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Cleansing Pills for Women. 25 a box or three for \$1. Sold at all drug stores, or mailed to any address on receipt of price. THE SCOTT BROS. CO., St. Catharines, Ontario.

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Restores Vitality for Nerve and Brain; increases "grey matter" in brain; builds up system; cures all ailments of the system. THE SCOTT BROS. CO., St. Catharines, Ontario.

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and
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**RINGWORM ON FACE
IN SCALY SPOTS**

Around Mouth and Chin: Spread All Over Face in Big Disfiguring Blotches, Burning and Itchy. Used Cuticura Soap and Ointment. Ringworm Disappeared.

Burns Church, N. B.—"For about four years I was troubled with ringworm on my face. It first made its appearance in little scaly spots around my mouth and chin which would last for about a week, then would disappear and in two or three weeks' time would appear again. As the little scales or scabs came off it would get like a cracked sore which was always increasing in size and extending into the flesh. I was always getting worse until it had spread all over my face in big disfiguring blotches which did not disappear at all. They would have a burning itchy soreness. The ringworm disappeared my face very much for the time being and was always very refreshing. I tried all the known household remedies. I could think of besides some recommended ones without any effect. A friend told me of Cuticura Soap and Ointment, and I obtained a cake of Cuticura Soap and a box of Cuticura Ointment. The first application afforded relief. I washed with the Cuticura Soap and warm water as directed, then applied the Cuticura Ointment. In a week's time the ringworm had entirely disappeared." (Signed) Miss Marjorie E. Morrison, May 28, 1913.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

Pleasant Reading For Women

Serving Tea Out of Doors.
A woman who spent part of last summer visiting her husband's relatives in England, was discovered one morning, this spring, superintending the planting of hydrangeas and rhododendrons in a semi-circle around a tall lilac bush in her suburban lawn.

"I am making a book for afternoon tea on the lawn," she explained to her interested friends. "One of the most delightful memories of my English visits is the memory of tea hour out-of-doors. Do you know how perfectly delicious tea and hot-battered toast can taste, out on the grass in a low chair, late in the afternoon? Well I do, and I mean to treat my friends to it, every day this summer. Now, I haven't any big trees or tall hedges—only this little lawn between the house and the street. But I've happened to note that my big lilac bush casts a generous shade on the side toward the house when sun gets low. In this spot of shade I am going to have a low white table and some chairs to match. There hydrangeas and rhododendrons will shut off and nook from view of passers-by in the street, and when fall comes I mean to plant some syringas and forsythia bushes in to start a real English hedge. Meanwhile, with my lilac bush and wicker tea furniture—and a lovely muffin stand that I brought from England; well you shall see what you will see in the way of tea, when I get things started."

Regarding discolored arms, home remedies are really better than any amount of prepared bleaches. The toilet tables of some beauty parlors look like a veritable vegetable garden. They are laced with lemons, tomatoes, cucumbers, and even lettuce. All of these are for bleaching purposes. Perhaps some of them is more valuable than the lemon. If the skin on the arms and hands has become discolored through exposure or housework, nothing will clear it better than the constant application of lemon juice. Cut a lemon in half and rub the arms well every night and morning. Fresh ripe tomatoes are also good for this purpose, while a milk made from the juice of fresh cucumbers is also excellent. Many women have a rough elbow, and this affliction can be greatly relieved by rubbing with a cork of pure stone every night. The rubbing should be gentle and gradual, not vigorous and violent.

Many simple exercises are good for the development of the forearm. A simple pulley rigged on the back of a door is very effective. One of the simplest methods of increasing the size of the forearm is to stand erect and extend the arms out straight, closing the hand tight over some object like a wad of tightly rolled paper. While the full arm is extended raise the forearm and try to touch the shoulder, and then go back to the original outstretched position. This is really one of the best ways of developing the muscles of both the fore and upper arm.

Another simple exercise is to clasp the hand at the back of the neck, working the elbows forward as much as possible. Both of these exercises should be taken in a loose gown and after the coiffure has been removed.

Some women are burdened with too much flesh on the forearm, and to them it can only be said that constant scrubbing with hot water and a rough brush will help them more than anything.

"Kneading" the flesh is also very beneficial, as it seems to break up the particles of fat, leaving the arm in a more pliable condition. The woman who has a very stout arm should also avoid tightly fitting sleeves, as they only tend to draw attention to the size of her arm. A loose sleeve will hide the size and relieve the redness very much.

In connection with the care and proper exercising of the arms much thought and time should of course be given to the hands and fingers, they are very important adjuncts to woman's beauty. Indeed, schools are now established which train women to use their hands properly and to help remove the shape of both the hand and each individual finger.

Millinery for Midsummer.

It was quite to be expected that hats would grow a bit wider by the beginning of sultry weather. The tiny hat, perched at an angle on the head and trimmed with a bow, its charm when the sun-rays beat unmercifully on unprotected complexions, and the humidity makes even the finest veil an intolerable discomfort. There are few days during July and August when a tailored hat and veil are desirable, and summer costumes worn by Canadian women demand hats of a less formal and more picturesque character than the chic, small hats that are suitable with smart tilts on breezy spring days.

Caprice is rampant in the summer millinery. Dame Fashion seems to have flung aside all considerations of dignity in her choice of midsummer millinery and has gone in with reckless abandon for coquetry, demure or daring. The demurely coquetry of the late 'twenties and 'thirties, which make a pretense of hiding the eyes while they tilt audaciously up at the back. The daring hats are the much tilted shapes which shoot up to excessive heights and send upward tall trimmings which augment the dashing effect.

A careful coiffure is essential for the correct effect of a new summer hat. Gone is the day when a woman might remove her boudoir cap of a morning and drag close-brimmed millinery down over her head, unarranged tresses for a trip downtown a-shopping, putting off the building of a complete coiffure until dinner time. One side, at least, of the head is uncovered by the new tip-titled hats; some of the models show both sides, and a good deal of the back hair to boot; and as for eye-brows, they are quite in fashion again. The hair is waved fluffily and then drawn upward close to the head—that is, it is not puffed out the least bit at the sides. The tip of the ear again appears, and if the summer millinery is to have the correct ensemble, locks at each temple will be drawn forward and made into the little ring-curly, which were called "bee-satchers" or "spiculis" in the seventies. An infinitesimal patch of black court-plaster just to the left of the mouth or below the corner of the eye, completes the daring and dashing effect of the tip-titled chapeau.

As Paris understands it, the chapeau niche is a hat raised at the back on a bandeau, the bowl-shaped top sloping down to shade the eyes at the front. Over there this hat is called the shephersess style, and hands of ribbon are drawn over the top of the bowl-shaped crown, giving the hat the appearance of being tied to the head. So captivating coquetry is this shephersess style that it has caught like wildfire, and every woman this summer has determined to have one of these entrancingly becoming tied-down hats. The typical tied-down niche is of leghorn with natter-blue ribbon drawn across the crown and pink roses heaped under the brim against the bandeau at the back. There are scores of other trimming ideas, but the leghorn natter blue ribbon pink rose combination is far and away the most popular.

Another charming model which will appeal to the woman who does not care for the titled up niche style is a leghorn and the brim turns down in supple, floppy leghorn-effect all around. Across the front of the brim are six large pink roses and behind these, a restraining cord is drawn in front, a wide band of soft pink ribbon passes down around the brim and fastens under two roses at the back of the neck, a snap-button being used to effect the fastening.

How To Develop Attractive Arms.

There were some rather startling rumors about the length of summer sleeves last winter. Sleeves were all to be long, we were told. Fortunately these were but rumors. Sleeves to be sure, are sometimes long in the new cuts and frocks. But short sleeves are still so usual that the woman with a pretty arm can manage to wear them on almost all occasions; and even the woman with very waxy arms must sometimes go with them partly uncovered.

As short sleeves have been more and more worn, women have seemingly developed beautiful arms, just as they have shown themselves possessed of plump and attractive necks. These changes are partly due to the fact that women have tried to make their necks and arms more attractive; partly to the fact that the lack of light collars and cuffs has been productive of good results.

There are many blemishes to the beautiful arm that are readily avoidable. To begin with, red hands and arms are caused by poor circulation and times out of ten, and hence to reduce the color you must reach the seat of the disorder. The circulation can be greatly assisted by bathing and massaging. Many women will spend plenty of time on their faces and utterly disregard their arms, which, in these days, are almost as conspicuous.

As a rule, hot water should be used, with good plain soap, and your arms need much rubbing with a rough Turkish towel, or other towel with a rough finish. This rubbing tends to keep the flesh smooth and soft. If the skin is rough and easily irritated, use oatmeal or bran baths, always rubbing the flesh dry with the rough towel until the skin is rosy red.

Regarding discolorations of the arm, home remedies are really better than any amount of prepared bleaches. The toilet tables of some beauty parlors look like a veritable vegetable garden. They are laced with lemons, tomatoes, cucumbers, and even lettuce. All of these are for bleaching purposes. Perhaps some of them is more valuable than the lemon. If the skin on the arms and hands has become discolored through exposure or housework, nothing will clear it better than the constant application of lemon juice. Cut a lemon in half and rub the arms well every night and morning. Fresh ripe tomatoes are also good for this purpose, while a milk made from the juice of fresh cucumbers is also excellent. Many women have a rough elbow, and this affliction can be greatly relieved by rubbing with a cork of pure stone every night. The rubbing should be gentle and gradual, not vigorous and violent.

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ROYAL TOUR OF THE MIDLANDS. This photograph shows the king and queen at Mansfield. The directors of the Bolsover colliery arching presented.

THE SPORT REVIEW

Notes on Baseball, Rowing and Running.

Corwall is now paying the penalty of being the best centre in Canada for manufacturing lacrosse players. With men who learned the national game in the Factory Town starting wherever professional lacrosse is known they have not enough new material to make a team that can hold up their end in the N. L. U.

James Duffy, Hamilton's crack marathon runner will hook up with "Billy" Queal of Boston on the 18th of this month in his first professional race, and as the Hamilton boy is going better than ever at the present time good results are expected. T. Thompson, Duffy's trainer, was successful in arranging for the match race.

Ty Cobb's idleness, forced on him by a broken thumb, while his rivals slumped, put him in first place among the batters of the American league, according to averages. His percentage is .349. The next six batters are: C. Walker, St. Louis, .343; Baker, Philadelphia, .329; Crawford, Detroit, .324; Jackson, Cleveland, .323; E. Collins, Philadelphia, .314; Speaker, Boston, .301. The Athletics lead in club batting with .261 and Detroit is second with .248.

E. Burns of Philadelphia is leading better in the National league with an average for 24 games of .395; next comes Hummel, Brooklyn, .352; Dalton, Brooklyn, .339; Grant, New York, .337; Byrne, Philadelphia, .320; G. Burns, New York, .312; Becker, Philadelphia, .320. Philadelphia leads in team hitting with .267 and New York next with .266.

Montreal Evening News: Our Uncle Sam is entitled to the credit for a very complete comeback in at least one sporting event of international significance. It takes a mighty good boat crew to go to Henley and come away with the Grand Challenge cup, not so much because the English are so very expert at the art of propelling a racing shell through the water as for the reason that the

CAN BE NO IMPROVEMENT

In Business Conditions Till Bottom Is Reached.

In July of last year, a Kingston gentleman who makes a hobby of keeping tab on the business situation visited the north west and gave the Whig his opinions which at that time seemed unduly pessimistic but have since proved correct. He said: "The real estate boom is all over and everyone now realizes how ridiculous the paper prices were."

Asked for an opinion now he said were were still in a period of liquidation as regards real estate stocks, labor, etc. There could be no permanent improvement until the bottom was reached. Urban values in the west and some of our larger cities were still too high. Those would be sent in two again. The embarrassment of the C. N. R., and the Canadian agency would restrain flow of English capital which would only come now for "conservative investment upon proved values."

The crops are important. So far western conditions look good, a trifle too much rain in south making fear of rust. North and west of Saskatchewan there has been a scarcity of rain. This applies from Humboldt to Battleford where the chief crop is oats.

The price of wheat this year will be discouraging. There has been a big crop of United States winter wheat and it is selling at the lowest prices since 1903, or about ten cents under last year's prices.

The Cobalt and western booms gave rise to extra business to keep running. In the textile company, building, bridge building, there is a contraction from last year of 25 to 50 per cent.

Will Photograph Sun From Monoplane Seat.

Boston, July 7.—From a monoplane, 20,000 feet above the city, Prof. David P. Todd of Amherst college will seek to solve a mystery of the corona of the sun.

Prof. Todd is to sail for Riga, Russia, within a few days, where he is to study the eclipse of the sun in August.

"The Russian government," he said, "has co-operated with me most graciously, having furnished passports, free transportation for my party and instruments. Twenty thousand feet above the earth the power of absorption is materially reduced, and I expect to obtain the best photographs of the corona that have ever been taken."

The Royal Clocks.

The members of our Royal Family are noted for their punctuality, and although King George now has all the clocks at Buckingham Palace and other royal residences set to Greenwich time every day at Marlborough House and Sandringham they still follow King Edward's custom of having all the clocks half an hour fast. The idea was that there would be less danger of the king or anyone else concerned being late for an appointment, but King George evidently realizes that if every one is aware that the clock is half an hour fast it might as well point to the right time.

Mrs. Catchpole Monday's Falls was badly injured on South last on the street. Two ribs were broken by a fall.

Sour Stomach and Heartburn?
LITTLE DIGESTERS
CURE OR YOUR MONEY BACK

At all Druggists or direct from
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25c. a Box.

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

IN TUB SILK.

To make the dress shown here will require:

3 yards of 36-inch silk at \$1 yard.....	\$3.00
1 yard lining 36 inches wide.....	.20
1 yard all-over lace 36 inches wide at \$1 yard.....	.40
1/2 yard satin for collar.....	.25
	\$3.85

The thing for the waist is made first; then fitted by taking up the darts and closing seams in the usual way. The seams of the sleeve are now closed and the upper edges gathered to be inserted in the armholes. The puff of all-over lace is then made and sewed to the lining sleeve, notches even. Saw in lining armhole as notched. Now cross the tucks in place and stitch them into the front of the waist. Close the under-arm and shoulder seams. Fit the waist to give it alterations are needed. Before joining the Japanese collar of satin to sections as notched, gather lower edge of front and back between double "T" perforations. Now close the seam of the cap sleeve, arrange outside on lining and stitch.

Close the center seam at the front of the skirt, and hem the right back gore to overlap the left side. This can be finished with machine stitching or a narrow line of soutache braid. Join the gorges as notched, leaving left side seam free above single large "O" perforation for placket. Sew the skirt over the lower edge of outer front and back, placing the centers even. Take up the tucks at the front to give the slight draped effect shown.



5582

A design suitable for morning and early afternoon wear. It is made of tub silk, trimmed with a satin collar and vest and undercuts of all-over lace.

Some of the very latest tub silks are in crepe weaves, both in solid colors and striped effects and may be used for effective, though simple, frocks for misses and small women. These silks can be washed and rough dried as successfully as any of the cotton fabrics.

Pictorial Review Pattern No. 5582. Sizes 14, 16 and 18 years. 15c.

Above Patterns Can be Obtained from
Newman & Shaw,
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BECAUSE it is beneficial, preserves the teeth, purifies and sweetens mouth and breath, soothes the throat, quickens appetite, aids digestion.

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- we spent several hundred thousand dollars for new machines to encase each 5c package in an air-tight, impurity-proof seal that guarantees its reaching you always absolutely clean and fresh.
- it is the **BIGGEST** nickel's worth of beneficial enjoyment you can find!

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