

In The Realm Of Woman--Some Interesting Features

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H.P. tempts the appetite, it makes you want to eat.

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The Imperial Life was the first Canadian company to place its entire policy reserves upon a 3% per cent. interest basis—the present Government standard. It was also the first, and so far is the only company, to value its total assets on the more stringent 3 per cent. reserve basis.

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Fruit Jars in Pints, Quarts, Half Gallons.

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Hair Often Ruined By Careless Washing

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary mildified coconut oil (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply massage the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, and dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get mildified coconut oil at any pharmacy. It's very cheap, and a few ounces will supply every member of the family for months.

Worth Inquiring About

Catelli's Milk Ready Cut Macaroni, 10c Pkg.

Luxury Macaroni, 10c Pkg.

Try our Steel Cut Coffee

P. H. Baker,
Phone 1078 Princess & Frontenac

THE CONFESSIONS OF ROXANE

(By Frances Walter)

MR. KENWOOD BEGINS TO REVEAL HIMSELF.

(Copyright, 1916, by the McClure Newspaper Syndicate.)

Although Mariam had abandoned herself to her desire to participate in all the revelry possible she soon realized that there were certain drawbacks on the present occasion. In the first place, the dinner was not of the quality she was accustomed to, and, despite her effort to dispose of it, even Mr. Kenwood noticed that she was not eating.

"What's the matter?" he asked finally. "This mouth full of bread and meat? You don't seem to be enjoying it."

"Oh, yes I am," Mariam fibbed quickly. "I think it is delicious. I am just not at all hungry tonight."

"And why aren't you eating?" he demanded, turning to me. "I don't believe you have tasted anything."

"I am not hungry either," I replied. "Mariam and I never have much appetite in the evening."

Mariam looked covertly at me while a ghost of a smile played about her lips. As a matter of fact we always had quite a spread in the evening. But Mr. Kenwood, assiduously applying himself to the viands at hand, accepted our explanations without question.

"This wine makes you want to eat more," he remarked presently, as he noticed that neither Mariam nor I was drinking. Gives you an appetite."

"I don't think I shall take any this evening," Mariam observed. "My head is threatening to ache, and I am afraid the wine will make it worse."

"Well, then, if you don't want it there's no use ordering more, is there?" the frugal Mr. Kenwood asked, as he reached for Mariam's bottle and refilled his glass. "I don't believe in wasting anything, do you?"

"I certainly do not!" responded Mariam. "You are very welcome to the wine."

Mr. Kenwood bowed his acknowledgments, held the glass up to the

RABIES IS SERIOUS IN PETERBORO COUNTY

City and Township Officials Are Charged With Negligence.

Peterboro, July 9.—The rabies situation is so serious in Peterboro that in response to representations of Dr. Johnston, V.S., the Provincial Veterinary-General sent Dr. W. Moynahan to investigate. Dr. Johnston states that dogs, cats, calves and pigs have died within the past few weeks, and "we know they died of rabies." Dr. Moynahan regards

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review



A Coat of Blue Pongee Silk.



Long coat of seasonal style, carried out in blue pongee and trimmed with a large square collar, deep yoke and pockets.

All the chic of the French salons is crowded into this long coat of blue pongee, with front and back laid in box plaits and joined to square yokes. In medium size the coat requires 6 1/2 yards 36-inch silk, with 4 1/2 yards 36-inch lining.

The important thing for the home dressmaker to do is first study the construction guide before attempting to put the coat together. After she knows it thoroughly, then begin work. Pattern box-plaits in front and back, pressing on lines of front perforations, being folded twice in corresponding lines of small "o" perforations in front and back.

The last thing to adjust is the belt, which is arranged with the center-fronts and center-backs even, upper edge of belt at large "O" perforation near center-back of coat.

The string sash may be lined with satin in contrasting color, if desired.

Pictorial Review Coat No. 7249. Sizes 34 to 44 inches bust. Price, 25

WEARING PLAINER HATS.

Effect of the War on Headgear of Milady.

The effect of the war on the millinery trade is more far-reaching than the conditions imposed on account of the hostilities on most of the other trades and industries in the Dominion. Milady's headgear is no longer solely a source of adornment or decoration. The days of floral and bird designs have passed. A lady's hat is now a piece of simple clothing, shorn of all the erstwhile adornments, and reduced to a minimum of decorative art.

"The hat is now staple clothing," declared the head of one of Canada's largest wholesale millinery houses. "It is no longer an adornment or a source of extravagance. The vogue to-day is to wear the plainest possible headgear, and the wholesale milliner suffers to that extent. The millinery trade has suffered from all the disadvantages of the war, and is not benefited from any peculiar advantages, as other industries have."

"There has been a very marked falling off of styles since the beginning of the war," he continued. "In the first place, we lost the European sources of supply, where we obtained our designs for hats, and rely absolutely on the Canadian and American makers, and the tendency is towards much plainer makes."

"The peculiar thing about the millinery trade is the fact that the style or material the people can get most of is the vogue, and therefore the inability to get goods from Europe soon after the outbreak of war encouraged the making and wearing of plainer hats. The trouble and difficulty the millinery trade is up against just now is the delivery of materials for any hat made in Canada that were ordered a year ago. This makes it very difficult for us to get rid of these goods just now."

"But we will never go back to the old condition of affairs. The hat factories that have sprung up in Canada are here to stay. I know of one firm which had one hundred people employed, now has 300, because it has gone in to the hat manufacturing business. But the difficulty is this: the hats that cost \$15, \$20, or \$30 several years ago, cost no more to-day. The cost of the materials are more costly."

Regarding the condition imposed upon the trade by the inclement weather, this dealer declared that the division of the year into four hat seasons had minimized the possible loss. "As you see," he said, "I had fairly good weather in the spring, which helped the early spring and Easter trade, but now the cold weather has returned there is considerable cutting into our summer trade, but we still have the early fall and winter trade to look after."

The Sturgeon's Food.

The common sturgeon of the rivers of North-Eastern America is one of the largest and most valuable of food fishes. It sometimes reaches a weight of five hundred pounds and a length of ten feet. The female produces many of eggs that develop to a fifth or even a third of her own weight, and numbers two or three millions. It is from those eggs that caviare is made. The sturgeon feeds along muddy bottoms on small shells, water weeds, and bottom fishes. Its method of feeding is peculiar. Underneath the snout, and near the point of it are four barbels or "feelers" about two and a half inches long, and placed about three-quarters of an inch apart across the snout. It swims with the snout close to the bottom, and allows the barbels to trail along on the sand or mud.

Whenever the barbels touch the protruding siphons of the soft-shelled clam or the razor clam the siphons of the clam contract, and by doing so notify the sturgeon of their presence. It halts, and with its telescope mouth pumps the sand or mud away from the clam, and finally draws the clam from its resting-place to its jaws and there crushes it. The razor clam, however, it discards through the gill openings, but if the clams are small it discards very little of the shell, but swallows nearly all of it. Another way the sturgeon has of feeding is to plough a furrow through the sand or mud with its long pointed snout, then to turn round and go back through the furrow and pick up whatever small molluscs and crustaceans it may have exposed. It also sucks up with its protruding mouth great quantities of sand and mud, sifts them through its gills, and thereby finds many small organisms upon which it feeds.

Lignite Possibilities.

The lignite fields of Saskatchewan are said to contain thirteen million tons, almost untouched.

The Highways of the province, but, on the other hand, it has the advantage of being easily and cheaply mined. All that is necessary to do is to dig it out of the ground, for it lies practically on the surface, no galleries or shafts being required.

Some years ago R. D. Wynne, a former engineer in the employ of the Saskatchewan Government, made a report on the lignite fields, and suggested that the best way to develop them would be to establish a central power plant located right in the center of the lignite bed and distribute power all over the province. His scheme was to burn the lignite in retorts, as is now done with the same grade of coal in Germany and elsewhere, and use the gas developed to produce the electric energy.

WAR BONUS FOR FIREMEN.

Bellefleur, July 9.—The City Council has decided to give the firemen a war bonus of five dollars per month in salary until the end of the year, in view of the high cost of living, and instead of increasing salaries.

PARISIAN TOILETTE.

Of penguin-grey double Georgette. The tunic is outlined with silver beads and has the modified gauntlet cuffs. Touches of black are cleverly introduced at the waist, and the collar and revers are of lemon-colored rayon. The shady black tulle hat has a pretty little curtain, its charm being further enhanced by lemon-colored ribbon and blue and pink flowers.

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Health and Beauty Answers

BY MISS MAE MARTIN

June: The "French complexion" for which you inquire about is probably the craze for liquid powders. They are thought to be more wholesome for the skin, as well as more beautifying and less likely to show than ordinary powder. The following preparation can be made at home from ingredients to be purchased from any druggist. Put four ounces spermacin from your druggist in one-half pint hot water and add two teaspoonfuls glycerine. It is splendid in effect, looking very natural and clinging as if it belonged to your skin.

Lily: You will find shampooing with a teaspoonful of castor oil dissolved in a cup hot water is a quick and pleasing way to free the scalp of dust, dandruff and excess oil. This is a cleanser and invigorator most appreciated by one whose scalp is either dry, scaly and itchy, or profusely oily. Its use restores healthy vigor to my scalp and induced the hair to come in plentifully with a gloss, and greatly enriched color.

Bees: The best blood cleanser I know is Karlene, because it acts on the liver and kidneys, and if, as you say, with severe and constant headaches, it is an indication that your kidneys and blood need attention. To prepare, put one ounce Karlene (from the drug store) into one-half pint alcohol (whisky should not be used), then add one-half cupful sugar and hot water to make a full quart. A tablespoonful before meals is the dose. This Karlene tonic gently expels poisonous waste from the body and tones up the internal organs so they can do their work. You will find this tonic good for lost appetite, failing strength, and to clear up the complexion.

Lorelei: Even the women of middle age nowadays are determined to keep their flesh down, and who can blame her, now that present styles demand slenderness. I always recommend paraffin (which I mix up at home) as the safest, cheapest, and best flesh-reducer. Put four ounces paraffin at druggist's and dissolve in one and one-half pint hot water. Cool, strain, and take a tablespoonful before each meal. Dieting or exercise is not necessary with this.

Mrs. S.: My own experience with wrinkles was three years ago, when I commenced with a very simple, inexpensive preparation which I made by mixing an ounce of almond oil from any druggist's in one-half pint cold water and adding two teaspoonfuls glycerine. This by restoring the elasticity of the skin, rendered healthy, firmness and kept the surface circulation of the blood so good that a perfectly natural glow developed in the cheeks. I have used it ever since.

Madame: No, you need not have lots of money in order to give your hair and scalp perfect care. Often economy-minded made-at-home items which are even better than highly priced patent preparations. I get an ounce of Quinolin at the druggist's, dissolve it in one-half pint of alcohol, and add one-half pint of water. Rub it in at a time, well into the scalp and your dandruff will disappear and you will keep your scalp healthy.

Ernie: Brighten my eyes and rest them when tired by putting a few grains of crystals solution into each and bathing the lids with the same. I make the tonic by getting an ounce of crystals from the drug store and dissolve it in a pint of clear water. It will not hurt and is soothing and healing. It is the safest way of making the eyes sparkling and expressive.

IF YOU RAISE CHICKENS

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It will INTEREST YOU

The Chisholm Milling Co., Ltd., Toronto.

I received your shipment some time ago of Chicken Chowder and scratch feed, and should have written you sooner. But better late than never. I think it is the best Purina feed on the market. I have fed it to 30 R.C. white leghorn hens and before 2 weeks were I got from 25 to 27 eggs per day. And they only laid 1 and 2 eggs per day when I started them on your feed. I am well satisfied with the results I have received from Purina feeds, and I intend to continue its use. I herewith enclose money order for 200 lbs. scratch and 200 lbs. of chick feed. Please ship as soon as possible, as I expect a large hatch out next week.

I have told several of my friends the benefit I have had out of your feeds. Wishing you every success.

Yours truly,
May 10th, 1916.
H. LEE, Kingsville, Ont.

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