

In the Realm of Women---Some Interesting Features

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Made of pure fruit extracts combined with the very finest Calf's Foot Jelly.

Far superior to the average Jelly Powder.

Each packet makes one pint of delicious jelly. Six flavors.

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The first thing to do in restoring dry, thin and falling hair is to get rid of dandruff, itching and irritation of the scalp. Rub Cuticura Ointment into the scalp, especially spots of dandruff and itching. Next morning shampoo with Cuticura Soap and hot water.

Four 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: London, Ontario, 246 St. Paul St., W. Montreal, Quebec, 100 St. James St., E.



THE "LIFTUP" (Patented)

ALL DIAS FILLED CORSETS are designed in conformity with the science of Anatomy.

The "Liftup" is a patented invention with semi-elastic elastic inside belt, entirely new over the abdomen, and is very beneficial for use after an operation involving abdominal incision. Most effective in relieving those physical ailments from which many women suffer.

Write us today for useful hints on fitting and self-measurement. Free upon request.

DIAS CORSETS LIMITED
41 BRITISH STREET
TORONTO

A new German liquid shaving soap made of coal tar and alcohol.



HOME-MAKING HELPS
"Everything About the House Helps to Make the Home."
By WANDA BARTON

How to Plan a Charming Outdoor June Wedding

Weddings are interesting events in all seasons, but many persons think June weddings are quite the most interesting of all the year. Even nature herself conspires to make the month ideal with a profusion of roses and their perfume fills the air with romance. Other months are suitable for indoor weddings, but in June—"then, if ever, come perfect days" for outdoor weddings.

An outdoor wedding needs a country home setting to be perfect, but if this cannot be managed a spacious yard or a lovely garden will do, provided it is shielded from public view.

A last season's wedding is a good one to describe, for it was charming to behold, inexpensive, and the number of guests did not have to be severely limited.

In the centre of a large lawn, under the shade of a big plane tree, a square frame pagoda was erected. This was painted white on three sides, the spaces were roped with smilax wrapped on wire, and in front, a roped path led to the porch as an aisle for the bridal party. Bunches of white roses were spaced along the green rope, which gave an effective and decorative appearance to the green strands. A small table and a white cushion on which the bride was to kneel completed the outdoor church.

Four girl friends of the bride followed the ushers. They, in turn, were followed by the matrons of honor—four brides of a year—and their husbands, forming a past, present and future bridal procession both novel and unusual.

All were dressed in white, the only color being supplied by the baskets of different colored roses each woman carried.

Another four-post pavilion was erected on the driveway for a temporary kitchen, and here the refreshments were arranged for distribution to the small tables scattered about the lawn.

The refreshments, by the way, were very simple. Several kinds of sandwiches were served with the tea—hot or cold as indicated by the choice of the guest—from several tea wagons, which were rolled about among the tables. Next, strawberry ice cream was passed with a generous piece of wedding cake, cut by the bride at a table specially prepared for the service.

Every one voted it a most charming wedding.

The bride and groom mingled with the guests until it was time for them to dress, for an early home dinner with the bride's family before leaving on an extended trip.

The wedding arrangements were inexpensive and very easy to prepare. The idea of building the little serving kitchen outside was to save steps and confusion in serving. The reason it was fixed in the roadway was so the ice cream salt and general waste would not injure the lawn.

The bride of today is a human being capable of being helpful to herself and others, and instead of leaving her family to look after the wedding guests as best they may, she attends to her share of the entertaining and gives all the women a

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YOUR HEALTH

Why Dilation of Stomach Calls for Diet Regulation.

By Royal S. Copeland, M.D., Commissioner of Health, New York City

Normally the human stomach has a capacity of four or five pints. Under certain conditions this organ dilates so enormously as to have a capacity of 30 or 40 pints. There is one case on record where it reached 70 pints.

Poor health manifests itself by lack of resistance of the body tissue. Muscular tone is reduced. Elasticity is lost just as a rubber band loses its life and snap. Anything, then, that results in impaired health, wasting of the tissues of the body and general lack of tone may be followed by stretching of the stomach walls.

Chronic inflammation of the lining of the stomach predisposes to this unpleasant condition. Such inflammation is usually the result of over-eating or of overdrinking. Beer drinking has been a fruitful cause for dilatation of the stomach.

There are cases of acute dilatation, the result of a single indulgence in an enormous meal. It is much more common, however, to find the dilatation a gradual process, due to repeated overeating.

Other Causes.

There are other causes where disease has obstructed the passage from the stomach into the intestine. As the growth or disease has progressed the opening has grown smaller and smaller. Naturally, the contents of the stomach have been dammed up,

YOUR HEALTH

Other Symptoms.

One would expect the consumption of such enormous quantities of food would result in added flesh. As a matter of fact, however, little of the food is absorbed, and the patient is thin and scrawny. Constipation, dryness of the body, limited urinary secretion and lack of strength are characteristic symptoms.

The abdomen is distended, and the outline of the dilated stomach is made out without trouble. Pressure upon the abdominal wall results exactly as pressure upon any other water-filled sack would. The sound of the splashing can be heard.

The treatment is not pleasant, but it is immediately effective. Washing out the stomach quickly relieves the trouble. This is done once a day.

There must be strict regulation of the eating habits of the patient. Small quantities of food are given, and the meals should be more frequent than for healthy persons. Starchy and fat foods are omitted. Sugar is taken in moderation. Liquids are cut down to the minimum.

Needless to say, fresh air, lots of sleep and all the rules of simple living are indicated. Everything that builds up the general health helps to restore tone to the weak stomach walls.

With care of this sort recovery is to be expected.

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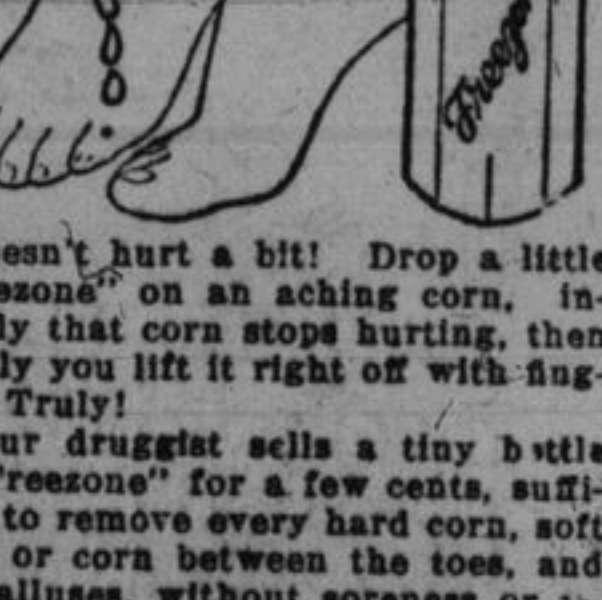
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CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

"WITS" OF HISTORY

By Mark Stuyvesant.

The Way Josephine's Pet Dog Defeated Napoleon.

Napoleon. The very name awakens a host of interesting thoughts even in the minds of those who know little of the man who made himself master of much of Europe. But very few know that the first enemy to defeat him was a little dog.

When Napoleon married Josephine he loved her so much that he always carried with him a picture of her guarded by a glass cover. One day he found that the glass was broken. He became so nervous, considering it an omen she was not well, that he sent a courier post-haste from Italy, which he was then conquering, to Paris. And he did not rest until he learned that Josephine was well.

It was this devotion, perhaps, which made Napoleon willing to stand the presence of her pet dog. This dog's name was fortune. So dearly was Josephine attached to the dog, so we are told by Joseph Turquan in "The Wife of Gen. Bonaparte," that Napoleon could not win his wife's affection from the creature.

One day Napoleon said to Arnault: "Do you see that young gentleman?" He pointed to the dog curled up on a sofa. "He is my rival. He was occupying madame's bed when I became her husband. I tried

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Blackheads indicate your cleansing method is wrong



BLACKHEADS indicate that the method you are using is not the right method of cleansing for your type of skin.

A skin specialist would tell you that blackheads are caused by excessive oil collecting dirt in the pores of your skin.

To do away with the cause of blackheads and free your skin from this disfiguring trouble, use the following simple treatment:

APPLY hot cloths to the face until the skin is reddened.

Then with a rough washcloth work up a heavy lather of Woodbury's Facial Soap and rub it into the pores thoroughly, always with an upward and outward motion.

Rinse with clear, hot water, then with cold—the colder the better.

If possible, rub your face for thirty seconds with a piece of ice. Dry carefully.


To remove blackheads already formed, substitute a flesh brush for the washcloth in this treatment. Then protect the fingers with a handkerchief and press out the blackheads.

GET a cake of Woodbury's today, at any drug store or toilet goods counter, and begin this treatment tonight. You will be astonished to see how quickly your skin will improve in clearness.

A 25-cent cake of Woodbury's will last for a month or six weeks. The Andrew Jergens Co., Cincinnati, New York and Perth, Ontario.

THE Onyx SHOE

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What Every Woman Wants—Permanent Charm



Correctly designed, carefully and honestly put together with leathers of the finest quality and durability—

Onyx Oxfords, Straps and Pumps are given that permanence of shape and charm of appearance which make them the most desired among the feminine footwear of Canada.

Look for the Onyx trademark—it is your assurance of all those qualities you demand in your footwear.

Sold in the better boot stores throughout Canada.

J. H. Sutherland & Bro.
KINGSTON.

W. H. Laughan, Belleville, died on Wednesday, aged seventy-three years. He was born at Cannifton. For fifty years he was a Belleville miller, an ex-alderman and a Presbyterian.

Miss Gertrude Blanch May, fourth daughter of Mr. and Mrs. John May, was united in marriage to Mr. Arthur Ostrom, second son of Mr. and Mrs. Ostrom, Belleville on Monday.

"I like to relate the anecdote, because it is so characteristic, and because it gives a good idea of the power exercised by the most gentle and most indolent of Crooles over the most self-willed and despotic of men. His will, to which everybody and everything had to bow, could not withstand a woman's tears. And he who dictated his commands to the whole of Europe could not turn a dog out of his own house."

"Forgive me, it is true that I have kept him, but I do not allow him to set so much as a paw in the garden now that madame has another pet dog."

"Let him come as often as he likes!" Napoleon laughed, then his voice sank to a whisper. "Perhaps he will rid me of the other brute."

Arnault, who told the story, always ended his recital by saying:

"Where's your dog?" Napoleon asked. "Haven't you got him any longer?"

"The first round of the battle was won by a bite. But there was another round to come, which was also won by a bite.

In the kitchen of the Bonaparte palace resided a cook. He had a dog, a fighting dog. One day the cook's dog wandered into the garden. Josephine's dog rushed upon him and fastened his teeth in the back of the cook's dog. The cook's dog turned, seized Josephine's dog by the neck, gave him one bite, and killed him.

Naturally, the cook was frightened. He saw Napoleon coming his way one day when he was out for a walk. So fearful was the cook that he hid in some bushes. But Napoleon had seen him.

"Why do you run away from me like this?" Napoleon asked.

"Why," the cook stammered, "after what my dog did—"

"Where's your dog?" Napoleon asked. "Haven't you got him any longer?"

WEARING quality and appearance are what every mother wants in Children's stockings. These are combined in Mercury Hosiery. They are knitted to fit without wrinkles and strains. Wearing parts are reinforced. When washed they retain their shape.

Mercury Hose are made in cotton, cashmere and art silk, black, white and brown in all sizes.

The Mercury trade mark stands for uniform, high-quality Canadian goods made by Canadian workmen.



Mercury Hosiery

MERCURY MILLS, LIMITED,
HAMILTON, CANADA

Manufacturers of Mercury Underwear and Hosiery for Men, Women and Children.

For good hard wear and style we recommend line No. 14—light weight golf hose for boys and girls of four years and up. They are made in unexcelled style in shades of blue and brown.