

NEWS AND VIEWS FOR WOMEN READERS

ENO'S
FRUIT SALT

For Children and the Aged

THE perfect purity, pleasant taste, and gentle action of ENO'S "Fruit Salt" make it the ideal corrective for both young and old. It agrees with the most delicate constitution—for ENO'S possesses the refreshing, purifying properties of fresh, ripe fruit in a convenient, concentrated and economical form. All druggists in Canada sell ENO'S.

Sole Representatives for North America
Harold F. Ritchie & Co. Ltd., Toronto



"CEETEE"
THE PURE WOOL UNDERCLOTHING THAT WILL NOT SHRINK

Why it is different

This sheep on knitted underclothing signifies—

GOOD FIT—a very important feature, as your frocks cannot look well unless your underclothing fits.

For COMFORT, wear **Turnbull's (Knitted) Underclothing**

a truly Canadian product of 60 years reputation and a quality, unexcelled by even the best imported.

A Suggestion—

FOR LADIES: Buy CEETEE No. 25—a beautiful, pure white wool combination or Turnbull's No. 42.

FOR MEN: Buy CEETEE No. 230—fine, softest of pure wool, finely knitted, or CEETEE No. 43—a "loose" garment of wool and cashmere—nothing finer made.

Sold by the best dealers. Worn by the best people.

Turnbull's of Galt, Ontario

JOHN LAIDLAW AND SON, LTD.
Distributors
Of Turnbull's Underwear Since 1879.

Agents for Turnbull's Men's Underwear
C. LIVINGSTON & BRO.
74-79 BROCK STREET

To every Tongue and every Race

NESTLÉ means superior milk

for this milk has 43% of CREAM (78% BUTTERFAT)

NESTLÉ'S EVAPORATED MILK

SOLD IN EVERY COUNTRY ON THE FACE OF THE EARTH

I find **SOMME NAPHA SOAP**

Good for every domestic use
Laundry, kitchen and general household work



Efficient Housekeeping
By Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Left-Over Pineapple Cereal
Fried Eggs and Bacon
Toast Coffee

Luncheon
Vegetable Soup
Wholewheat Croutons
German Cheese Cake
Tea

Dinner
Lamb Chops
Potatoes Steamed in Skins
Carrots
Lettuce Salad
Pecan Steamed Pudding
Coffee

Answered Letters.

Mrs. E. L.: "How can olive oil be removed from a hardwood floor?"
Answer: With either gasoline or kerosene. But take care not to use these fluids near heat or flame.

Daisy: "I have washed a white table cloth with yellow hemstitching, and the yellow has run into the white. What can be done?"
Answer: As the yellow is dye, it is hopeless to try to remove it from the white part of the tablecloth. The only thing you can do now is to bleach it all, so that the yellow will be white. Do this with Javelle Water, which you can buy at any drug-store. Follow the directions on the bottle. I cannot promise perfect results, but it is worth trying. White tablecloths are expensive, these days, and the bottle of Javelle Water will not cost much.

Mrs. H.: "I have a stove with the kind of top which is not supposed to be polished. How is it cleaned?"
Answer: When the fire is out, clean it by rubbing with a little kerosene oil. This will also remove rust from a stove.

High School Girl: "A relative given me a beautiful pewter plate. How can I clean it?"
Answer: Only the finest abrasives should be used on pewter to avoid scratching the metal. The finest grade of steel wool, moistened with linseed oil, may be used. Or apply powdered rottenstone with a flannel cloth which is wet with a mixture

GLAZE CHINTZ AT HOME



A good substitute for glazed chintz can be made easily at home. Stretch the desired length of cretonne tightly over a curtain stretcher or some other frame, and cover with two coats of linoleum varnish. The varnished cretonne will equal any glazed chintz.

THE WHIG'S ZOO

He's something like a reindeer
And he's something like a horse.
But Mister Moose is not the same
As either one of course.
We find him in America
And several foreign lands.
His horns stick from his head just like
Two monster ivory hands.

MARIE'S A BRIDE AGAIN



Marie Prevoist is married again. Her latest husband is Kenneth Harlan, also of the movies. Here they are leaving Wilshire Presbyterian church, where the ceremony was performed. Kenneth is seen shaking hands with the officiating clergyman, Rev. John A. Eby. Harlan, like Miss Prevoist, has been wedded before.

He always comes back

Stuff your boy with all sorts of new-fangled "breakfast foods"—he will stand it for awhile, but he will soon "holler" for Shredded Wheat. No live, red-blooded youngster will be satisfied with mushy porridges when he can get the crisp, flavory shreds of baked whole wheat. Two Shredded Wheat Biscuits with hot milk and a little cream supply all the energy a boy needs for work or play. Shredded Wheat is ready-cooked and ready-to-eat—the most food for the least money.



The Canadian Shredded Wheat Company, Ltd.
Niagara Falls, Ontario

Shredded Wheat

Straight back to Health with OVALTINE
TONIC FOOD BEVERAGE

Builds up Brain, Nerves, and Body

Every convalescent will welcome "Ovaltine" as a daily beverage. "Ovaltine" has a delicious flavour pleasing to all, and its concentrated food values quickly build new, healthy tissues and restore worn nerves. "Ovaltine" brings the patient back to normal health by the surest and shortest way.

"Ovaltine" is prepared from rich milk, ripe barley malt and fresh eggs. A single cup contains 12 times as much nourishment as a cup of Beef Extract—7 times as much as Cocoa.

At all Druggists—50c., 85c., \$1.50

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British—and used throughout the Empire



OFFICERS WERE ELECTED.

At Meeting Frontenac Home and School Club.

The Frontenac Home and School Club elected the following officers for the coming season:

Hon. President, Mr. E. Thompson; president, Mrs. E. Ellerton; vice-presidents, Messrs. H. F. Noonan, E. Richards and J. Parton; school secretary, Mrs. E. Pound; corresponding secretary, Mrs. F. O. Clow; treasurer, Mr. E. F. Stacey; mother's committee, Mrs. Wright; social committee, Mrs. Bauder; faculty committee, Mr. F. Parton.

The retiring officers are to be congratulated on the work they have accomplished, having placed a piano in the school, purchased a moving picture machine, helped to furnish the teachers' room, put a desk and chair, also the telephone in the principal's room, gave a grant to the library, baseball and soft-ball, supplies for the boys and girls, basketball, posts and rings for the girls.

By continued agitation the club had lights put into the school and an extra hydrant for fire protection placed in front of the school.

usual, at his best and his songs met with a storm of applause. Victor Pearce as "Tony Kilbuck," son of "Cyrus B.," was all that could be desired and made a real college boy and prodigal son.

"Dorothy Lee," the leading lady, was played by Miss Lulu Drummer in a manner equal to the play of many professionals. She has a charming personality and unusual talent. Flossie Richardson, as "Mrs. Beavers," boarding house keeper, played her part to perfection. Eileen Normie as "Dilly," the hired girl, with her chewing gum and quaint and successful interpretation of the character, Marjorie Armitage, Mavis Foote and Nora Fox were all excellent in their parts. Mac Perry

was splendid as Mr. Perry Allen and is undoubtedly a coming comedian. Clarence McVicker and Bill Joyce were all that could be desired.

The large audiences showed their great appreciation and enjoyment by frequent bursts of applause and hearty laughter.

At the close on Thursday night, the Bowlers entertained the company and Walter's orchestra, to a dinner at Fraser's Cafe, which was thoroughly enjoyed.

The French use bacon fat in salad dressings and like it better than any other oil for that purpose.

Bits of green pepper and a few drops of onion juice improve the flavor of fish cakes.

MADE A BIG HIT.

The Deseronto Theatrical Company in "An Early Bird."

Deseronto, Nov. 3.—On last Wednesday and Thursday evenings, the Deseronto Theatrical Company produced "An Early Bird," one of Dan Hare's plays, with a decided triumph. They played to a full house each night. The funds are in aid of the Deseronto Bowling Club.

The "Early Bird," played by Mr. Fred. Hick, was a treat, Mr. Brick taking his part remarkably well. Claire Mattay as "Cyrus B. Kilbuck," president of the C.D.O. Ry., was as

Children Cry for

Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

