER'S CLEANERS AND DYERS

no! not new. I sent them to
Parker's Dye Works Limited, 69 Princess Street, Kingston.

THE GOLF BUILDING
IS GOING AHEAD
It Commands a Splendid View of Lake and the Greens.

The spacious Cataract Golf Club building is rapidly being constructed. It is on a very prominent site, commanding a wonderful view of Lake Ontario and the Bay of Quinte, as well as views from the windows of four or five of the greens. R. N. F. McFarlane, the contractor, is pushing erection ahead rapidly and will be in a position to work inside throughout a portion of the winter. Very wide and expansive verandahs go around the building. It is two storey, one section being for the ladies and the other for the gentlemen. In the sitting room in the front of the building, Mrs. H. W. Richardson is erecting a special fire place, feldspar being used in the construction. It will, when finished, be very attractive with its spacious and well-adorned mantel. Altogether, the club members will have quarters that will equal anything in the country.

GIRL MEETS TRAGIC
DEATH IN ACCIDENT

Laura Labelle Has Her Head Jammed in Elevator at Cornwall Hospital.
Cornwall, Sept. 26.—An accident attended with fatal results occurred at the General Hospital last night, when Laura Labelle, the eighteen-year-old daughter of Mr. and Mrs. Elzear Labelle, who live about two miles west of Lancaster, met instant death. Exactly how the accident happened will never be known, as it was witnessed by none of the hospital staff or patients.
Miss Labelle had gone to the basement for a basket of clothes to take up to the third floor. Miss Whiting, superintendent, and Miss Hill, assistant, saw the girl get into the elevator and start, and all apparently went well until the elevator was midway between the second and third floors, when she fell on the floor and screamed. On going to the elevator they found Miss Labelle with her head jammed in the elevator shaft. Her body was lying on the floor of the elevator with the basket of clothes, and a hole had been made in the plaster where her head was lodged. The elevator was moved and the girl released, and Dr. D. O. Alguire and Dr. A. Ross Alguire were called, but the girl was dead before they arrived. An examination of the body disclosed the fact that her neck and right jaw had both been broken.
The only explanation of the accident would seem to be that Miss Labelle had leaned out of the elevator, probably to ascertain how far she was from the third floor. An inquest was opened before Dr. A. Ross Alguire, coroner, and the evidence of Miss B. McInnes and Miss B. Ferguson, the nurses who heard the screams of the girl, and Miss Whiting, the superintendent, was taken. After viewing the body and the scene of the accident the jury adjourned to meet at the court house at 8 o'clock on Friday night, September 30th.

Brockville's "Wild Man" Caught. Brockville, Sept. 27.—John Mitwijn, an American who has been annoying women and children in the west end for some weeks, was taken in charge by the police on Sunday morning when they found him asleep under a clump of bushes. He spent the last three weeks sleeping in the open in the woods and begging by day.

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NEW PRICES
CHARM TEAS

BLUE PACKAGE BLACK 25c. PER PACKAGE
RED PACKAGE BLACK 30c. PER PACKAGE
GREEN PACKAGE JAPAN 30c. PER PACKAGE
THESE ARE THE BEST VALUES ON THE MARKET.

MEMORIAL UNVEILED
TO IROQUOIS DEAD

By Brig.-Gen. King—Lieut.-Col. Mulloy One of Speakers.
Iroquois, Sept. 27.—Brig.-Gen. W. B. M. King, C.M.G., D.S.O., G.O. C. Military District No. 3, Kingston, officiated at the unveiling of a memorial tablet, erected to the memory of the students and ex-students of the Iroquois high school who died during the great war, at a public gathering held here Friday afternoon. The unveiling was largely attended by townsmen and residents of the county of Dundas. The tablet, of bronze, contains the names of thirteen soldiers from the school who made the supreme sacrifice.
James M. Tisdale, chairman of the Board of Education, presided, and addresses were given by Brig.-Gen. King; O. D. Casselman, M.P. for Dundas; W. H. Casselman, M.P.P. for the county; Reeve G. H. Davy; Lieut.-Col. H. W. Magwood, Cornwall; Lieut.-Col. Coburn, Toronto, and Lieut.-Col. L. W. Mulloy. The dedication ceremony was conducted by Rev. T. H. Iveson, Anglican clergyman, Iroquois, and Rev. William Merrillees, Presbyterian minister, sang "The Deathless Army." An orchestra, under the direction of

Horlick's
Malted Milk for Infants

A safe milk diet, better than cow's milk alone. Contains rich milk and malted grain extract.

Beauty Unsurpassed

The wonderfully refined, creamy-white complexion rendered, brings back the appearance of youth. Results are instant. Highly antiseptic. Exerts a soft and soothing action. Over 75 years in use.
Send 15 c. for Trial Size
FERD. T. HOPKINS & SONS
Montreal
Gouraud's Oriental Cream
Councillor W. J. Forward, led the singing. Thirteen high school girls dressed in white, deposited white flowers at the foot of the tablet, and the "Last Post" was sounded by Buglar Harry Knox.
On Sept. 8th, at Forest, Ont., the marriage of Miss Myrtle Stonehouse, daughter of Mr. and Mrs. Geo. Stonehouse, to W. C. Williams, Fort Frances, Ont., son of Mr. and Mrs. W. H. Williams, Almonte, was quietly solemnized.

There's only one way in the world to get the superior corn flakes: Ask your grocer for

Post Toasties
—best corn flakes

When you say "Post Toasties" you avoid all chances of getting ordinary corn flakes.

At Belleville on Saturday the marriage took place of Wanda Iroquois, only daughter of the late H. W. Cronk and Mrs. Cronk to Herbert Allen Fink, youngest son of David Fink, Iroquois. The Bay of Quinte Country Club will be proceeded with.

The Whole World of Music

The Heintzman & Co. Player-Piano is an instrument upon which the whole world of music is instantly available. Its presence in your home will increase your social pleasures, add culture and musical education to the accomplishments of your children. Every member of your family will derive pleasure from

Heintzman & Co.
Player-Piano

If you own a piano which is dead and silent because no one can play it, exchange it for a Heintzman & Co. Aluminum Action Player-Piano. Brighten your home with the music you love. Flood your home with melody.
The Heintzman Player-Piano is the player-piano you will eventually buy. It is "wear-proof," "weather-proof" and "trouble-proof." The more severe the test to which you put it, the better you will be satisfied. Make that test today.

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