

Fashion Fancies

To Be Regal or Ruffled



After dark this season you may be regal or ruffled, winsome or worldly. If you choose to be regal, your gown will be very, very formal and will have a train. For any less formal occasion, it will be long, in fact, ankle-length, but it must be even all around. The uneven hemline is not seen any more in the smartest presentations of new evening gowns.

Sheer chiffons, laces and heavy georgettes are the favored fabrics for Spring and Summer evening frocks. Nets are less important, flat crepes are still good and satin and marocain are being shown by those of the more exclusive shops.

And of course the formal wardrobe must include one gay frock of printed chiffon. Prints have never been so attractive or so fashionable. Sketched today is an evening frock of exquisite charm developed of printed chiffon in a pastel shade. Particularly distinctive is the draped treatment of the décolletage, which exposes the back in a clever peek-a-boo manner. Pleated black net, cut fan-shape, is scattered over the full skirt in butterfly fashion. The neckline is moulded and fitted.

Pleats and Ruffles Score Again



The tennis dress courts a discreet trimming. It is a good deal more fussy about details than it was last season, and shows a particular penchant for pleats. In this, the tennis dress shows that it is taking active interest in the current style movement of which pleated effects in skirts, as peplums and flounces, as a trimming for collars and jabots, are of late importance. The impression of bare arms with sleeveless models is often mitigated by a tiny cap sleeve or a bit of a ruffle laid around the neckline and falling over the shoulders.

This latter conception of the sun-tan mode is expressed in the frock above of yellow shantung with plain shoulder straps, relieved by a narrow bias ruffle crossing the arms and running horizontally across the shoulders. Another bias ruffle is used for a little peplum at the waistline, while the pleats of the skirt are stitched down horizontally as far as the knee where they assume freedom.

Want Ads. Bring Results

North Cobalt Notes

Mrs. John Stewart, an old and respected resident died on Tuesday evening, April 29th at the home of Mrs. George McNeil, New Liskeard.

Mrs. Stewart, whose maiden name was Harrison, was born in England 83 years ago. She lived for a time in Dymond Township, and at Argentite, coming to North Cobalt in 1920. She was a member of the Gospel Hall, Haileybury.

Left to mourn her loss are her loving husband, one son living in Belleville, Ont., and a daughter, Mrs. W. M. Barney; one brother, Mr. Paul Harrison, editor of the Belleville Intelligencer.

The funeral service was conducted at her late home in North Cobalt by Mr. Eric Smith, and at the United Church by Rev. D. J. New. Interment in the New Liskeard Cemetery.

Clover Valley News

One of the oldest landmarks of pioneer days was burnt to the ground on Sunday last. The old log house on the farm of Mr. W. F. Plaunt. It must be nearly 30 years, or possibly more, since it was built.

Mr. Jack MacLean left for Toronto on Sunday evening.

Department of Mines Geological Survey

There has been such a demand for the motion picture films produced by the United States Bureau of Mines that are available for loan from the Geological Survey, Department of Mines, Ottawa, that it has been impossible to fill all the orders. During February and March of this year, twenty reels were viewed by over seven thousand persons in Canada from the Atlantic to the Pacific.

These motion picture films are available for loan to branches of the Canadian Institute of Mining and Metallurgy, and branches of other technical and engineering societies, educational institutions and service clubs, on condition that the borrower pays express charges. Lists of the films and further information concerning them may be obtained from Dr. W. H. Collins, Director, Geological Survey, Department of Mines, Ottawa, Ontario.

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

Want Ads. Bring Results

THE RHYMING OPTIMIST

By Alvin Michaelis

Adventure

Adventure does not mean always
A pirate ship, an angry sea,
A plane in air, a jungle maze,
Or unknown paths, for you, for me.

Instead, sometimes quite close at hand,
Around this corner, down that street,
Or any ship or any land
We hear Adventure's dancing feet.

In fragrant, wind-swept country lanes
We glimpse, as in the market place,
Aglow with light that never wanes
Adventure's laughing, luring face.

So who need sigh for fabled fields
Or wait in vain, for some far call,
When every hour of living yields
Its rare adventure to us all?

A Night in Spring

A night in Spring . . .
The moonbeams fling
Across the world their glory;
Old world by day so hoary,
But now in moonlit splendor
Like Eden's garden, tender
With youth and all the rapture
Which youth alone can capture!

Through sweet Spring night
Red rose and white
Weave rapt delight;
Down all life's highways lonely
Now gleaming moonlight only
Goes, shod in silver, lightly;
While south winds sing
What dreams you bring,
Oh, night in Spring!

HAILEYBURY LODGE No. 364
I. O. O. F.

Meets 2nd and 4th Mondays of each month in the I. O. O. F. TEMPLE at 8 p.m.

N.G.—F. L. Fleming
Rec. Sec.—W. J. McCaghyerty

BABY'S OWN SOAP
Best for Baby Best for You



Old-Fashioned "Cream Cooking"
at the cost of milk

Recipe for BRAN MUFFINS

- 1 cup whole wheat flour
- 4 teaspoons baking powder
- 1/2 cup sugar
- 1 cup bran
- 1 egg, beaten light
- 1/2 cup Borden's St. Charles Milk
- 1/4 cup water
- 3 tablespoons melted butter

Sift the first four ingredients together, twice. Stir into them the bran, add the beaten egg and milk diluted with water. Beat well, blend in the butter. Bake in hot, well-buttered iron muffin pan about twenty-five minutes, in a moderately hot oven (about 400° F.).



...that is possible if you use Borden's St. Charles—the finest country milk with only part of the water removed. Complete with all the goodness of whole milk, yet twice as rich in cream as ordinary milk. Try it!

The Borden Co. Limited, 140 St. Paul St. West, Montreal
Send me, without cost, St. Charles Recipe Book—"The Good Provider"

Name.....
Address.....

Health Service

of the Canadian Medical Association

Heart Disease

The heart is a muscle organ which acts as a pump, sending the blood to all parts of the body. The blood must reach all parts because it carries the nutrition upon which depends the very life of each part. If the heart is damaged, the result is heart disease. Depending upon the nature and extent of the damage the heart is correspondingly unable to carry out its work.

The heart muscle may be damaged as the result of infection. The poisons given off by germs are very apt to cause injuries to the heart muscle. Rheumatic fever, syphilis, diphtheria and scarlet fever are the principal diseases in which the heart is damaged by the poisons of the germs which cause them.

Another form of infection which is frequently responsible for heart disease is that which is caused by tonsillitis and diseased teeth. In such cases, there is a focus of infection in tonsils or teeth where poisons are produced by the germs living at the focus, and such poisons, when carried in the blood stream, may damage the heart.

Acute rheumatism is the chief cause of heart disease in early life. The specific cause of rheumatism is not known. It should be understood that growing pains, tonsillitis, chorea and St. Vitus' Dance are evidence of rheumatism in children.

The prevention of heart disease begins with the maintenance of physical fitness by proper food, fresh air, sunshine, rest and play. A clean mouth, which means regular dental care, and the treatment, or removal, if necessary, of diseased tonsils, prompt attention to tonsillitis or sore throat, grow-

ing pains, or painful joints, chorea, or St. Vitus' Dance, are all essential, as are the prevention of diphtheria by immunization at an early age, protection against the communicable diseases and proper care of these, if contracted, with particular supervision during the convalescence.

As the individual grows older, care should be taken to avoid those conditions which, although not direct causes, do predispose the heart to damage, or to the breakdown of a heart already somewhat damaged. Such conditions are excesses of any kind, whether in food or drink, or in

the manner of life. Too little or too much exercise, lack of rest, over-eating and worry are some of the factors which contribute to the incidence of heart disease.

When heart disease is detected early, and the individual is able and willing to adjust his life to the capacity of a weakened organ, he very frequently outlives friends because of the reasonable care which he gives himself.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

Sell It By Advertising!

Dack's Shoes for Men
NO matter how well dressed a man may be in other respects, unless his shoes are right, the whole effect is spoiled. Being exclusively a quality product, Dack's Shoes wear much longer, look smarter and hold their shape and good appearance—hence they are really the most economical shoes to wear. Every Dack Shoe is designed and made by us and sold only direct to wearer. You can buy by mail with every assurance of satisfaction.

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Prompt, courteous, efficient service, given by a trained sales force, undoubtedly helps to make your shopping duties both pleasant and profitable.

Delicious RICHMELLO COFFEE
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Pickles LGE. BOT. Sour 32c Sweet 39c
DOMINO BAKING Powder 1-lb. Tin 19c
CALIFORNIA Lima Beans lb. 19c

PEACHES
HAND-PICKED White Beans 3 lbs. 25c
QUAKER Corn Flakes 3 PKGS. 25c

MADE IN ENGLAND Licorice Allsorts lb. 25c
CLEANS EVERYTHING

Charm 3 for 25c
LIGHT MEAT Tuna Fish 1/4's Tin 32c
AMERICAN BEAUTY Shrimps Tin 21c

Blueberries NO. 2 TIN 21c

TEAS Of Quality
D.S.L. RED PKG. lb 45c
Domino lb. 58c
Richmello lb 68c
Golden Tip lb. 78c
BLENDED BY EXPERTS
Aroma, Flavor Outstanding
TRY THEM THIS WEEK