NEWS AND VIEWS FOR WOMEN READERS



Cuticura Cares For Your Skin And Hair

Make Cuticura Soap, Ointment and Talcum your every-day toilet prep-arations and watch your skin and hair improve. The Soap to cleanse, the Cintment to heal and the Tal-

You'll Get Rid of Blackheads Sure

the blackheads have disappeared. Big lackheads, little blackheads, no matter dust and dirt and secretions that form in the pores of the skin. The seroxine powder and the water dissolve he blackheads so they wash right out, saving the pores free and clean and in heir natural condition.

ELECTRIC CLEANERS

New Ball Bearing Motor, ex-clusively a Cadillac feature. No oil or grease used. Why wait, when \$6.50 per month will buy

J. R. C. Dobbs

& Co. 44 Clarence Street.

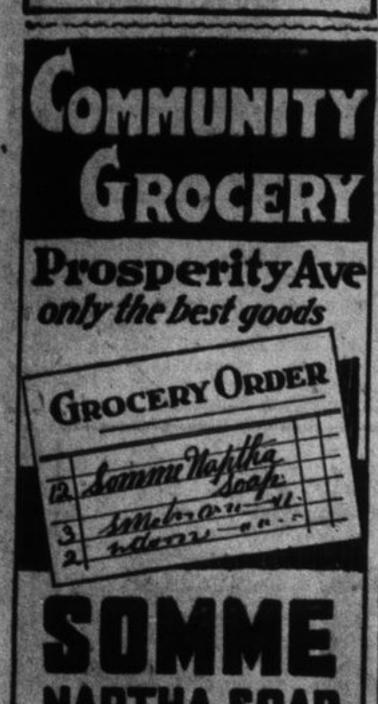


Electric opeciais

Electric Curling Tongs. Special \$1.75. Electric Irons Special \$3.00, \$4.50.

These are real bargains.

URKE ELECTRIC @ LECTRICAL SUPPLIES & SERVICE HONE: 423. 74 PRINCESS ST



Should head Your-Grocery order-

A "HARD" WOMAN; A GENTLE MAN deep well of the Water of Life. Our day has tried everything else; is the Church equal to the task of inciting

The International Sunday School Lesson for August 31st Is: "Jesus Talks With a Samaritan Woman."—John 4:4-42. By WILLIAM T. ELLIS

As he sat, there came the Samaritan

tive claims of Jews and Samaritans.

The dignified reply of Jesus only part-

Poor Congregation; Great Sermon.

that I shall give him shall never thirst.

pected Messiah. What a sermon for

Talk On Two Levels.

much of life in that it was an effort to pierce the veil of a great misapprehension. Misunderstandings are as com-

thought only of labor-saving and phy-

sical comfort. All the way through, she failed to grasp the greatness of what

she heard. In the end her message to her neighbors was on the low plane of,

"Come see a man, who told me all

continual effort of the Sage of Chel-

sea to call down from the heights the

soaring Concord philosopher. Only yesterday a member of this years'

Princeton graduating class said to me, "As I see it, the best thing that a col-

lege gives one is contact with a few

great men who teach him to appreci-

ate the best." We shall miss one of the

finer meanings of this Lesson if we do

not catch the significance of the mis-understanding of the message of the Master by the highly-favored Samari-

Water From Deep Wells.

this familiar story, not to be recounted

here. First there is the geographical, which points to the main road that still

runs north and south through Palestine at this spot; "He must needs pass

through Samaria." Second, is the historical and the theological, which

open a wide window by the simple phrase, "The Jews have no dealing with the Samaritans." Then there is

Naturally, there are many phases of

tan woman.

May we not pause to contemplate

things that ever I did."

This famous interview resembled

In the old story, which millions will us. His followers had gone off to town study this week, we find this modern to buy food; and he sought relaxation type of the sophisticated, "hard" wo- and refreshment, and opportunity for man, who had "lived her own life," quiet meditation at this stimulating flouting the conventions; and who cynfcally believed that she "knew men,"

Lord found it a relief at times to be
and that she was up-to-date and could free from his friends.

Our notions of the excessive mod- woman from Sychar to draw water. ernity of the"emancipated woman"are She must have been a slack housekeeprather shocked to find that the Samari- er, not to have looked to her water tan woman at Jacob's Well, famous in supply in the cool of the morning, or art, in sermon, in song and in story, of the evening before, Jesus, athirst-ran wholly true to the "new" form how often he must have known thirst, that is perplexing good people so as even at the bitter end on the cross! greatly today. Perhaps there may be a -asked the woman for a drink. She hint of how to deal with our present flippant and flirtatious, instead of problem-woman in this Lesson. quietly complying, seized the occasion

At the outset, and on the susface of for light conversation. How little a the incident, we see "the world's most bad woman understands a good man; perfect gentleman," dealing gently, or a bad man a good woman! tactfully and helpfully with one whom | Rather sternly Jesus recalled the wohis boorish friends, and most of us man from her careless quibbling about who call ourselves followers, would theological points; for not all who are scorn and shun in self-righteous requick to take up the cudgels of religbuke. As his conduct toward his soc- jous controversy are spiritual in char-There is one simple, safe, and sure ial inferiors is the touchstone of a gen-acter, as is shown by the readiness of that never falls to get rid of tleman, so his attitude toward sinners this loose woman to discuss the rela-

> A Famous Spot; A Famous Story. ly brought the woman to her senses; This great tale is laid in a scene of for this time she toyed with the subsuch absorbing interest that this com- ject of the practical difficulties of draw mentator's temptation is to dwell over- ing water. long upon it, as a familiar spot. Three "Sir, thou hast nothing to draw times I have visited Jacob's well, which with, and the well is deep." One of the for about four thousand years has min- countless incidental corroborations of istered to human thirst, even as it as- | Scripture is the fact that this well is a suaged mine on a hot midsummer day hundred feet down from curb to the last year. One of the undisputed sites surface of the water; and the latter is of the Holy Land is this well dug by some thirty feet deep. the Patriarch Jacob, as long a time before the birth of Christ as our day is after it.

Thoughts of Jacob, and the long line of reverent descendents who drank Christ. He who withheld not his best ian pilgrims; and of the Crusaders who cent people, the unsearchable truth of Paul Caret model. built a church over it, are crowded out the transitoriness of earth's satisfacof the mind of the visitor to the well, tions-"Whosoever drinketh of this now surrounded by a chapel of the water shall thirst again,"-and of the Greek Church by memories of the Mas- sufficiency of the spiritual gifts of God ter, who, wearied, once rested on this -"Whosoever drinketh of the water

very well-curb. Grooved and worn by the leather To this congregation of one, and she thongs and ropes of centuries and mil- an uncomprehending woman, Jesus leniums, the stone at the mouth of the unfolded, with divine lavishness, the well takes its place among the sacro- Magna Charta of human worship, the sanet antiquities. Once it was the seat word for our own day: "God is a Spiof the tired Traveller who forgot his rit, and they that worship him must own fatigue in ministry to a sin-cal- worship him in spirit and in truth." loused spirit. This well-curb was the That stupendous deliverance must be pulpit from which Jesus preached his received in the light of all ancient ritown Messiahship in terms so clear and ualism, and of the narrowness of secunveiled that even the worldly woman tarian controversy. understood his identity. Here he set Added to this was the amazing deforth the revolutionizing doctrine that claration to the woman that the Man "God is a Spirit". In this appropriate who had sought drink of her was none setting Christ offered to a thirsty race other than the oft-predicted, long-exthe Water of Life.

Is it any wonder that those of us such a congregation? Who will dare who, leisurely and repeatedly, have withhold his best from even the least, visited this shrine hold it in dear and in the light of this? frequent memory?I even prize the sealed bottle of water from the well, such as pilgrim's purchase, which one of the monks gave me last summer.

A Man And A Woman. All of us who at times find the load mon as speech. The talk was on two of life long, and its burden heavy, levels, Jesus spoke in spiritual terms, cherish the picture of the weary Master the woman answered him in material resting at noon on the well-curb. We terms. When he offered the water of understand thus that he understands life and spiritual satisfaction she

POINT VENISE LACE USED



picturesque and feminine the economic and social: "For his distouch to this black charmense gown that is otherwise quite straight and plain. It suggests a very clever way of refurbishing a dress that is of last season's stock. Novelty silk buttons also trim the waist and add to the general effect.

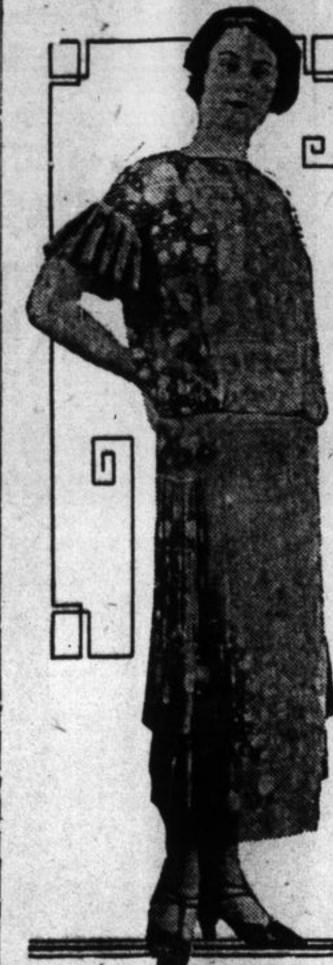
In the economic and social: For his distinction only from the city to buy food."

But lying on the surface of the including at its heart, is the truth for the times, that the parched and thirsty world can obtain lasting satisfaction only from the old.

Because the loved her husband and coul not bear to lose him through a discoul not bear to lose him through a dis

it to try now the water which quenches all thirst?

EXCEPTIONAL FROCK



Staggering is the condescension of This is exceptional. Six handkerfrom this well along the main highway message from the proud pharisee, Ni- chiefs have been used by a clever running north and south through the codemus, unfolded to a lone woman, young Paris dressmaker to make Land of Promise; and of the Christ- and she not fit to associate with de- this smart afternoon frock. It is a



MARCHIONESS OF QUEENSBERRY
Wife of the tenth Marquis of Queens-berry, who was presented at the first court of the season at London.

As To Hats. the meagreness of many lives, like that Gilded trimmings are prominent of the Samaritan woman? Jesus had in touches on feathers, flowers and no scorn for her, but only compassion. ribbon. Observe the tactful way in which he Wide nacre satin ribbon used in

let her know that her past, with its many looped bows for small tailormany paramours, was an open book ed hat. to him. She was but one of the many Leather introduced in small ap-

tual perceptions have been dulled by brightest color. sin. That is possibly the worst conse- Brilliant red prominent in disquence of sin; it destroys the fine edge plays as entire hats or introduced of the soul's sensibilities. It is more in the brim.

than a coincidence that dissipated peo- Small Milan shapes hold interple are "loud" and coarse and hard. | est in straw, with hair the feature of fall of us have shared or heard, con- the large summer dress shape. versations like this one, wherein a rar- Navy blue comes back into favor er spirit is talking above our level. and is especially stressed for the President Penniman once described tailored small hat.

the famous correspondence between White and navy combinations are Carlyle and Emerson as marked by the also very prominent for suit wear.



The Psychology of Resting

Rt. Rev. F. H. DuVernet, Archbishop of Caledonia. The tendency of our age is toward greater mental stress and physical strain. The scores of new inventions. such as the motorcar and the flying machine, are setting the pace, and it is the pace that kills. Life, it is true consists in activity for a progressive purpose but the inward energy of living beings must be harmoniously adjusted to their outward environment. At present the vital energy of our race is not able to keep up with mechanical progress of our age. Statistics show that high blood pressure has increased over 40 per cent in the last ten years.

There is, however, one hopeful feature. The new science of the mind can teach us the art of resting. There is a close connection between the subconscious mind and the sympathetic nervous system. The three links in the vital chain are mind energy, nerve energy and muscular energy. Pick up this chain by the one end and we find that excessive muscular action causes exhausted nerve force, and exhausted nerve force produces mental fatigue. Pick up this chain by the ather end and we discover that excessive mental activity produces nervous exhaustion,, and nervous exhaustion leads to physi-

In seeking to counteract the tenden_ cy of this rushing age toward premature physical collapse, the first requisite is a restful mind. To secure this it is necessary to drop the idea of rest deep into the subconscious mind. Without any effort the conscious mind slowly revolve round this idea of rest to the exclusion of all other ideas. Muscular relaxation through the law of association is an aid to this process.

Half an hour each day of systematic muscular relaxation and perfect mental | E rest would work wonders with highstrung nervous people. To anyone willing to learn the art of resting we E would say; Sit in a reclining chair with the body stretched out in a comfortable position and the feet up. Give yourself firmly the repeated suggestion: "I am relaxing. All the muscles of my body are growing limp. My mind is resting." Then bring your religion into action. Rest in the Lord. Claim the promise of perfect peace made to those who stay their mind

upon their God. Only by combining the help of both psychology and religion can we hope to offset the killing pace of this rush-In this connection nothing could be

more appropriate than the words of Whittier: Drop Thy still dews of quietness, Till all our strivings cease;

Take from our souls the strain and And let our ordered lives confess The beauty of Thy peace."

There is a certain charming femininity even to the most tailored frocks that Paris is making up for winter-little inconsequential bows

CHASE SANBORN'S

MAKE YOUR WORK EASY

Have the Hotpoint Electric Goods in your home. We have everything you may need to bring comfort-Irons, Toasters, Heaters, etc.

HALLIDAY ELECTRIC CO. CORNER KING AND PRINCESS STS.

VELVETEX VELVETEX VELVETEX DON'T THROW YOUR OLD CARPETS AWAY

The worn, moth-eaten, dirty and dilapidated, we sterilize, shred, re-spin and weave them into the

VELVETEX RUGS

Thousands of recommendations from satisfied customers, Sixteen years building confidence in quality. Beware of imitations. "Velvetek" has a factory and reputation behind it. Our demonstrators are in town to show samples. Phone No. 248 for our truck to call without obligation. It is a pleasure to demonstrate. We pay freight or express both ways.

See our exhibit in booth 55, Process Building, Canadian National Exhibition, Toronto, Out., also in the Crystal Palace at the Western Fair, London, Out., Established 1906. Send for folder R.

CANADA RUG COMPANY Velvetex Bldg., London, Ont. Branches in Montreel, Toronto, Windsor

VELVETEX VELVETEX VELVETEX

HOUSEKEEPERS, ATTENTION!

Now is preserving time and we are ready with a complete stock of Preserving Kettles, Fruit Jars, Fruit Jar Rings, etc., etc.

Call and see us before buying. 'Phone orders given prompt

LEMMON & SONS

Telephone 840 - -

or bits of embroidery keep them though the garments may be in-, You will never have a friend from looking too serious even tended for the most practical wear. you must have one without a fault

and stir in 1 bottle Certo. Skim pour quickly. (Note-20 drops Alm Extract, added after skimming, proves the flavor.) Use same recipe Pear Jam, without the Almand Esti

Plum Jam

Grape Jam



2000年1000

各名をはるの

100 HOLD 195

Why waste fruit?

Tams and jellies made the Certo way are economical because you get 50 per cent. more from the fruit-no wasted batchesno re-boilings-the right consistency every time.

Follow a simple Certo recipe and you will make the most delicious jam or jelly you have ever tasted from any fruit; even those fruits that "never would jell", such as peach, pear, pineapple, etc. Certo means success in jam and jelly making. Certo is the pure, natural, jellifying property of fruit.

The Certo one-minute boiling process SAVES the natural color and fresh, delicate flavor of ripe fruit. Certo-made jams and jellies keep perfectly!

At your grocer's or send 40c direct to Douglas Packing Co., Limited, Cobourg, Ontario.

Follow exactly the complete simple directions in the Certo Booklet of 73 recipes which goes with every bottle

me. car (Durejell) ran o

Certo is pure pectin extracted from fruits