

THREE TYPES OF WRAPS DESIGNED FOR FALL



The Morning After—

"What's the matter with Bill this morning—he's so stiff he almost squeaks?" enquired the sales manager.
"O, they gave a Kids' Party at his house last night and Bill entertained them so strenuously that this morning he can hardly move!" laughed the bookkeeper, as he carefully sharpened his pencil to a needle point.

"Well, he evidently doesn't know about Absorbine Jr. That's what I always use after unaccustomed exercise, and it saves me all that unpleasant and even painful stiffness the next day."
Absorbine Jr. is just the thing—a few drops rubbed briskly into over tired and stiff muscles limbers them up, seems to inject new life into them and wonderfully refreshes them. \$1.25 at your druggist's.

HERE IT IS

Novena in honor of St. Therese of the Child Jesus. Just canonized on May 17th, 1925. St. Therese Statues, 12 inches high, beautifully decorated in four colors \$1.75
My Prayer Book, Our Lady Book, Manna of the Soul, The New Missal, and all Father Lasance's famous Prayer Books at the same prices charged in New York City.

The Canadian Freeman

Catholic Supplies for Church and Home
318 KING STREET,
KINGSTON, ONT.

COAL STRIKE

Fuel Controller advises putting coal in now, as strike likely Sept. 1st. Will accept orders now for
Serration Nut, Stove and Egg
Victrola Nut and Stove \$15.00 per ton
Alberta Egg \$13.75 per ton
Pochonias \$11.00 per ton
Serration Pea Coal \$11.75 per ton
Our coal is good coal and all weighed over city scales.

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Cuticura
Soap and Ointment Work Wonders
Try Our New Shaving Stick.

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DENTIST
Offices at the Corner of Princess and Wellington Streets
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By wire anywhere, any time. We can deliver flower gifts on short notice to any town or city anywhere.
Simply call us and tell us your wants—we will do the rest and satisfaction is guaranteed by
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Sewing Machines, Phonographs, Grams, Bikes repaired and retired. Parts supplied. Sewing blades, knives, scissors and edge tools ground. Locks repaired. Keys fitted to all kinds of locks. All makes of Lawn Mowers sharpened and repaired. We can repair anything that is repairable.

J. M. PATRICK
149 Spadina Street, Kingston
Phone 2883.

Efficient Housekeeping
By Laura A. Kirkman

TOMORROW'S MENU.

Breakfast	Jelly Omelet
Sliced Peaches	Wholewheat Bread
Cereal	Prunes
Fried Liver and Bacon	Cocoa
Muffins	Dinner.
Luncheon	Potato-Egg Baked Dish
Jelly Omelet	Turnips
Peas	Nut-Cheese Ball Salad
Indian Meal Pudding	Coffee

Varying the Cake Frosting.
I believe that all housekeepers occasionally feel that they would like to vary the favorite cake frostings, now and then, so that their families will not tire of them. The following kinds may not be particularly new, but they at least may be a little different from those which you have fallen into the habit of using:
Fudge Frostings: There are many varieties of fudge frostings, the plain vanilla kind being made as follows: Put two tablespoons of butter into a saucepan and when it is melted add one and one-half cups of granulated sugar and one-half cup of sweet, cold milk. Heat to the boiling point, stirring often to see that the sugar does not adhere to bottom of the pan, but when it reaches the boil allow it to continue simmering without stirring until a little of it, when dropped into a cup of cold water, will form a soft ball (if you use an icing thermometer this soft-ball stage will be reached when the instrument reaches 235 degrees Fahrenheit). Now draw the pan from the fire, cool the sirup, flavor it with one-half teaspoon of vanilla extract, and beat to the right consistency to spread. If the frost-

ing should become too hard before you spread it on the cake, it should be stirred over hot water till soft again, then poured over the cake at once.
Buttermilk Fudge Frosting: Use above recipe, substituting one and one-half cups of buttermilk instead of the half cup of sweet milk.
Maple Fudge Frosting: Use one cup of granulated sugar and one-half cup of maple sugar in the above recipe for Vanilla Fudge Frosting, instead of the one and one-half cups of granulated sugar called for. Also add one cup of butter to the recipe.
Brown Sugar Fudge Frosting: Follow the above given directions for making Vanilla Fudge Frosting, but use brown sugar instead of the white.
Condensed Milk Fudge Frosting: Follow above given directions for Vanilla Fudge Frosting, but substitute one-fourth cup of water and one-fourth cup of condensed milk for the half cup of sweet fresh milk.
Chocolate Fudge Frosting: To the recipe for Vanilla Fudge Frosting add from one and one-half squares to three squares of unsweetened chocolate. (The amount of chocolate added will depend upon how dark a frosting you wish).
These frostings will of course be richer if you use sweet cream in place of the sweet, cold milk.
Tomorrow — A Crocheted Bead Bag.



MRS. RUDOLPH VALENTINO
Who is on a marital vacation. She says Valentino opposed her desire for a career.



The Magic Carpet

THE Arabian Nights—what fascination clings to the very name of that book! Remember the Magic Carpet? It would carry you away wherever you wanted to go—transport you there in the twinkling of an eye.
A Barrymore Guaranteed Rug is like the Magic Carpet of the wonderful old Eastern story. It takes you away. It transports you. It changes the effect of your room completely. There is such lovely color harmony and color depth to a Barrymore Rug. It gives new life and meaning to everything else in the room. The whole environment seems different, taking color and "atmosphere" from the rug.
You'll like Barrymore Guaranteed Rugs if you admire the new effects in modern American and Canadian rugs. Our designers use the design motifs of the East, but modified to suit present day, original Western ideas. With these motifs they build designs and effects which harmonize with modern Canadian interiors and, in fact, form the very keynote of the new taste in housefurnishing and interior decoration. If you want to renovate your house, begin with a Barrymore Rug for the Living Room or the Reception Hall. The transformation will be absolutely magical!
Every genuine Barrymore Rug is perfect in weave, dye and materials. Living Rooms, Halls, Stairways, Bedrooms—rugs for every purpose—guaranteed Barrymores. Ask your dealer and look for this Guarantee Label. Write us if you can't get the Barrymore you want.

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The TORONTO CARPET MANUFACTURING COMPANY, LIMITED
TORONTO CANADA

number, and the name of your city and state.
—The Editor.

Radicalism is that unkind opinion you have of another man's snoring when you can't sleep.

It's a queer game. A labor official calls a strike on a mine operator and the consumer is out.

Better a roadside tent and privacy than a swell summer cottage and all of your relatives.

NONAGENARIAN IS WELL.

C. G. Fox, Consecow, Has Received Many Warm Congratulations.
Consecow, Aug. 25. — Several boarders have come from a distance to Consecow, this summer, to enjoy a holiday and take in the pleasures of bathing and fishing in Weller's Bay. Mrs. Delihunt has returned home after a visit to Marmora. Her brother, Mr. Wannamaker, has returned to Detroit. Mr. and Mrs. Gusk, Chicago, were visitors at George Johnston's while on their motor trip through the States and Eastern Canada.
Miss Cassie Fox returned home on Saturday evening, after a month's stay near Gunter Lake, North Hastings. Mr. and Mrs. Southron and baby, Toronto, also Mrs. K. Kemp, have returned to Toronto after a visit at J. Viant's. Mr. and Mrs. J. Searis, Toronto, have been recent visitors in the village.
Mr. and Mrs. Van Allen, Aultsville, have been guests of Mr. and Mrs. Gilbert Johnston, and while here on their visit were entertained at Lake View Inn. Egerton Wannamaker and grandsons, Douglas and John, were callers yesterday afternoon at C. G. Fox's. Mr. Fox, who recently celebrated his ninetieth birthday received greetings from relatives or friends in Utah, Iowa, Indiana, Michigan, New York, as well as Saskatchewan, Alberta, and Ontario. Among congratulations were those from Dr. L. B. Powers, an old schoolmate, now around the ninety mark, also, but who is still practicing medicine in Port Hope.
G. Elmy and daughter, Miss Marjorie Elmy, Stinson's block, were Trenton visitors on Saturday. Miss Killip has returned to Picton after visiting Mrs. J. Johnston. Miss M. Robeson has returned home after visiting Miss M. Thompson. Anglican service was held yesterday morning, under Rev. F. W. Kirkpatrick. There was no service in the United Church last evening as Rev. Mr. Wolfraim is still on his holidays.

Man, aged sixty-nine, jailed for burglary at London, England, has spent fifty years in prison.

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Dozens of Ways to Use It—

OF course, you use Bon Ami for cleaning mirrors and windows—everybody does. But many housewives have discovered dozens of other uses for their "good friend."

Bon Ami is just the right thing for bathtubs and tiling, for all brass, copper, nickel and aluminium ware and for white woodwork as well. And it absorbs quickly the grease and grime from linoleum and Congoleum.

And so it goes throughout the house—dozens of things can be brightened up by Bon Ami.

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For windows
For mirrors
For glass and enamel
For aluminium
For linoleum and Congoleum
For bathtubs and tiles
For white shoes
For white woodwork

"Hain't Scratched Yet!"

Cake or Powder whichever you prefer