

Fashion Fancies

All-Over Embroidery Revived



All-over embroidery is taking a hand in Summer fashions. It is an old-fashioned material that has undergone a style rejuvenation to the apparent delight of the present populace. These embroidered fabrics are offered in the myriad pastel tints as well as white and ecru. In some cases the dainty frocks they fashion are trimmed with lace, while others adopt tailored details.

A frock of consummate daintiness and late fashion inspiration is that sketched above of pink batiste embroidered in tiny white flowers that form an all-over pattern. Fine tucks releasing fluffy ruffles at the collar, cuffs and two tiered skirt are also important in defining the natural waistline.

Navy Makes Peace With Fashionable Colors



Navy has a disarming manner this Spring of combining with gray and white to form a fashion pact that is agreeable to all. Now that the parley regarding the season's colors has ended, navy blue is discovered to have retained an enviable place with gray forming an interesting ally in both street and afternoon costumes. The position of blue and white as a favorite is seen in the enthusiasm accorded it by both spectators and participants of the world of sports.

A costume admirable for that day in town when one shops and then goes to luncheon or tea is sketched above. Here gray, white and navy have been happily united in the printed flat crepe dress with its flattering, draped jabot collar and pleated inserts that finish the skirt. The three-quarter coat of gray wool crepe, which is collarless, is held at the centre of the waistline by a neat buckle. The coat lends the costume that quality of sartorial dignity that current style demands.

INFANT WELFARE CLINIC

COLUMBUS HALL
EACH THURSDAY
3 to 4 p.m.

THE RHYMING OPTIMIST

When You Look Back

When you look back, do you recall the grief, the care that sometimes came; those things were but as shadows fleeting, brief, but joy is steadfast flame. When you look back, forget the loss and pain that dogged the weary years, instead, let memory bring to you again the bliss that banished tears. So much of life is wrought of memory that it is well to keep the glad past's beauty while the hours fly and let sad thoughts sleep. Far better, with dim eyes and hair grown gray to cherish lively things, though it is long since they have passed away on time's untiring wings, than welcome any phantom of regret that would invade the hours. When you look back be sure that you forget all save the sun and flowers!

Better and better, year by year, so does this old earth spin, more of vision and more of cheer, closer men grow akin. Ages on ages they strove and fought, each for himself alone; ages on ages they dimly sought light they had never known. Slowly and sternly their war was waged, slowly they grasped and gained; fiercely the envious elements raged, never men's courage waned. Brighter and brighter, year by year, rarer the heights they won, bringing their roseate hopes more near, striving and never done. Many the miracles toil has wrought, wonders beyond all dream, bridging the gulfs of space with thought, crossing time's lasting stream. Better and better, year by year, so does this old Earth spin, and of its miracles, this most dear: closer men grow akin.

The Circus is Coming: Cole & Rogers Shows Will Soon Be Here!

Community life, hereabouts, is due for a genuine upsetting on Monday and Tuesday next, when Cole & Rogers Circus comes to North Cobalt and New Liskeard. There is nothing short of a visit from a circus that so changes and disarranges the social and economic habits of the countryside—for there is nothing like a circus to appeal so generally to the hearts of normal human beings, big and little. Old age gets the thrill of youth recalled; youth lives its full day of happiness and talk of politics, crops and work-a-day things for one day are submerged in the appeal of the circus. Make up your mind, then, to soon be jolted out of your usual trend of mind and action.

Cole & Rogers Circus comes heralded with just enough heroics to make it foretell a real circus event. There are no extravagant claims to greatness, no false declarations of magnitude, no superlatives to clog the story in its telling. Cole & Rogers Circus promises good entertainment; promises novelty in its programs of events and undertakes to assure lovers of thrills and strange presentations an afternoon or evening of true enjoyment.

There will be an excellent collection of wild and rare animals. There will be brought before the children the very beasts and birds they have seen pictured, have dreamed of and now can really behold in their natural state.

Among the rare and curious sights will be the tiny horse so appropriately named "Pewee"—weighing only 40 pounds, standing 26 inches high and glossily shining in its mouse-colored hide, a perfect horse done in miniature.

Health Service of the Canadian Medical Association

It's My Stomach

Food plays an important part in the securing and maintaining of health. We are told that we should eat to live and not live to eat, which is one way of saying that we should not eat to excess. In addition to avoiding excess, it should be taken into consideration that the body demands a well-balanced diet which will include milk and milk products, fresh green vegetables and fruits. Proper food and proper digestion are of an importance that cannot be overemphasized. The stomach does its work day after day and does not very often fail to do so. It stands a fair amount of abuse without protest, and, as long as it does its work without attracting attention, we do not give much thought to this important organ.

Pain or discomfort in any part of the abdomen is apt to be blamed on the stomach, which is then said to be upset. Very often, the last thing eaten is thought to have disagreed with the stomach.

When there is discomfort or pain in the region of the stomach there is something wrong, but it certainly does not mean that the stomach is necessarily responsible. Abnormal and diseased conditions of the stomach do occur, but most of the distress blamed on that organ is not caused primarily by the stomach.

Worry, nervous strain and anxiety are real causes of pain occurring in the upper part of the abdomen. The business man who works under tension, who hurries through his lunch, and who does not take time to relax, may expect to have an upset stomach. The onset of many of the acute diseases is accompanied by loss

of appetite, nausea and sometimes vomiting. In such cases, the stomach, as one organ of the body, is affected by a general disease of the whole body.

Heart disease may mean that the supply of blood to the stomach is not sufficient to allow the stomach to do its work properly. As a result, it is difficult for the organ to digest foods which require a considerable time for the process. Under such circumstances, the use of foods which are difficult to digest may be followed by distress, but the heart, and not the stomach, is really to blame.

When the stomach goes on the rampage, we should not think so much of the last thing eaten as being the cause, but rather this as a symptom of some condition which requires attention.

The stomach should not be abused. It is not to be expected that foods and beverages can be used indiscriminately without

causing trouble in the organ which is overburdened as a result of such carelessness.

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

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