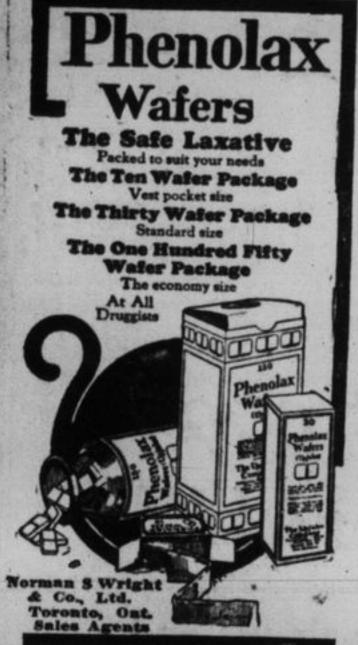
In the Realm of Women---Some Interesting Features









Your Complexion

The daily use of the Soap cleanses and purifies the pores of the skin, thus preventing blackheads and pimples. The Ointment soothes and heals any irritation or roughness. They are excellent for the toilet as is also Cuticurs Talcum for powder-

Strength from **Ironized Yeast** Simply Glorious!

R Follows a Natural Law Which Never Changes or Fails. The Entire Body Quickly Feels New Power!

"Twe just about gone to pieces!"
Do you know that getting back
strength is comparatively easy? But
do you realize that it is almost impossible to get back your strength
by means of unnatural drugs? Do



You know that about one woman out of every three is exhausted because of nerve and blood starvation? The remarkable power of yeast-vitamines-ironized has been proven. There is now no further excuse for being weak, sick, run-down. Ironized Yeast contains the tremendous natural building forces of vitamines and iron, and it builds and strengthens in half the usual time. Do you know why? Ironized Yeast is not a mere mixture of yeast and iron, but yeast ironized, which is a substance all by itself. That's what makes Ironized Yeast the most powerful, natural builder in the world today. You will find a new strength coming over you, your cheeks will get rosy, your eyes sparkle, your appetite will be sharp, you will digest what you eat, your blood will become rich, your energy will be more than equal to your ambition. Get a package of Ironized Yeast today, and beware of substitutes. Sold at all drug stores at \$1.00 a package. Each package contains \$6 tablets, each tablet is sealed. They never lose their power. Harold F. Ritchie & Co., Ltd., Toronto, Sales Agents. Health and strength are now up to you.

Woman Out-Guesses Cynics As to What Public Wants



Dorothy Donnelly Gives Broadway Schubert's Music and They Like It

NEW YORK CITY.—The man who guesses the riddle of what the pub-

music could be made to appeal to the popular audience.
"It would go over their heads," its second year to larger audiences than ever, she only remarks: "The

"Not if it's presented properly,"
answered Miss Donnelly, with
Irish optimism, going straight on
with the adaptation of "Blossom
Time," which not only contains
the music, but the history of the

When "Tell Me Daisy," from the lic wants is fortunate, for he has a chance to get rich.

Dorothy Donnelly, playwright and actress, had a bit of luck of this sort last year when in the face of pessimistic prediction, she insisted that Franz Schubert's music could be made to appeal to

Now, with the piece beginning misanthropes in musical circles public likes the best. 'Blossom croaked dismally.' Time' proves it."



Mother says, "It must be FRY's."

Useful Culinary Kinks. two teaspoonfuls of vanila, two of baking the next day. lemon juice and three of orange juice.

A little cold water added to the give it a piquant touch liked by butter and sugar will make the many. creaming easier.

When making bread mix up more! If a few drops of lemon juice are

dough than necessary. Mold into squeezed into the food chopper be- | substances, the fruit will not stick to Sponge cake is good flavored with rolls and put in the refrigerator for fore grinding raisins or other sticky the grinder. Add a raw prune to the pot when making after dinner coffee. It will

If your family is large, use two If heated in a closely covered pan, pans when cooking fritters or pan-

stale bread becomes almost like cakes. They will save time and always keep a supply on hand.

Now Is The Time To prepare for colder weather and make your buildings warm and weatherproof. Our stock of Builders' Hardware, Tools, Ready Roofing, Glass, Putty, Roofing Paint, etc., is very com-

Phone your needs and they will receive our diate attention.

Lemmon & Sons 187 PRINC ESS STREET

Children Cry for Fletcher's

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.

What is CASTORIA?

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.

GENUINE CASTORIA ALWAYS



THE CENTAUR COMPANY, NEW YORK CITY



THREE WELL-KNOWN LADY GOLFERS

The above picture shows leading lady golfers at the Canadian championship tournament in Toronto last week. From left to right are shown: Miss Sibyl Kennedy, of the Royal Golf Club, Montreal; Mrs. Hope Gibson, of Hamilton, and Miss Helen Paget, of Ottawa.