

If you tire—easily
If your Blood—is poor
If your Nerves—are shaky
If you are weak

How You Bring Youthful Freshness to Complexion

By Lucrécia Bori, The Famous Spanish Prima Donna.

How many women do you know whose faces appear beautiful because they are youthful and firm, even though the texture of the skin itself may not be as fine and silky as that of other faces which have lost youthfulness because they have wrinkled and sagged at the muscles?

You may have reached the stage, yourself, where you complexion, of which you have been rightly proud because of its fresh aspect and youthful firmness is beginning to show signs of softness and flabbiness.

If you realize that the progress of this condition will mean an end of youthful freshness, you will begin to take some action to preserve the beauty of your skin. If your beauty is being marred because wrinkles and other unwelcome signs of age are appearing, the thing for you to do is to treat your face to give tone to the muscles and stimulate the nerves of your skin.

One of the best ways to do this is the following treatment, which starts when you get up in the morning. With a brisk slapping of your face to "bring it to life," and make the nerves tingle with strength and animation. You should wash your face in cold water as soon as this is over, drying it gently with a soft towel. Remember, always, to treat your skin as you would the most delicate fabric, as rubbing it roughly with too coarse a towel can injure the delicate fibre.

Repeat the slapping process before you go to bed at night. Slap your face briskly a few minutes, wash it with warm water and a very fine camel's hair complexion brush, and then slap it again before drying. You may use pure soap for the washing, or if you prefer, bran or almond meal. They are very cleansing and very softening.

In using the complexion brush, rub with the wrinkles, not across them. Do not use pressure, but simply brush lightly, as the object is to stimulate the nerves. If you have perpendicular wrinkles between your eyebrows or from your nose to your mouth, rub lightly upward with your brush. Rub from the centre of your forehead across to your temples, and beneath your eyes, follow the brush lightly to the outward corners.

Cold water is always stimulating and strengthening to the skin, and an excellent way to put the last few touches to the foregoing process is by a simple cold water and oxygen treatment. Wet your wash-cloth in cold water and swing it in the air a minute, so that it may collect oxygen, then press it to the pores of your face. Repeat this five or six times. Then dry your face with a soft towel. If you feel that your skin needs

the additional use of some lotion to keep it smooth and soft you may rub pure witch-hazel on it at night after you have finished the washing process.

You will be delighted with the fresh, clean beauty of your skin and your increased feeling of youthful freshness. The complexion brush, which furthers this, is also invaluable in removing loose cuticle and any foreign substance which detract from the clear beauty of your complexion.

AT McDONALD'S CORNERS

Death Occurred of Mrs. Alexander Avery, an Old Resident.

McDonald's Corners, April 19.—Ellie Little is succeeding very well with his wireless outfit and heard part of an Easter service in a church in Pittsburgh, Pa., Sunday Mrs. Reid, of Watson's Corners, spent last week visiting her granddaughter, Mrs. Arthur Wilson. Mrs. John Paris and Miss Constance McKinnon, visited their friend Miss Florence Barr, in Lanark on Thursday last. Mrs. John Matheson and little son, Murray, left on Monday for their home in Transcona, Man. Murray is gaining strength rapidly after his long and serious illness. Mrs. Andrew Paul, who became quite ill a week ago, is slowly recovering. The teacher of this vicinity are spending the Easter holidays at their respective homes. Miss Cameron at Fallbrook, Miss McIntyre at Williamsburg and Miss Gorman at Adamston.

Misses Violet Scott and Sarah and Helen Sergeant are spending this week at their home. James Duncan, Wilbert Ashby, Margaret Duncan and Lila Ashby, pupils of the Perth Collegiate, are home for the Easter holidays. Mrs. A. M. Little and Mrs. Jane McDonlad, left on Monday to attend the Provincial Women's Missionary convention in Ottawa. J. Jackman of Perth was an Easter visitor in our village.

Ellie Little is spending this week in Kingston and Tamworth. Many of our old people have recently been called away by death. The last to answer the summons was Mrs. Alex. Avery, who died at midnight on Thursday, April 13th. Deceased, who was a life-long resident of Dalhousie, had almost reached her 87th birthday, being born on 19th April, 1835. Mrs. Avery enjoyed the best of health until late in the summer of last year, when she found herself unable to do her accustomed work. For a number of years she took great interest in gardening and had one of the best gardens in the township. Four children mourn the loss of a devoted mother. Andrew, a C.P.R. official in British Columbia; Hugh in North Dakota; Duncan and Mrs. Hugh L. McDonald, Dalhousie. The funeral service was conducted by Rev. A. M. Little at the home of her daughter, Mrs. McDonald on Saturday afternoon and her remains laid to rest in the Highland Line cemetery, beside the grave of her husband who died twenty-two years ago.

At Rockfield.

Rockfield, April 19.—Owing to recent heavy rains, the farmers have been unable to commence work on the land, though the rains are doubtless helping the pastures, meadows and new seedling. Several of our young people spent a pleasant time at J. A. Herbison's, Junetown, on Friday evening last. The special Easter service held here in the Methodist church on Friday afternoon was well attended. Mrs. Hunt, Kingston, who has been ill at her daughter's, Mrs. E. Herbison, is reported not so well this week. Miss Ethel Leader is enjoying her holidays at her home in MacIntosh Mills. Miss Margaret Bell, Brockville, renewed acquaintances here over the week-end. Archie Ferguson visited friends at Gananoque on Monday. Masters Byron, Homer and Ralph Smith, Lansdowne, visited at their uncle's Gordon Summers', on Sunday. William Hollingsworth is in Gananoque today. Fred Austin is clap-boarding the addition to his house which he erected last fall. Mrs. Gordon Summers and daughter Madeline, spent a few days in Warburton recently.

At Christie's Lake.

Christie's Lake, April 19.—The extra rock gang of the C.P.R., were laid off this week. Mr. and Mrs. Gilbert Greer mourn the loss of their little son. He was two months old. Funeral took place Saturday, April 15th. Tom Marks has installed Delco lights at the hotel Lake View farm. Elmore Blair has returned from Cochrane and reports times very dull there. E. Beham is visiting her parents at Belle Vista. George W. Marks is busy painting Tiny Cottage. Morley White has started to build Lakkerloff's bungalow. Mrs. Jacques, Perth, has given orders for her new cottage at Christie's Lake. E. W. Mark's intends to make an amusement park of Point Marie. There will be tables, merry-go-round and swings in operation. May Bell Marks will make a trip to New York to secure plays for next season.

Died at Elphinstone.

Elphinstone, April 19.—The death occurred in South Sherbrooke on Friday, April 14th, of James McVean, son of the late Mr. and Mrs. Peter McVean. Deceased, who was in his 80th year, was born in North Sherbrooke, and lived in the township until five years ago, when he made his home with his niece, Mrs. William Ferguson, near Maberly. He was a quiet, inoffensive man, a good neighbor and beloved by all who knew him. He is survived by one sister, Miss Janet McVean. The funeral, which was largely attended, took place on Sunday, the service being conducted by Rev. A. M. Little, held in the Presbyterian church at Elphinstone at 2 o'clock. Interment was made at Crawford cemetery.

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Fine Silk Lisle Hose; fast color and various shades: Brown, Black, Grey and White.
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Special 98c.
In shade of Navy, Flesh and Black, with two rows of elastic shirring. Good, full garments.

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This extra special selling combines exceptional values and fashions that will appeal to you. While every suit is right up to the minute in style, the price is many dollars below regular selling. The fabrics are beautiful—fine Tricotine and Serge. Sizes from 16, 18, 20, 38.

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Navy Blue All Wool Tricotine—made with Roll or Semi-Tuxedo Collar—neat braid trimming and beautifully tailored. Only limited number at this clearing price.

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Made in several shades of Brown Polo Cloth, in a style that will appeal to young girls from fourteen to eighteen—made with loose box back, belted so that it can be worn inside or out—trimmed with same material and fancy buttons.

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Made in wrist length with two dome fasteners. Shades of Sand, Navy, Grey, White, Mastic and Black.

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WHAT IS A LETTER

Many Times It's a Guide to Health as is This One

Women—Read It

Marmion, Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half-way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children and do all my housework, milk eight cows and do a hired man's work and enjoy the best of health. I also found the Vegetable Compound a great help for my weak back before my babies were born. I recommend it to all my friends."—Miss HENRY JANKE, Marmion, Ontario.
Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this splendid medicine. They are anxious for other women, who may be suffering as they did, to know of the great merit of this medicine. Each one, with her reputation, stands behind it, to point out to sick women the way to health. Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write Lydia E. Pinkham Medicine Co., Lynn, Mass.

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Phone your name to PRICE'S DAIRY and try "The Sanitary Way."

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New Hydro Line. Ontario on the construction of a new line on the St. Lawrence system between Morrisburg and Brockville to accommodate the increased load created by the establishment here of the Eugene Phillips Electrical works. Gangs from either end of the 30-mile stretch of line will change all the insulators and cross arms, this change being necessary because of an increase in the voltage from 26,500 to 44,000. Old sign, new shame.

Don't Worry About Cooks

We do the cooking for you in our own model, sun-lit kitchen—one of the cleanest, most sanitary food factories in Canada, where every step in our process of manufacture is open to public inspection.

Shredded Wheat

is the whole wheat cooked in steam, drawn into filmy, porous shreds and baked in coal ovens—a process that retains all the body-building elements in the whole wheat grain and makes them digestible in the human stomach. Two Shredded Wheat Biscuits make a good nourishing meal. Saves fuel, saves strength, saves time.

Shredded Wheat is delicious with hot or cold milk, sliced bananas, prunes or canned fruits. Triscuit is the Shredded Wheat wafer and is eaten with butter, cheese or marmalade.