

You remember that sample of **H.P. SAUCE** we sent you from England.

Everybody is delighted with the new and delicious flavour. It is so easy to obtain H.P. at all the local stores, and most folks now enjoy it at every meal, every day.

**DO YOU?**

Of course, it must be the One and Only H.P. Sauce.

Arrival of Strawberries At **NEW YORK FRUIT STORE**

Pineapples, 10 and 15c each.

314 Princess St. Phone 1405

**Freckle-Face**

How to Remove Easily.

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it moves the freckles; while if it does give you a clear complexion the price is trifling.

Simply get an ounce of obnoxious strength from Geo. W. Mahood, and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the first case.

Be sure to ask Geo. W. Mahood for a double strength ointment as this is of money back if it fails to remove freckles.

**DUSTLAY DRY CLEANER**

No more dust white sweeping. Guaranteed to clean floors and brighten dustladen carpets and rugs. Every housekeeper should use it. For sale by **D. COUPER**, Phone 76. 341-3 Princess St. Prompt Delivery.

**TWO WOMEN SAVED FROM OPERATIONS**

Lydia E. Pinkham's Vegetable Compound—Their Own Stories Here Told.

Edmonton, Alberta, Can. — "I think no more than right for me to thank you for what your kind advice and Lydia Pinkham's Vegetable Compound have done for me.

"When I wrote to you some time ago I was a very sick woman suffering from female troubles. I had organic inflammation and could not stand or walk any distance. At last I was confined to my bed, and the doctor said I would have to go through an operation, but this I refused to do. A friend advised Lydia E. Pinkham's Vegetable Compound, and after using three bottles of it, I felt like a new woman. I most heartily recommend your medicine to all women who suffer with female troubles. I have taken Lydia E. Pinkham's Liver Pills, and think they are fine. I will never be without the medicine in the house." — Mrs. FRANK EGGERTY, 903 Columbia Avenue, Edmonton, Alberta.

**The Other Case.**

Beatrice, Neb. — "Just after my marriage my left side began to pain me and I was in pain so severe at times that I could not get to bed. I visited three doctors and each one wanted to operate on me but I would not consent to an operation. I heard of the good Lydia E. Pinkham's Vegetable Compound was being used for others and I used several bottles of it with the result that I haven't been bothered with my side since then. I am in good health and I have two little children." — Mrs. R. B. CULLO, Beatrice, Neb.

# Pleasant Reading For Women

## Varied Activities of Women

Mrs. Petrova, the actress, designs her own gowns.

Montclair women have asked council to license pet cats.

The Japanese factories employ over 500,000 girls.

Cleveland is to have women pure food inspectors.

Nearly 5,000 trained nurses are now enrolled in the American Red Cross.

The number of mannequins has decreased fifteen per cent. in Paris during the last year.

Mrs. Agnes L. Riddle, of Denver, Col., will have a modern farm home to show visitors at the Panama exposition.

According to statistics the death rate among females is in every case lower than that of males.

Only 19.5 per cent. of the women in this country over twenty-one years of age are single.

Besides being a grand dame, the Duchess d'Uzes is a sculptor, painter, writer, and a thorough huntswoman.

In Cuba the National Congress of Mothers is working for baby saving and providing school breakfasts for needy children.

Female stenographers in the federal building in Cleveland have started a crusade against the mice which have been eating up postage stamps and valuable government documents.

The International Congress of Women, which meets at Rome next month, will represent over 6,000,000 members in twenty-one countries.

## Extremes in Conversation

This little talk is for the girls and the younger women, who are perhaps the most given to extremes in conversation. One of the manifestations of this extreme form of expression, as evidenced in the talk of almost any small group consists in the over-use of adjectives and adverbs. Many girls use these parts of speech carelessly, and more frequently than they are aware of.

The words lovely, delicious, wonderful, sweet, darling, pretty, dear, cute, cunning, and many others that you can hear for yourself in any ordinary conversation are constantly misused. Look up their definitions for yourself. The result will cure you of a pernicious habit. It is a schoolgirl habit, and it will likely die after a few years of use, when the stern realities of life call for stronger and more sensible words. But if you can prevent your vocabulary from passing through this stage, do so by all means. An older person who makes the use of misapplied adjectives and adverbs runs the risk of being considered gushing and insincere.

Now, it is not required that you take all the personality out of your conversation. The purist in conversation is sometimes tiring, and it must be admitted that the enthusiasm of the moment will make us use words that would not stand the severe light of criticism. But do not get the habit of talking in the extremes that rob all conversation of its dignity. Do not over-use the adjectives and the adjectives that should add to the value of a sentence, not detract from it.

If you use the word awful for the description of a bow of ribbon, what are you going to do when you are describing the terrors of war? After all, the main thing to observe is the consistent and relative value of words. Keep your conversation within control and natural bounds. Do not scream out silly words that contribute nothing but a foolish chatter to your information. Try to use the words here discussed as little as possible. There is a place for "dear," but it is not in a conversation about a little toy soldier. "Darling" should never be used to modify the word "buckle"; and so on; you can take each offense and analyze it out of existence.

The extreme in conversation is frequently a sign of youth; it is noticeable in the talk of women who have done very little reading and on a few words gathered in their school-days try to fill the demands of all kinds of conversation. To be able to use the right word at the right time, not pedantically but naturally, is a charm worth cultivating.

## Counsel to June Brides

This is the month of marriages. Many young girls are going into matrimony head-first. The following advice from the editor of Pictorial Review will guide them.

Among my friends is a man whose married life is so happy that all who know him comment on the fact. Yet this man tells me that the first six months of marriage was a veritable hell upon earth for both him and his wife. His bride had been petted and spoiled by family and friends. She expected Mr. Young Husband to continue the agreeable process, no matter how much it interfered with his business or how tired he was when he came home.

But he never had been an impassioned lover, and he was not exactly a heroic figure in his chosen profession. When his bride discovered that he was common clay, she had to tell him how disappointed she was. Once she went even further and told him she could not understand how she had been so blind as to marry a man who did not share a single one of her tastes and ambitions! Then Mr. Young Husband talked back. He said she had had ample time during a two years' engagement to discover his short comings. He had never posed nor masqueraded.

On this occasion some sharp speeches were exchanged, but nevertheless what the husband said must have sunk deep into his wife's heart for soon afterward, she came to him to "talk it over." She had learned

## Why Women Are Such Shrewd Buyers

Any man will tell you that his wife can get more out of a dollar than he can.

Women have the natural value sense—they know what their money's worth means.

One reason for this is that women are great readers of advertising. No part of a newspaper is of greater interest to them than the advertising columns.

They study them daily and they shop as carefully through the newspapers as they do when they go to the stores themselves.

Without the advertising, the newspapers would lose half of their women readers. Incidentally, local merchants would lose more than half their business.

## Comments by ZACCHEUS

Who Sees No National Edifice if Bigots Secure Contract.

A—Adorning nature, spring takes a sweet, fair delight.

B—Baby blossoms beautiful.

C—Casting their new-born fragrance on the soft evening air.

D—Dealing joy infinite to the senses.

E—Enraging gratitude of man's enchanted heart.

F—Fame acquired by bloodshed makes painful memory.

G—Glory gotten in gore gruesome.

H—Hon. Emmerson is perturbed at a "foreign German prince" coming to Canada to reside.

I—Illustrous names high raptures create not in him.

J—Jarring, we believe, this opinion will prove on Canadian sentiment generally.

K—Kin of king shouldn't be debarred from office, other qualifications being pre-eminently present.

L—Let us rather see and believe that with the British government, the best men for vice-regal honor in our rising young dominion.

M—Mother's day is the sweetest and most sacred of earthly joys, when all others fail us, mother is with us still. Her love palliates all our faults. Her heart and her arms are ever open. When life's tempest roars the wildest, she is our shelter and strength. You cannot love her and not be good.

N—Nordica is dead! Grim reaper no respecter of persons.

O—Orilia! Bravo! Going to raise a monument to Champlain! No racial hatred there.

P—Patriotic discourse of G. W. Stephens recently delivered before the Canadian Club of that town, a masterpiece of broad, enlightened, citizenship and putting to shame all the narrow, small, despicable contentments of minorities.

Q—Quebec gave Protestants separate schools twenty years before the same right could be obtained in Ontario for Catholic children.

R—Rearing the national edifice were practically impossible should all the bigots, racial, lingual, clerical, have their own way.

S—Sow, rather, the good seed of mutual forbearance and understanding.

T—There is not a land but has a diversity of tongues. His must be a small head that has room for but one idea.

U—Unique way of building up a nation, wringing the neck of all who may not feel or talk or pray or see things as we do.

V—Very essence of British nation, from the throne to the multitude, is cosmopolitan in character. Not half of her people speak Saxon. In India alone there are seventy-eight languages. So, don't get excited because some of us cling to Moliere with the same tenacity that you cling to Milton. Never can we forsake the sweet syllables, caressing words, accents divine that first fell on our infant ears from lulling, loving mother's lips.

W—Waste, therefore, no time in an endeavor to bedazzle our blindness. Meet us half way, and here is our hand and head and heart!

Yours,  
ZACCHEUS.

## If You Would Be Beautiful

The complexion requires different treatment in spring and summer than in fall and winter. In the one case it is exposed to the elements of wind and sun, and in the latter to extremes of cold out of doors and heat indoors.

Steam heat is the greatest menace to which the skin can be subjected, and only most consistent care can counteract its ravages, and wister, anyhow, is a greater grower of wrinkles than summer. Water should be applied freely during steam heat time, while astringent lotions should be avoided entirely.

In the springtime, however, the water treatment may be begun. Wash the face thoroughly at night unless you have been out in the wind, when the grime should be wiped off with cold cream, as in winter; then bathe the face in tepid water with soap and rinse thoroughly. Dabble the face with cream, never rub it in, for rubbing makes sagging muscles and flabby skin, while patting strengthens tissues. Wipe with a soft cloth and pat in a skin food, be left over night.

Be wary of the skin food and cream you use, for some of them, aside from injurious ingredients they may contain, are more drying than others, and therefore have precisely the opposite effect desired. For example, if the skin is tight and dry an ointment made of oil of sweet almonds, four ounces; white wax, one ounce; rosewater, four ounces, and one ounce of spermaceti is delightful in effect; but if the skin is loose, the pores large, and the surface oily then an astringent cream made by crushing four dozen almonds in a pint of rosewater should be substituted. If the skin is excessively oily add a half ounce of alum.

As a preparation to facing spring winds, dust the face lightly with rice powder.

Never use water on the face directly before going out, especially hot water, which renders the skin acute.

## NEURITIS FOLLOW CRIPPLED NERVES

**Painful Effects of Chronic Rheumatism Quickly Routed by RHEUMA.**

If your nerves are all crippled from attacks of Rheumatism, Neuritis can easily get a strong hold on the nerves. This most painful disease is one of the hardest known to expel, but RHEUMA can reach it if given a chance. This testimony is positive proof:

"Last March I was so crippled with Neuritis in left limb I could walk scarcely at all. Tried all remedies I heard of and had two physicians. Nothing did me any good until I used RHEUMA. \$2.00 worth of your medicine surely cured me.—Mrs. C. E. Hayes, Russell, Ky."

Sold by J. B. McLeod at 50 cents a bottle.

## Recovers Speech

The Lowestoft sailor who has recovered his speech through the excitement of a moment after sixteen years of dumbness, has had many predecessors. Earliest among them, according to Herodotus, was the son of Croesus. The boy had been dumb from his birth (the most improbable feature of the story), and Croesus inquired of the oracle at Delphi about him. It warned him not to desire that the boy could speak, since that would first happen on a day of disaster. When Sardinia was taken, a Persian, not recognizing Croesus, was about to kill him. The son cried out in terror, "Man, do not kill Croesus." "Now," says Herodotus, "this was his first utterance; but afterwards he spoke all the days of his life."—London Chronicle.

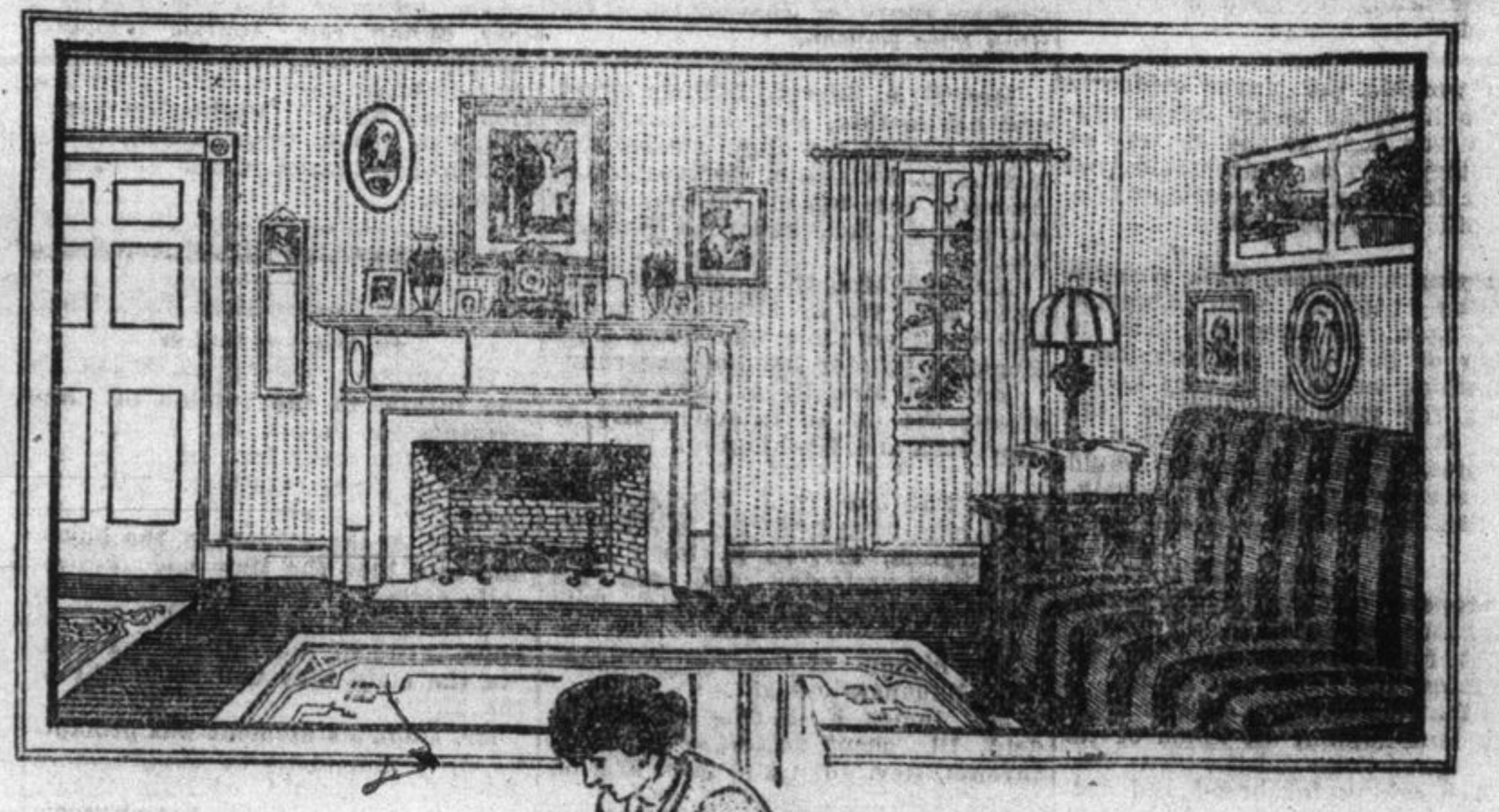
ly sensitive both to wind and sun. If, however, tanning occurs a concoction made of two ounces of cold cream, one and one-half ounces of almond paste, one ounce of strained honey and three ounces of orange flower water will remove it.

# Penmans Underwear

Knit-to-form—knit from the best materials—knit to fit the varying types of men, women and children, with scientific accuracy. There is no chance work about Penmans Underwear. It must be as near perfection as A. I. material and human ingenuity can make it, before our trademark goes on.

No. 95 natural wool garment is a very popular style and sure to please.

Look for this trademark in red on every garment.



Are you a member of the Brighten-Up Club? Get a button.

## We have a paint and varnish for every purpose, inside and outside.

We are exclusive Agents for the celebrated SWP, Sherwin-Williams Paint (Prepared), a paint that is used all over the world and has obtained its enormous sale on account of its quality. It is the kind of paint that you should use on your house. SWP is made of pure materials—pure lead, pure zinc, pure linseed oil, etc.—mixed and ground by special machinery, in correct scientific proportions. SWP covers most, looks best, and wears longest.

For a painted finish on your floors use S-W Inside Floor Paint, made to be walked on.

For your walls use S-W Flat-tone, a durable wall finish—dries with a soft, velvety flat effect—can be washed with soap and water—absolutely sanitary—lasts for years.

There is an S-W Varnish for every varnish purpose. Use S-W Kopal for all kinds of varnishing, outside and inside. Use S-W Mar-nat, a durable waterproof floor varnish for hardwood floors.

We handle a complete line of Sherwin-Williams products and so we can take care of your every paint or varnish need satisfactorily.

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