

By Juanita Hame!

SAVED FROM AN OPERATION

"Fruit-a-lives" Completely Relieved Me

3923 Union St., VANCOUVER, B.C.
 "I suffered with all the symptoms of Female trouble, with chronic Constipation and constant Headaches. I had pains low down in the back and sides of the body. A doctor advised me to have an operation.
 I started taking "Fruit-a-lives" and this medicine has completely relieved me of all my misery and suffering.
 I am free of pain and headaches and the terrible Constipation, and what saved me is the fruit medicine, "Fruit-a-lives."
 Madam M. J. GORSE.
 50c a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

COUGHS AND COLDS

often tenacious, are a drain upon the vital forces.
SCOTT'S EMULSION strengthens the whole system and helps drive out the predisposing cause.

FOR DYSPEPTICS WHO SIDE-STEP

Why Pass Up the Joy of Living When Stuart's Dyspepsia Tablets Can Be Had Wherever There's a Druggist.
 Many a man wanders aimlessly at meal time because he has food-



fright. A Stuart's Dyspepsia Tablet would turn such a dyspeptic back into his old stride and lead him promptly and straight into where he knows he wants to go but fears the result. Eat what you like and as much as you want, avoid gasiness, belching, heartburn, drowsiness by just the simple process of following meals with Stuart's Dyspepsia Tablets. Get a 60 cent box to-day of any druggist and note the magic effect of a grill sign at meal time.

PAINS IN BACK AND SIDES

Relieved by Lydia E. Pinkham's Vegetable Compound

Lindsay, Ontario.—"I used to have very bad pains in my back and sides and often was not fit to do my work. I tried many medicines before I began to take yours. I saw Lydia E. Pinkham's Vegetable Compound advertised in the "Toronto Globe" and now that it has helped me I recommend it to all of my neighbors. I keep it in the house all the time and take it once in a while no matter how well I feel, for one ounce of prevention is worth a pound of cure."
 —MARGARET CAMPBELL, 13 St. Paul St., Lindsay, Ontario.

To do any kind of work—and you know there is much to be done—is next to impossible if you are suffering from some form of female trouble. It may cause your back to ache or a pain in your side; it may make you nervous and irritable. You may be able to keep up and around, but you do not feel good.
 Lydia E. Pinkham's Vegetable Compound is a medicine for women. It is especially adapted to relieve the cause of these troubles, and restore them to normal health.

Piles

are usually due to straining when constipated.
 Nujol being a lubricant keeps the food waste soft and therefore prevents straining. Doctors prescribe Nujol because it not only soothes the suffering, but relieves the irritation, brings comfort and helps to remove them.
 Nujol is a lubricant—not a medicine or laxative—so cannot grip. Try it today.

Nujol

The broken furnace may turn out good tiles.

Diary of a Fashion Model

By GRACE THORNTON

She Describes a Delightful Fulle Silk Afternoon Frock.

Margot Jennings does a page for one of the magazines on clothes in the new plays. She often asks me to go to see plays with her, and as I'm interested in both clothes and the theatre I always accept eagerly. Wednesday morning she 'phoned me.
 "What are your chances to spend an enlightening afternoon with me?" she asked.
 "I'm always interested in enlightening pursuits," I replied laughing. "What is it this time?"
 "A play that opened Monday night. This is the first matinee, and I understand the clothes are delightful."
 Madame was kind, as usual. She told me to trot along and help Margot with my valuable suggestions, and that perhaps I'd have some for her, too. I knew she didn't really need mine, but I was glad she wanted me to go.
 The curtain went up on some very good acting, and for awhile we almost forgot our reason for being there. But when the hostess was having afternoon teas I bestirred myself.

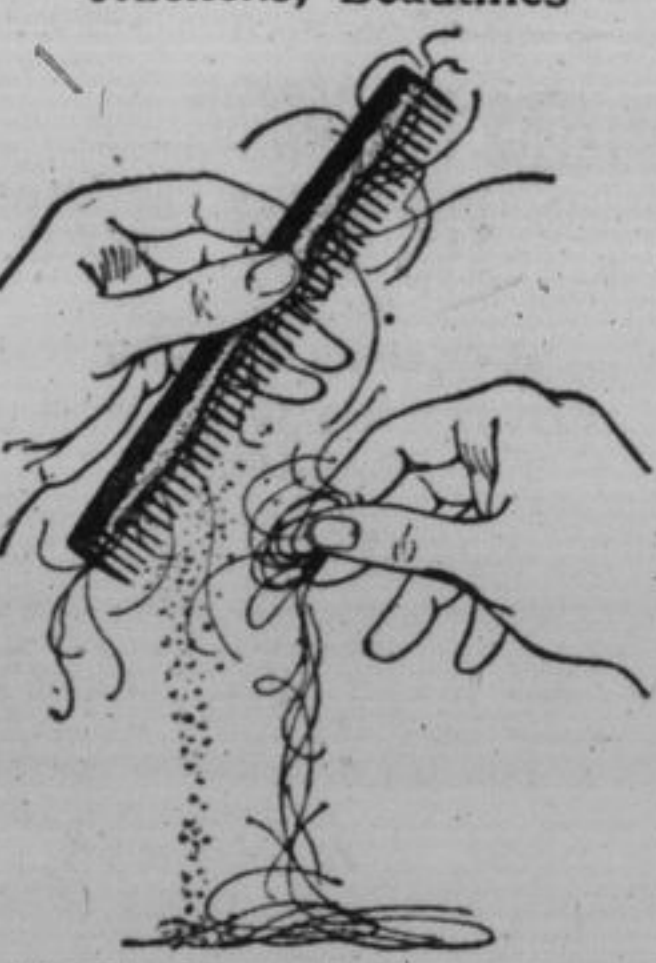


Moleskin Forms the Upstanding Collar of This Quaint Frock.

"I've gone out to tea too many times looking for clothes not to have this remind me, Margot," I said. "Let's bestir ourselves. What type are you going to play up?"
 "I think I'll feature the afternoon frocks in my article, and there's the loveliest one of all over there," she said.
 "Do you mean that toupe silk?" I asked.
 "Yes," she replied. "I mean the quaint one with moleskin about the neck and sleeves. What kind of silk do you think it is?"
 "Fulle," I answered, after taking a peep through the opera-glasses which we were sharing.
 "Fulle is very good just now, isn't it?" Margot asked.
 "Yes, it is," I replied. "Madame has designed some lovely hats and dresses of it this season."
 "The upstanding collar faced in green is striking," she commented.
 "Yes," I agreed. "And the loops at the girle are very French."
 "I can't quite tell what the loops are made of," she said. "Try the glasses again."
 "It's simply very narrow piping of the material, caught at the waist. The way it is looped suggests a shower bouquet."
 "Well, the whole effect is delightful," she commented.
 "The surplus bodice is quaint and so attractive," I mused. "Its fitted lines accent the skirt fullness to just the right degree."
 "Are surplus waists coming in?"

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies



35-cents buys a bottle of "Danderine" at any drug store. After one application of this delightful tonic you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

again?" Margot queried.
 "Well, I haven't been seeing many of them, but such lovely things as this may help to start the trend," I answered.
 "I wish they would, because that style always was a becoming one to anybody of average slenderness," Margot commented with a survey of her trim waistline.
 The curtain fell on the first act, and Margot hastily started to sketch.

THE HOME KITCHEN

By Jeannette Young Norton
Author of "Mrs. Norton's Cook Book."

Here Are Some Delicious Guest-Day Muffins.

Housekeepers all like to say "We never do anything extra for company. We just expect them to take what they find"—and all the similar little well known remarks, but there is not a woman who does not do something for the casual guest, if it is only adding a flower to the table or stirring up special muffins. What is the fun of entertaining if we cannot do a little something out of the ordinary?
 This time, let's spell our hospitality with muffins, not just the everyday kind, but real "guest" muffins, the kind your relatives and friends all refer to with pride as "Mary's muffins," of course explaining that none ever made any to equal them. The following recipes will tell how some of the expert "Marys" make theirs:

Hominy Muffins.
 Beat smooth two cups of cold, boiled, fine hominy. Add three cups of sweet milk, the well-beaten yolks of three eggs, a quarter-cup of melted butter, two teaspoonsful of salt, two tablespoonsful of sugar, and two teaspoonsful of baking powder sifted with a cupful and a half of flour. Mix thoroughly, then add the stiffly-beaten whites of the eggs, pour into buttered iron muffin pans and bake.

Rice Muffins.
 Beat one egg into a cupful of milk, then turn it into a cupful of boiled rice. Add a tablespoonful of soft butter, a half-teaspoonful of salt, two teaspoonsful of baking powder and a teaspoonful of sugar. Sift in one cupful of flour and beat well. Pour into well greased and warm muffin pans and bake about twenty minutes.

Apple Muffins.
 Work a scant half-cupful of butter smooth with two tablespoonsful of rather stiff apple sauce. Beat one egg into a cupful of milk, sift in a level teaspoonful each of salt and sugar and a cupful and a half of whole wheat flour. Sift with the flour three teaspoonsful of baking powder. Beat well, and pour into twelve greased and warm muffin pans. Bake about twenty minutes.

Graham Nut Muffins.
 Mix together one cupful of graham flour, two cupfuls of wheat flour, a level teaspoonful of salt and the

THE SAME SUN



Up where the pines bow their branches in homage to the sparkling snow, on which they coast down the long swift hill—down where the waves sound summer summons to her who basks in the warmth of the sand—the same sun smiles on all. And so, no matter whether the thermometer registers six in the sun or boasts 60 in the shade, they smile in unison because—well, who but each girl knows which he is waiting at the bottom of the hill or in the sounding surf with heart and smile as warm and as welcome as the sun?

HOW DIFFERENT!

Twas curiosity, they say,
 That turned Lot's wife to salt,
 But that is just a woman's way,
 And not a woman's fault.



No man would ever turn to salt,
 Though man's a funny lubber,
 I must admit I've seen one halt
 And quickly turn to rubber.

same amount of baking soda. Mix thickly than that used for griddle cakes. Then fill greased muffin tins three-quarters full and bake fifteen to eighteen minutes in a medium oven.

"Down East" Muffins.
 Sift together two cupfuls of flour, two teaspoonsful of baking powder and a half-teaspoonful of salt, and add a tablespoonful of salt, and a tablespoonful each of butter and lard, rubbing it in with the finger-tips, two well-beaten eggs, then five tablespoonsful of milk mixed with three-quarters of a cupful of clover honey. Bake fifteen minutes in greased and floured muffin tins.

Queen Muffins.
 Sift one quart of flour, a tablespoonful of sugar, a teaspoonful of salt, and two teaspoonsful of baking powder together. Rub in a heaping tablespoonful of butter, then add three eggs beaten into one and a quarter pint of milk. Mix until smooth and until the batter is a little

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PULL 'EM WITH MUSIC.
 A London, England dentist has a new stunt for keeping his patient's mind off the ordeal of tooth-pulling. He has installed a gramophone in his surgery.