

# In the Realm of Women---Some Interesting Features

## Hunter G. Ogilvie

### INSURANCE AND GENERAL BROKER

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# CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

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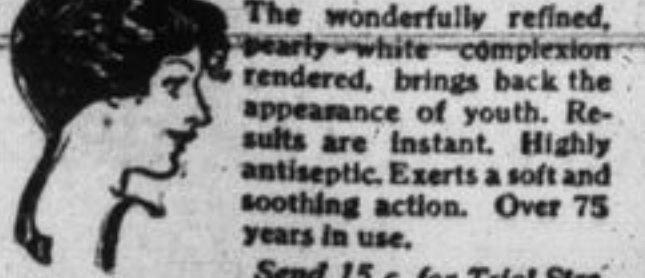
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Saves waiting for the milkman—its always ready for your every cooking need

With the cream left in.

Up to the last 20 years many sailors wore ear-rings for luck.

### GINGHAM IN STYLE

Fabric Popular for Dresses, Parasols and Millinery.

Neckwear and Vestees and Blouses Trimmed With the Material Among the Showings.

Gingham still persists, as anyone who wintered South, or who kept posted on what smart women wore under the palms, can attest. It was the material out of which the great percentage of morning gowns were made. Although it may appear inconsistent, gingham were not simple in general effect. They were frequently combined with organdie, sometimes veiled with it, as in the case of strong red-and-white checked gingham with apron panels of organdie, and they were bound with everything from black crepe to net—all of which leads one naturally to suppose that gingham gowns are to be in style for another summer.

The gown sketched is on rather simple lines, the yoke cut in one with the abbreviated sleeves being one of its most interesting features. Yokes are appearing quite frequently this year, and when a plaid or striped material is used it is, of course, advisable to have the lines of the material at a different angle to those appearing in the rest of the dress.

Gingham parasols and gingham millinery, gingham neckwear and gingham vestees are all among the spring showings, and one finds gingham introduced as trimming on many smart tricotine gowns just now. Blouses



The Simple Gingham Gown.

of plain material, frilled or banded with gingham, are among the offerings which are impressive.

There is rather a prejudice against the gingham hat unless it is made of the identical fabric of the dress, for naturally one would hesitate at appearing in two different plaids at one and the same time.

### SUITS, SKIRTS AND BLOUSES

Modes of the Moment in the Line of Apparel in Which Modesty is Most Interested.

Jersey suits are in favor, and are not expensive. They have, chiefly, belted box coats and a plain two piece skirt shirred at the waist-line or accented pleated.

Another suit has a white jersey skirt and a blue cheviot coat stitched in blue.

Entire suits are made up in hairline striped flannel.

Two materials in one suit are used in checked and plain worsted goods, the check being in the skirt and the coat.

Lingerie blouses have many frills. Dressy waists are chiefly over-the-skirt.

The V-shaped neck is in evidence as a change from the square and oval neck.

Some tailored waists are made of fine checked gingham.

Some of the new skirts have a side-front opening under a deep tuck. Many of the skirts have insets of pleats at the sides to give the extra width.

More fulness than formerly and swathing girdles are outstanding features of the spring skirts.

Separate skirts of plaid and striped woolsens are the most popular models of the hour.

### Smart Contrast.

The coat dress, the favorite of this season's mode, gains originality by the addition of a novel stolelike collar of vivid and contrasting color. A blue pouret twill gown thus trimmed in Arabian red silk duvetyen will win the approval of the woman who fully understands the meaning of the French word chic.

Poppies. Poppies are selling well for hat trimming. They are used almost exclusively, however, on the red braid and straw.

### THE HOME KITCHEN

By Jeannette Young Norton

Author of "Mrs. Norton's Cook Book."

### Four Ways to Make the Most of the Melon Month.

August has long been known as "melon month." The name was appropriate years ago when fruits could be had only in their season, but today melons make their appearance in market early in June and some varieties are to be obtained all winter. However, melons are at their best at this time and should be used freely and also conserved for winter use in various ways.

### Watermelon Ice.

Cut the pink centre from a ripe, sweet watermelon and put it into a jelly bag which has been wrung out of fresh water. Squeeze the juice from the pulp. This should yield around a quart of pink tinted juice. Add to it the juice of a lemon, a pint of sugar and a tablespoonful of cornstarch dissolved in a little water. Bring all to a boiling point and boil up once. Remove from the fire and strain into a freezer can, add half a gill of spiced syrup and a tablespoonful of orange-flower flavoring. Freeze. When nearly frozen open the freezer and add the stiffly beaten white of one egg. Continue freezing until hard—then pack and let stand for one hour.

### Watermelon Jelly.

Remove the pink pulp from a ripe melon and cut it fine, removing all seeds. Put the melon into a saucepan with a pint of sugar, the juice of a lemon and of an orange. Boil gently for five minutes, add a package of prepared lemon jelly and allow one minute for melting, stirring steadily. Remove from the fire and strain. When cold, flavor, color a deep pink and pour into a melon-shaped mould. Serve with whipped cream.

### Ginger Melon.

Plug a ripe watermelon quite deeply and remove the plug. Turn into the hole one bottle of good ginger ale. Work slowly to give the melon time to take up the liquid. Return the plug and put the melon on ice, or pack it in salt and ice until ready to serve, being careful not to get any salt near the plug.

### Watermelon Sweet Pickles.

Take the rind from a sweet melon, cut it into squares and peel it thinly. Soak over night in water with a little salt. Allow to each quart of water used, half a teaspoonful of powdered alum. In the morning rinse thoroughly in cold water to remove all taste of salt and alum. Let stand for twenty minutes in water, drain and put into the preserve kettle. Add to ten pounds of rind, five pounds of sugar and half a gallon of vinegar; one ounce of washed ginger root, two ounces of fresh stick cinnamon, a tablespoonful of cloves and a thickly sliced lemon with the seeds removed. Cook gently until the melon is transparent, then lift it from a skimmer to a colander and boil down the syrup, adding that which drips from the melon. When the syrup has boiled down rich and slightly thick, add the melon and cook all for ten minutes gently. The pickle will keep unsealed in covered crocks. Canteleups and honeydew melons may be done in the same way and are delicious.

Women mountain-climbers in Switzerland, if they value their complexions, smear their faces with soot to protect them from the rays of the sun.

Swarms of bees have died of starvation in Great Britain during the last few months. The estimated shortage of hives in England and Wales is 800,000.

## ROYAL YEAST CAKES RICH IN VITAMINES

MADE IN CANADA The importance of Vitamines in food is being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health."

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Triply delightful, because you have your choice of the world's three greatest flavors

Spearmint In the green box Peppermint In the yellow box Tutti Frutti In the pink box

## Purity SALT



For better butter, and all Dairy purposes, insist on Purity Dairy Salt. Full-flavored—Economic.

Made in Canada. The Western Salt Co., Ltd., Courtright, Ont.

## BABY'S OWN SOAP

Cleansing Healing Fragrant



BEST-BABY BEST-YOU

## Good Night Stories

### Dicky Meets a Fish That Really Flies.

Dicky sat watching the waves sweep along the shore. He had tired of fishing, because nothing seemed to want his bait, and Dick sat quietly gazing over the water, when not far from the shore, right out of the water, there popped a fish.

Dicky pinched himself to make sure he was awake, then he laughed, and a merry laugh joined his.

Turning around, Dicky saw Happy Giggles, the elfin from Make-believe Land, sitting beside him.

"Thought you were asleep?" asked the elfin. "Well, if you've never seen a flyfish before it does make you feel rather queer. I remember that the first one I ever saw startled me until I talked to it, and found out why it liked to fly."

"Oh, Happy Giggles!" exclaimed Dicky, dropping his fishing line. "Do you mean we can really talk to a flying fish?"

"Why not?" laughed the elfin. "If you can understand their language, why couldn't you talk to them? Of course, it takes a magic power, but that's easy," and before Dicky knew what was happening he was sinking under the waves beside the little elfin.

They swam under the water until they came to a queer-looking fish swimming right around Dicky's bait. It looked so pretty that Dicky begged it not to touch the bait.

"If you'd really like to have it, I'll take it out for you," and before the fish had a chance to refuse his help, Dicky took the bait off the hook and handed it to the fish. "You're a flying fish, so Happy Giggles tells me. I've never seen one, and wouldn't have believed a fish could fly if I hadn't seen you flying through the air just now."

"Well, I should say I can fly!" laughed the fish. "If you don't believe it, hop upon my back and I'll take you for a sail."

Happy Giggles drew Dicky upon the slippery back, and they held tightly to the long fin which ran down the fish's back, and out of the water they flew, right over the waves into the air.

### NEW PRICES CHARM TEAS

BLUE PACKAGE BLACK ..... 25c. PER PACKAGE  
RED PACKAGE BLACK ..... 30c. PER PACKAGE  
GREEN PACKAGE JAPAN ..... 30c. PER PACKAGE  
THESE ARE THE BEST VALUES ON THE MARKET.

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TRY THE NEW

## Dainty Restaurant

We aim to please. Call and have Dinner or Lunch with us, and you will be delighted. 83 PRINCESS STREET

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You'll be one of the many if you bring us your films to be developed and printed. Be sure it's us or you'll be disappointed. Look for the Blue and White Sign.

## Thomson Photo Specialties

88 PRINCESS STREET—IN TREADGOLD'S "REAL WORK—That's all we can offer you."

"I enjoy flying," said Mr. Flying Fish. "Then, too, it helps me in time of trouble. Now, for instance, a great, big shark sneaked up behind me a while ago, and if it hadn't been for my flying he surely would have devoured me, tail and all. But I managed to sail through the air, and I guess he hasn't realized where I went now he hasn't realized where I went to. But it saved my skin."

"It's fine for you to be able to fly," Dicky exclaimed. "You're safe above the water."

Just then a great, big sea-gull darted at them, and if Happy Giggles hadn't used his magic power they would have been gobbled up. But, quick as a wink, Happy Giggles made Mr. Flying Fish drop under the water, and the sea-gull, angry at himself because he had lost a good meal, sailed away.

"You're never out of the reach of enemies," said Mr. Flying Fish. "If you fly into the air you stand the same chance of being eaten that you do in the water, but I rather like the gamble of it. That just makes me think, Happy Giggles, have you ever introduced Dicky to my cousin, Billy Archer? No? Well, you should, for I'm sure he would enjoy knowing her."

Happy Giggles promised Mr. Flying Fish that he'd take Dicky over to visit Mrs. Archer the very next chance he had, and, bidding Mr. Flying Fish good-by, Happy Giggles and Dicky swam back to the shore.

Occasionally we find a man who despises the people who flatter him and hates those who do not flatter him at all. When a man attempts to define injustice he tells how the world treats him.

### Mental butterflying at 2 a. m. A great indoor sport for thoughtless people

One of the surest ways to become physically incapable of doing your best work is to get only snatches of sleep—broken by disturbing dreams.

If your sleep is being disturbed by drinking tea or coffee, you may be sowing the seeds of a nervous breakdown.

Do not wait until your nerves are affected by the drugs, then and caffeine, in tea or coffee. Protect your strength, vitality and endurance.

Have sound, restful sleep, and wake refreshed and fit for any task.

Postum, the delicious cereal beverage, with its golden-brown richness and coffee-like taste, will

let Nature restore your coffee-irritated nerves, and bring you sound, refreshing sleep.

Postum is wholesome and acts in a normal way. It possesses the advantages of a hot drink, without the ill effects of tea or coffee.

Drink Postum for a week or two. See what a difference it will make in you!

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Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages) of larger bulk, for those who prefer to make the drink while the meal is being prepared, made by boiling for 20 minutes.

At all grocers.