

In the Realm of Women--Some Interesting Features

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Coconut Oil Makes A Splendid Shampoo

Too much alkali dries the scalp, makes the hair brittle, and is very harmful. Mulsified coconut oil shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, sand, and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified coconut oil shampoo at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.



Many a Canadian Beauty owes her exquisite complexion to the use of

'Baby's Own Soap'

Cleaning--Healing--Fragrant
"It's Best for Baby and Best for You"



Appear At Your Best--Instantly
If you receive a sudden call or an unexpected invitation you can feel confident of always appearing at your best. In but a few moments it enables you to take a wonderfully pure, soft complexion that is beyond comparison.

Oriental Cream



Just to show a proper glow

Ingram's Rouge

A safe preparation for delicately brightening the natural color. The coloring power is not absorbed by the skin. Sold in 1/2 lb. tins at 25c. For sale at the "Whig" Drug Store, 124 Princess Street.

LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

The Workings of John's Mind.
John looked at me for a moment after my outburst against his meaningless flattery, and then his usual excuse came into his mind. "You are not well, Katherine," he said. "I shouldn't have allowed you to work yourself up into such a nervous state as this. It has taken you longer than I thought it would for you to get over that automobile accident. Katherine, I should have remembered and not allowed you to talk upon things which prey upon your nerves."
I laughed somewhat hysterically at this. It was really funny, and then I said:
"Yes, you have it right for once, John. I am not well. At least I am a little unstrung this morning." And then I told him boldly and without the little tremors of delight with which I imparted the news to him before, when he had so disappointed me. At first his face was clouded and then he said:
"Dear, I am glad. That new house of ours will be big enough to hold three, instead of two."

Unexpectedness a Charm.
I believe that that is one of John's fascinations for me. I never know how he is going to take things. Unexpectedness is a great charm. I guess, for all human beings. John has just told me that it is the unexpectedness of Elizabeth Moreland that appeals to him more than any other thing about her. I wonder if I am always the same to John. As I thought this, I turned to him and asked the question:
"John, are you always sure just how I am going to answer you on all questions?"
"Pretty nearly," he said.
"Well here I am going to surprise you," I answered. "I want this baby, as little as I longed for the other one." This really did startle John, but he took me in his arms and said:
"Dear, I think you are just saying this to tantalize me. I know you are the best little woman in the world, and all good women want children. I am very glad that we bought the house. Katherine, because it will make such a nice place in which to raise a family."
"Hello, John," interrupted Alice, who came through the door. "I didn't expect you quite so early."

Met by Katherine.
"I came in on the afternoon train. Katherine evidently knew when I was coming, for she was on her way to meet me."
"So you have bought the finest house in -- have you?" said Alice.
"Yes, and very soon Katherine is going to remodel and furnish it."
"Will you have to remodel it?"
"My dear Alice, don't you know that women must always be remodeling something? If not their houses or their husbands, they remodel themselves."
"Gracious, John, I hadn't realized

that you had become cynical in your old age."
"I am going up to my room," I said, "and leave you, Alice and John, to fight it out. I just remarked in passing, however, to John, that you had remodeled yourself into one of those feminists, which seems to be the fashion in clever women this year." As I went out the door I heard John say:
"Yes, of course it is a fashion and a fad; you won't keep it up long, Alice." And I stopped to hear Alice answer:
"Only as long as I live, John."
Followed to Her Room.
John followed me to my room shortly arriving almost before I had changed my tailored frock into a house gown.
"How lovely you look in green," he said. I glanced up quickly. I had worn this house gown numberless times since we had been married and John had never noticed its color, its shape or becomingness, but when he added:
"Sometimes, Katherine, I think you are the prettiest woman I have ever known." I thought perhaps it was time to begin to flirt with my own husband.
"Only sometimes, John."
"Is that a bid for me to say all the time?" he taunted.
"Take it just as you please," was my answer, as he softly kissed the curve of my arm, which was bare in the wide sleeve of my negligee.
Tomorrow--A Woman's Happiness.

Laxative Fruit Cake.
The Journal of the American Medical Association recommends a laxative fruit cake made of equal parts of senna leaves, figs, dates, prunes and raisins. It does not matter much whether the ingredients be weighed or measured, as exact proportioning is not essential. The dose is one slice, large or small, according to the requirement of the individual.



By Juanita. Iamel

NOW REV. DR. SHATFORD.
Rector of St. James the Apostle Made D. C. L.
Montreal, May 13.--When Canon Shatford, rector of the Church of St. James the Apostle, returns to Montreal on Saturday next, he will come back as Rev. Dr. Shatford. Letters received from him by his friends of the congregation stated that he had been given the honorary degree of D. C. L. at the annual convocation of King's college, Windsor, N. S., where he gave an address. Canon Shatford wrote that he was much improved in health by his holiday.

GOOD DIGESTION

To be able to eat what you want and to digest it properly, is a priceless blessing. Good digestion is not appreciated until you lose it. Then you cannot afford to experiment, for strong medicines are hard on weak stomachs. If you have indigestion do not be persuaded into believing you can cure yourself by the use of pre-digested foods or so called stomach tonics. There is no tonic for the stomach that is not a tonic for every part of the body. It is through the blood that the stomach gets its power to assimilate and digest food, and as the blood goes to every part of the body any improvement in its condition not only results in strengthening the stomach, but every organ in the body. Rich, red blood is absolutely necessary to good digestion. If your stomach is weak and you are troubled with sour risings in the throat, a feeling of pressure about the heart, or nausea after eating, try the tonic treatment with Dr. Williams' Pink Pills. So many dyspeptics have been cured by this medicine that every sufferer from stomach trouble should try it. You will soon know the joy of good digestion and enjoy better health in other ways if you give this medicine a fair trial. You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Let's Fuel at Lake Erie Ports.
Cleveland, May 13.--Boats are waiting at Lake Erie ports for fuel, which is as scarce as at any time since the shift. A meeting of traffic heads of railroads was held here yesterday when plans were taken up for bringing coal to the lake front to supply the demands of the northwest. The movement is slow, and many regular leaders are going up light.

TO-DAYS FASHION

By MME. FRANCES
A black gown and a picturesque black hat contribute much toward charm in dress. Few are the women who do not look their best when so garbed.
Black charmeuse is the "de luxe" fabric for the dressy spring frock that will also serve for formal summer wear. This model displays a surplice blouse bound with white charmeuse satin. The shirred vest of white mousseline de soie is also bound with white satin. This over-

skirt is new. It is shirred with a "heading" and is attached to the straight dropkirt in a rounded line which gives the impression of a yoke. The broad hat is black straw is faced with satin and is trimmed with a striking black feather fancy.



A Vest of White Mousseline de Soie Completes This Smart Gown of Black Charmeuse.

Drink Charm Black Tea

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LOVE IN HER EYES



Who hasn't seen it--the love in her eyes? And who hasn't heard the much quoted line, "The light that lies in a woman's eyes," of the Irish poet, Tom Moore? If you haven't seen that light it is because you haven't looked closely, for it should be there--in every woman's eyes. For every woman loves sometime--though some must love and lose.



WE invite all persons visiting London to inspect our factory and see how McCormick's Jersey Cream Sodas are made. We contend that the consuming public have a right to know how their food is handled. Our visitors' registers contain names of thousands of people from all parts of America who have visited our plant. What they say about our factory is one of our best advertisements. Under such circumstances, you rest content that quality, purity, freshness and cleanliness are everlastingly maintained.

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