

**M.S.C. COCOANUT OIL SHAMPOO**

*"The kind that is not greasy"*

Healthy hair needs attention, and any disorder of the scalp or falling hair will grow worse by neglect. M. S. C. Shampoo contains pure Coconut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.

Buy a bottle from your dealer, and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

PRICE 50¢

ALL DRUGGISTS - EVERYWHERE

MUTUAL SALES CO. TORONTO.

MADE IN CANADA

**CASTORIA**

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Hitchcock* In Use For Over Thirty Years

**CASTORIA**

900 DROPS

The Proprietary or Patent Medicines Act. A Vegetable Preparation for Assuaging the Food and Regulating the Bowels of Infants and Children.

Promotes Digestion, Clears the Lungs and Restores Natural Opium Morphine Free Normal. NOT NARCOTIC.

Approved Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Colic, Cholera, Fever, and all cases of Indigestion, Flatulence, and Loss of Sleep.

The Castoria Company, Montreal, New York.

35 Doses - 35 CENTS

Exact Copy of Wrapper.

**Easy & Practical Home Dress Making Lessons**

Prepared Especially For This Newspaper by Pictorial Review

Plain Blue Gingham Well Handled.



close at the left front under one of its box plaits. The work of putting the dress together has been minimized to the utmost, as the construction guide will show. If pockets are used, first stitch on the front of the waist, upper edges along crossline of small "o" perforations. Next sew strap to lower edge of yoke, notches and small "o" perforations even. Adjust yoke to position on front, corresponding edges even, and fasten with a button and buttonhole. Close under-arm and shoulder seams as notched. Turn hem in front at notches. Flat lower edge of front and back placing "T" on corresponding small "o" perforations. Adjust 1 inch belt to position underneath lower edge of waist for a stay. Finish the neck with the round collar, sewing to the edge, single large "o" perforations and center-backs even. Next, close the sleeve seam as notched. Close seam of cuff as notched, line and sew to sleeveband as notched, small "o" perforation in cuff at seam of sleeveband. Sew also in armhole as notched, small "o" perforation at shoulder seam, easing any fullness. To make the skirt, slash the front gore to the left of center-front along double "oo" perforations for opening. Join gores as notched. Turn hem at lower edge on small "o" perforations. From box-plaits, creasing on slit perforations, bring folded edges to corresponding small "o" perforations and press. Sew to lower edge of front and back, center-fronts and center-backs even. Adjust the belt to position as illustrated and finish with pearl buttons.

Pictorial Review Dress No. 653. Price, 15 cents.

**Sleepytime Tales**

**Baby Grace's Suitcase**

Once upon a time Thurston woke up one morning with the warm sun shining on his fat legs. He sat up, looked over where his twin sister Anita was sleeping and said, "I wish we were at the beach, it's so hot here." Now Anita was only half asleep and she turned over and said: "I wish so too. I want to paddle."

The children's mother always moved there to the beach as soon as she could in the spring for they all enjoyed it and the three children were so much better there. When the children came down for their breakfast their mother said, "Listen children, we are going to move to the beach next week. Now during this week you must get the toys you want to take with you and pack your little suitcases so as to help mother all you can for I shall be very busy."

Each of the twins had been given a little suitcase with their initials on one end and they were very proud of them. At the first real trip they had taken since they had owned them and they were very excited and asked if they could carry them all by themselves.

All day long the children were busy getting their things ready and even Baby Grace carried her pet doll and asked Anita to pack it with her things, but when it was time to take a nap she unpacked it and carried it off to bed with her where others heard her talking to it about going to the "bee" in a suitcase.

"Let's make Baby Grace a suitcase," said Thurston one day and he and Anita started to fix one before Baby Grace woke up. Anita found an old pasteboard shoe box and their mother sewed one side of the cover to the box. Thurston made a catch out of a hairpin and Anita found an old hair ribbon that they used for a handle. When Baby Grace woke up there, close beside her, was a new suitcase.

When the children showed her how it opened and how it locked and just where she was to lay her doll, Baby Grace was as pleased with her suitcase as though it was, at Anita's, "a really and truly one" and that is how the three children all had suitcases for the beach when they were ready to go.

**"Low Cost of Living" Menu**

**Menu for Friday**

**BREAKFAST**  
Baked Eggs  
Rhubarb and Ginger Conserve  
Toast  
Coffee

**LUNCHEON**  
Asparagus Mince  
Potato Chips  
Bread and Butter  
Cake

**DINNER**  
Tomato Soup  
Spiced Fresh Fish  
Potatoes au Gratin  
New Beets  
Olive Salad  
Peach Souffle

**BREAKFAST**  
Rhubarb and Ginger.—To each pound of rhubarb use half a pound of brown sugar and a quarter of a pound of preserved ginger. Cut the rhubarb and the ginger into small pieces. Put all in a glass jar with the sugar for four days. Pour off the liquor and boil ten minutes. Add the fruit pulp and boil slowly for three quarters of an hour.

**LUNCHEON**  
Asparagus Mince.—Cut two bunches of asparagus in half-inch lengths and boil until tender, but not quite done. Remove and drain. When cool put them into a basin with well beaten eggs, one tablespoon of finely minced ham, an ounce of butter, pepper, salt and two tablespoons of flour. Mix all well together and moisten with sufficient milk to make the consistency of thick batter. Put into a pint buttered mould, lie down with a cloth, place in a kettle of boiling water, and let it boil for two hours. Pour out of the mould and serve with melted butter.

**DINNER**  
Spiced Fresh Fish.—Cod or Haddock may be used. Cover the fish with a cup of vinegar, the same of water, a teaspoon of cinnamon, a teaspoon of cloves, a ring of onion, a tablespoon of salt, half a teaspoon each of pepper and the same of paprika, and let stand three hours. Pour off half, cover with cold water and boil until tender. Serve with a little melted butter.

**Potatoes au Gratin**.—Mix three cups of boiled potatoes with one cup of milk and the same of water. Boil one minute, add a teaspoon of dissolved flour and cook one minute longer. Turn into a baking dish, cover with cheese and bake until brown.

**Peach Souffle Pudding**.—Melt a tablespoon of butter in a saucepan and stir in a tablespoon of flour until smooth then add the syrup from a can of peaches and as much water as is needed to make a cup of the liquid. Stir in two cups of bread crumbs and cook for minutes. Now add half a cup of sugar and one cup of chopped walnuts. Remove from the fire and add the beaten yolks of three eggs and fold in carefully the whites beaten stiff. Pour into a buttered pudding dish and bake forty minutes in a moderate oven.

**NEWSPAPER LOSES**

Verdict for \$12,500 Against the Winnipeg Telegram

Winnipeg, May 25.—A verdict for the plaintiff with damages in the sum of \$12,500 was found by the jury in the libel case of J. A. Knott vs. the Winnipeg Telegram. Judge Galt entered judgment with costs in accordance with the verdict. The jury stated that it had unanimously found the Telegram guilty of libel, and has assessed the damages as above stated. It added: "We desire to express our strong disapproval of such abuses of the liberty of the press."

"I agree with you, gentlemen," said the judge.

Mr. Knott's action was based on an article which appeared in the Telegram on June 3, 1915. It called him "Gumshoe Jack" and a "Grit Heeler" and copied his name with that of S. Hart Green, a well-known Winnipeg lawyer, in statements to the effect that the two planned to extort money illegally from hotel-keepers.

**Back Was Lame and Ached; Could Do Very Little Work**

**Suffered Much From Kidney Disease for Years, but Cure Came With the Use of Dr. Chase's Kidney-Liver Pills.**

Doctors had tried to cure this man but failed to get at the cause of trouble, probably because they relied on medicines which act on the kidneys only. The strong feature about Dr. Chase's Kidney-Liver Pills is their combined action on liver, kidneys and bowels. In many of these cases the disease is so complicated that ordinary kidney medicines fail to be of much benefit. Under such conditions Dr. Chase's Kidney-Liver Pills usually touch the spot and effect a cure.

Had they been only moderately successful Dr. Chase would never have selected them for world-wide distribution. As it was, the demand for these pills resulted naturally from their superior merit, and there was nothing else to do but supply them in large quantities.

Mr. Simeon Shieloff, Birchbrook Orchards, Birchbank, B.C., writes: "For several years I suffered greatly from kidney disease. I was weak and could do very little work. My back was lame and ached and I suffered much from headaches. Tried doctors and obtained no relief. Dr. Chase's Kidney-Liver Pills were recommended by a friend, and after taking four boxes I think I can say that I am cured, for I feel as well as I ever did."

This statement is endorsed by Mr. Harry Anderson, J.P., who writes: "This is to certify that I am personally acquainted with Mr. Simeon Shieloff and believe his statement in regard to Dr. Chase's Kidney-Liver Pills to be true and correct."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers, or Edmondson, Bates & Company, Limited, Toronto.

**DO NOT RISK YOUR FAVORITE LINENS AT THE LAUNDRY, MRS. CANADA!**

Have the work done at home under your personal supervision, with an

**EDDY INDURATED WASHBOARD.**

Made of one solid lasting piece of hardened pulp. It will neither splinter nor fall apart. The slightly rounded, even rim is easy on the clothes and fingers, yet loosens the dirt easily.

Ask for Eddy's "Twin Beaver."

**HOME FROM ENGLAND**

MRS. HEWITT SAW HER HUSBAND BAND OF THE R.C.H.A.

Brought Back Some Battlefront Souvenirs—Paid a Visit to the Ontario Hospital at Orplington.

Mrs. Hewitt who has been visiting in England for the last eleven months has returned to Kingston. While in England she had a visit from her husband B. S. M. Hewitt, W.O. "B" Battery, R.C.H.A., and saw many Kingstonsians and members of Kingston units.

Among the curios Mrs. Hewitt brought back is a trench coat that the Canadians wore during the winter at the front. The coat is of clipped goat-skin, is loose and sleeveless. Another interesting object is a gas helmet. This is simply a bag that is drawn down over the soldier's head. Covering the eyes is a thick red sponge with holes pierced allowing sight through goggles. The breathing is through a mouthpiece of rubber which contains some absorbent method for taking up the gas.

England is now in darkness and heavy penalties are inflicted on those who show even the smallest amount of light from behind blinds. The Zeppelins make raids occasionally and are regarded with curiosity. About three weeks ago four of them came over and it made a pretty sight to see great shapes being thronged in the air in full light of searchlights and trying hard to move out of range of the anti-air-craft guns.

The R.C.H.A. had a strenuous winter but at the last time she heard the brigade was in rest camps being billeted in a monastery some miles back from the firing line. The brigade has been in rest camps since January when the infantry attacks did not need the support of so much artillery. Sergt-Major Hewitt and many others, however, were not able to get leave when they wanted, one reason being that attacks like that at Verdun are the cause for general orders cancelling all leave.

Mrs. Hewitt visited the Ontario Military Hospital at Orplington where there are 1,500 beds. Capt. Fox, quartermaster, showed her through and she found one of the most beautiful and best furnished hospitals in England. The furnishings and even the food used comes from Ontario, and in future it is planned to have all the men from Ontario assigned to this hospital.

The issuing of a passport is a complicated proceeding, and Mrs. Hewitt had the ready assistance of Capt. Gimblett. The popular captain, who has over 700 men under him in the Pay and Record Office, made it a personal matter to get the papers for her.

Among the men who were back from the front at the time Mrs. Hewitt was in England, was Sergt-Major McIntyre, whom she saw walking in London with his wife.

**KINGSTONIAN HONORED**

Tendered a Banquet and Thanked For His Services

On Tuesday night the Sportsmen's Patriotic Association, Toronto, tendered a banquet to H. Y. Claxton, an old Kingstonian, and J. Shea, Toronto, in recognition of the valued aid rendered in providing funds for recruiting purposes. Mr. Claxton was thanked for securing talent, arranging and looking after the programme of the meetings held Sunday afternoons and evenings during the entire winter months and to Mr. Shea for placing his theatre "The Hippodrome" at the disposal of the Association. The function took place at the Carls-Rite Hotel. Lieut.-Col. R. H. Greer of the 180th (Sportsmen's) Battalion presided. About fifty gentlemen were present including all the commanding officers of the various Toronto battalions. During the evening the Chairman made very pleasant remarks to Mr. Claxton of the time, trouble and energy displayed by him and called upon P. Mulqueen to perform the pleasant task of asking him to accept a beautiful gold watch, suitably inscribed on behalf of the Association as a slight recognition of his efforts and to Mr. Shea an Edison Diamond Disc Phonograph. Both gentlemen responded in a suitable manner, neither expecting recognition of their efforts in a manner of this kind at all.

During the evening addresses were made by several members of the City Council and Commanding Officers of Toronto battalions.

**EMPIRE DAY EXERCISES**

At St. Mary's School on Tuesday Were Interesting.

Empire Day was fittingly celebrated by the pupils of St. Mary's School by the rendering of programmes consisting of patriotic numbers by the different forms throughout the school. Among the interesting features were the flag drill and marching by the pupils of the primary forms, together with the chorus singing by the upper forms. A short address was given by Principal O'Donohue on the size and power of the British Empire and the duty of being prepared to defend it against the foe. In the course of his remarks he referred to the good work which the school cadets are doing for the empire, and in concluding he stated that a good cadet corps in every school is the best expression of its patriotism and its highest contribution to the strength of the empire. A collection in aid of the Red Cross was taken up, and the day was brought to a close by cadet drill.

**SHORTER ODDS ON PEACE.**

How London Underwriters View Duration of War

London, May 25.—The underwriters yesterday charged fifty per cent. to insure against a declaration of peace between Great Britain and Germany before January 1. The rate indicates that in the underwriters' opinion the prospects for an early peace are better than two months ago, when the rate for the same risk was only 30 per cent.

Hundreds of the most prominent Progressives will attend the national convention of the party in Chicago, beginning June 7th.

**Fresh from the Gardens**

of the finest Tea-producing country in the world.

**"SALADA"**

TEA

Sealed Packets Only.

Try it—it's delicious. BLACK GREEN or MIXED.

**Mathieu's SYRUP OF TAR & COD LIVER OIL STOPS COUGHS**

Sold in generous size bottles by all dealers.

THE J. L. MATHIEU CO., Props., SHERBROOKE, P.Q.

Makers also of Mathieu's Nervine Powders the best remedy for Headaches, Neuralgia, and feverish colds.

**NEW YORK FRUIT STORE**

Strawberries Arriving Daily.

Sunkist Oranges 20c, 30c, 40c and 50c a dozen.

Grape Fruit, 4, 5 and 6 for 25c.

Pineapples, 20c each.

Bananas, 15c and 20c a dozen.

Fruit delivered to all parts of the city.

314 PRINCESS STREET. Phone 1405

**Dr. J. Collis Browne's Chlorodyne**

THE ORIGINAL AND ONLY GENUINE.

Acts like a Charm in **DIARRHOEA** and is the only Specific in **CHOLERA** and **DYSENTERY.**

Checks and arrests those too often fatal diseases—FEVER, GROUP, AGUE.

The best Remedy known for COUGHS, COLDS, ASTHMA, BRONCHITIS.

Effectually cures all attacks of SPASMS.

Is the only palliative in NEURALGIA, RHEUMATISM, TOOTHACHE.

Chlorodyne is a liquid taken in drops, graduated according to the malady. It temporarily relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; leaves no bad effects; and can be taken when no other medicine can be tolerated.

**INSIST ON HAVING** Dr. J. COLLIS BROWNE'S CHLORODYNE.

The immense success of this Remedy has given rise to many imitations.

**CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE.**

Sold by all Chemists.

Prices in England: 10s, 5s, 4s.

Sole Manufacturers: J. T. DAVENPORT, Ltd., LONDON, S.E.

Wholesale Agents, Lyman Bros. Co., Limited, Toronto.

**Bread Lines Lengthening in Suffering Belgium**

**Hungry Women are Grateful for Scanty Fare Provided by Belgian Relief Fund**

So long as their heroic husbands and fathers are fighting with the Allies, Germany will not raise a finger to save from starvation those Belgian women and children in the territory she has overrun. She permits the Belgian Relief Commission to feed them, but her heartless attitude is indicated by the recent torpedoing of two relief ships. Their cargoes were fully insured, of course, as are all shipments made by the Commission, so no contributions were lost. But such anxiety is felt lest even the delay in getting food over may cost precious lives.

For all Belgium is dangerously short of food. Nearly three millions are penniless as well—and the number of these is growing fast as accumulated savings are exhausted.

This means continually growing demands on the Belgian Relief Fund. To meet them more Canadians must contribute, and those who have been giving must be even more liberal. The only alternative is to let our devoted Allies perish!

This is a plain statement of perhaps the most appealing cause in history—a cause that has stirred the hearts and opened the purses of thousands. Has it opened yours? Have you in your security done your share for those sufferers who, but for an accident of geography, might have included your own wife and children, or yourself?

Send your subscriptions weekly, monthly, or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer

**Belgian Relief Fund**

50 St. Peter St., Montreal.

**\$2.50 Feeds a Belgian Family One Month**