

Fashion Fancies

Handing Taffeta a Bouquet



Fabric designers are throwing bouquets to crisp silk fabrics. Moires and taffetas are blooming even before the violets this spring and patterning gay flowers in profusion on grounds of black and navy blue. They are coming right out into the daylight with their smart sartorial gestures and both plain and printed are honored at afternoon and informal evening functions.

This moire frock sketched here today thinks of Spring in terms of a green that is slightly more yellow in tone than jade. Attention is drawn to the importance of short sleeves by an interesting treatment of narrow bands with the idea repeated on the open-work neckline. Narrow tucks indicate the normal waistline on the frock that follows the latest development of the silhouette. Anyone would turn green to have such a frock.

Comfort in Capelets



Comfort in capelets is the latest offering of lounging pyjamas. The capelet has now completed its Spring sartorial triumph, having won its way into every corner of the wardrobe. A review of the line of new frocks, hanging in one's closet might reveal cape sleeves on sleeveless sports frock, swagger capelets flying from one piece dresses of silk and wool, deep capelet collars on afternoon dresses and soft fluttering capelets attaching themselves to evening gowns. There would most likely be a cape coat on that most irresistible of all costumes, the pyjama suit.

One such is illustrated in the sketch above which remarks several points of style interest in printed silk. The combination of brown and pink used here to design the floral motif is one of the favorite new color combinations. Here the sleeveless blouse with a surplice neckline is of dusty pink satin which emphasizes the beauty of the blooming pinks on the cape and the trousers. The same pink satin lines the cape and develops deep inserts on the trousers. Beauty and comfort walk hand in hand through the Spring mode.

INFANT WELFARE CLINIC
COLUMBUS HALL
EACH THURSDAY
3 to 4 p.m.

THE RHYMING OPTIMIST

By Alice Micholich

Across the Wall

Happy gypsies, maid and man,
In a carefree caravan
Passed my garden wall today;
On a sudden life grew gray,
Prim and stiff my garden flowers,
Walled with stone my ordered hours.

Roving gypsies, caring naught
For Earth's treasures sold and bought
By the countless grasping hands
Over all the wide world's lands;
Vagrants, wandering along
Through the realms of sun and song.

Narrow grew my garden plot,
Shaded seemed my sheltered lot,
When I watched those gypsies pass,
Hand in hand, gay lad and lass,
Till I saw one turn to look
Backward at my garden nook
With such hunger in her face
Was it for my tranquil place?

Wher Romance Dwells

"Tell me, Romance,
Where do you dwell,
Down what far ways
Comes your bright spell?
Drifts it from warm,
Exotic lands,
Or where calm seas
Kiss shining sands?"

Long have I sought
Your fair domain,
Where blisses bloom
And no joys wane."
"Ah, would you tread
Those happy ways
Where love and beauty
Grace the days?"

"Then," smiles Romance,
"I dwell, in truth,
In but one spot,
The heart of Youth!"

Leads Press Delegation



Lt. Col. J. H. Woods, editor and managing director of the Calgary Union, who will head the delegation of Canadian editors who go to the Old Country for the Fourth Imperial Press Conference in June

Temiskaming & Northern Ontario Railway

TRAIN SERVICE

The CONTINENTAL LIMITED. Trains Nos. 1 and 2, between Montreal and Vancouver, daily, operating through Sleeper between Cochrane and Toronto. These trains use Canadian National Railways station at North Bay.

TRAINS Nos. 46 and 47—Through service daily, between Toronto and Timmins, also to Rouyn and Noranda, Que., operating Parlor Cafe Car Service between North Bay and Timmins. Through Sleepers operated between Toronto and Timmins, also between Toronto, Rouyn and Noranda, Que. These Trains use Canadian National Railways station at North Bay.

TRAINS Nos. 17 and 18—Daily except Sunday service between North Bay and Cochrane, operating through Sleeper between Timmins and Montreal. These trains use Canadian Pacific Railway station at North Bay.

LOCAL SERVICE between Cobalt, Fountain Falls and Silver Centre, Monday, Wednesday and Saturday.

Connections at Earlton Jct. for ELK LAKE daily except Sunday.

Connections at Englehart for CHARLTON daily except Sunday.

Connections at Swastika daily with Nipissing Central Railway for KIRKLAND LAKE, LARDER LAKE, CHEMINIS, ROUYN, and NORANDA, Quebec, and Intermediate Points.

Connections at Porquis Jct. for IROQUOIS FALLS, daily.

TRI-WEEKLY SERVICE between Cochrane, Island Falls Jct., and Coral Rapids, leaving Cochrane 8.30 a.m., Monday, Wednesday and Friday, arriving Coral Rapids 2.55 p.m. same day, returning leaving Coral Rapids 8.30 a.m. Tuesday, Thursday and Saturday, arriving Cochrane 2.30 p.m. same day.

See current Time Table or apply to any T & N. O. Rly. Agent for full particulars.

A. J. PARR,
Gen. Frt. and Pass. Agt.,
North Bay, Ont.

Health Service

of the Canadian Medical Association

Drinking for Health

The body of the average person contains about seventy per cent. of water. It is important, therefore, that the individual see to it that a sufficient amount of water is supplied to his body.

It is not possible to say just how much water a person should use, because the amount varies, depending upon his occupation and the heat and moisture of the atmosphere in which he lives and works. Working out of doors on a hot day, a man gets rid of a considerable quantity of water by the evaporation of water from the skin.

Generally speaking, most people do not secure a sufficient amount of water; either they do not drink enough water or other fluids, or they do not eat sufficiently of foods containing a high percentage of water.

Water is usually so easily and readily obtainable that it is not generally appreciated. We are

apt to think of it only at those times when we are thirsty and there is none available. It is likely that many persons who now enjoy health would feel even better if they were to increase their fluid intake by developing the habit of drinking a glass or two of water before breakfast and between meals.

There is no objection to a moderate use of water with the meals, but it is distinctly harmful to use water or any other beverage to wash down food. Drink should not be taken while food is in the mouth. Before drinking, any food that is in the mouth should be thoroughly masticated and swallowed.

Water acts as a food solvent. It is a most valuable aid in securing regular and complete elimination of body wastes. Water is also necessary for the regulation of body heat.

It is not sufficient to rely upon a sense of thirst as a guide. When thirst occurs, it should be quenched, but it often happens that many persons are only occasionally thirsty. For years they have not attended to the natural demand for water unless it were pressing, and so their sense of thirst is blunted. A daily water-drinking routine should be adopted, regardless of the absence

of thirst. Like all good things, abuse may do harm. If six glasses of water a day are good, it does not follow that eighteen are three times better. Excess is never desirable, and in those who suffer from a heart or kidney condition, excessive drinking of water may be

definitely harmful. No rule of hygiene is easier to obey than that of drinking sufficient water. There is no reason to overlook its regular practice. Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

EMBARRASSING MOMENTS



JUST AS YOU WERE TURNING BACK TO AVOID MEETING THE APPROACHING GENT. TO WHOM YOU OWE TEN BUX, WHEN YOU SPOT ANOTHER BEHIND YOU, TO WHOM YOU OWE TWENTY.



Sugar

10 lbs. 59c

This rich, fragrant coffee is carefully blended by experts from the best grades of coffee and sealed in air-tight tins to preserve its flavour.



Sealed to Save the Flavour
RICHMELLO COFFEE

lb. Tin 55c
1/2-lb. Tin 29c
Select Blend lb. 45c
Special Blend lb. 39c

Fruit Salad NO. 1 TIN 30c

DELMONTE'S OR LIBBY'S—SLICED
Pineapple NO. 2 TIN 29c

CANADA
Corn Starch PKG. 10c

ECONOMY PRICES

RED PITTED
Cherries No. 1 Tin 15c
FINEST SHELLLED
Walnuts 1/2 59c

HEALTHFUL
Grapenuts Pkg. 18c
FOR A PICK-UP TRY
Toddy 1/2-LB. TIN 33c

The fact that the Dominion Stores have over 525 stores throughout Ontario and Quebec is the greatest proof possible of the confidence and esteem placed in the Stores Where Quality Counts — a great tribute to our Personal Service Principle.

Mild, Hardwood-Smoked **PICNIC HAMS** lb. 21c

CROSSE & BLACKWELL'S PREPARED
Mustard 9-OZ. JAR 10c

MADE FROM THE FINEST ENGLISH MUSTARD SEED AND C. & B. MALT VINEGAR
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SOUP TOMATO ONLY 2 TINS FOR 23c

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Catsup 14-OZ. BOTTLE 22c

BAYSIDE, CHOICE QUALITY
Tomatoes 2 1/2's Tin - 2 for 29c

MADE IN OUR OWN BAKERIES
They're Delicious
Hot + Buns Doz. 25c

BRAESIDE CREAMERY

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FINEST IN CANADA

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MACHINE-SLICED SIDE EVERY SLICE UNIFORM

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SIDE BACON
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LARGE BOXES
Matches 3 Boxes 25c

CHRISTIE'S MARSHMALLOW POINT
Biscuits CHOCOLATE COVERED lb. 27c

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CRYSTAL
Bon-Bons LB. 29c