

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



## WHEN WARMTH IS NEEDED

For aching backs, those sore muscles, that throbbing knee—use Thermogene. THERMOGENE is a light, dry, medicated wool that has taken the place of the old-fashioned plaster and poultice. THERMOGENE generates heat that penetrates to the very root of the pain and swiftly relieves all distress.

USE THERMOGENE MEDICATED WADDING FOR  
Lumbago  
Rheumatism  
Neuralgia  
Headache  
Grippe  
Sore Throat  
Chest Colds  
Quinsy

Your Doctor will recommend Thermogene.

# THERMOGENE

50c. AT YOUR DRUGGIST

BRITISH OWNED and BRITISH MADE BY  
The Thermogene Company, Ltd., Haywards Heath, England.

Sole Agents for Canada: HAROLD F. RITCHIE & Co. Limited 10 McCaul Street, Toronto

## Internal and External Pains are promptly relieved by DR THOMAS' ECLECTIC OIL

THAT IT HAS BEEN SOLD FOR NEARLY FIFTY YEARS AND IS TO-DAY A GREATER SELLER THAN EVER BEFORE IS A TESTIMONIAL THAT SPEAKS FOR ITS NUMEROUS CURATIVE QUALITIES.

## HIGH QUALITY CONFECTIONERY

HOME-MADE COOKIES. GRAHAM BREAD.  
LAYER CAKES. (TASTE-RITE BAKERY)  
WHOLE WHEAT BREAD.

### A. F. ATKINS

Corner of Princess and Alfred Sts. Phone 2292J



## "Builds Bonnie Babies"

GLAXO is fresh, absolutely pure milk in powdered form, standardized, easily digestible, and free from the dangers so commonly associated with ordinary raw milk. It contains no malt, no flour, no starch, no adulterants or preservatives; it is composed entirely of the solids of milk and nothing else. It is, therefore, the food for infants, in those cases where mothers' milk is for any cause unobtainable.

Glaxo is sold by Druggists throughout Canada.

wash the dishes with

# Snowflake Ammonia

One to two tablespoonsful in dish water makes the dishes spotlessly clean.

# Bon Ami

Made in Canada

—makes the tub snow-white

BON AMI not only makes the tub clean and white, but actually makes it glisten.

For this soft white cleaning mineral not only cleans, but has a real polishing quality. Just sprinkle a little of the powder on a damp rag. Give the tub a few brisk rubs and away goes the dirt. And it does not scratch the delicate enamel.

Bon Ami also cleans the nickel faucets—makes them look like new silver.

BON AMI LIMITED, MONTREAL



Cake or Powder  
Whichever you prefer

"PLEASE MAKE UP!"

By Juanita Hamel



There's something about the first instant after silence falls upon a quarrel that makes it seem like lead (for weight) and steel (for strength)—it's so hard to bear and so difficult to break. "Stubborn" is perhaps the most common thought one has about the other then. Both are silently miserable. Who shall first break that silence and by breaking it end the trouble? He who pleads "Please make up" has a wondrous ally, who does his best to win the boon of a tender make-up smile.

## HEROINES OF HISTORY

The Reason Scotland Still Remembers Lady Grizel

In 1665, on Christmas day, there was great rejoicing at Redbraes Castle, Berwickshire, in Scotland.

For a little girl had been born to Sir Patrick and Lady Hume. Amidst much joy and happiness, this baby was christened "Grizel." What a comfort and help this child was to be to her father in a few years! And how proud her parents were to be of her talents and achievements



Lady Grizel Was His Messenger

At this time, in Scotland, there was much unrest and dissatisfaction. Political plots and schemes cropped up overnight. It was not until 1707 that England and Scotland were united in one kingdom.

Grizel's father, who afterwards became Earl of Marchmont, was a very influential man and a loyal Scot. He was the close friend and advisor of Robert Baillie, the Scottish patriot.

Baillie had been imprisoned for political reasons, and it seemed almost impossible for them to communicate. Some one was needed who could discreetly deliver letters to the prisoner.

This very important mission was rather dangerous, and required courage, tact and a cool head.

It was the 12-year-old Lady Grizel whom Sir Patrick chose as his secret messenger. His little daughter successfully carried the letters and messages between the two patriots with the daring and assurance of a veteran.

Hume's friendship for Baillie caused him to be a suspected man. This was not a day of diplomacy or argument. It was one of quick action.

With the first breath of suspicion against Sir Patrick, the King's troops marched into Redbraes Castle and occupied it.

Fortunately, Sir Patrick escaped arrest by fleeing to a churchyard, where he remained in hiding.

It was the young Lady Grizel, who, with great ingenuity and fearlessness, in some mysterious way kept her father supplied with food. With each visit to him she brought him news.

When it was announced that Sir Patrick's dear friend and comrade Robert Baillie, had been executed, Grizel hastened with the news to her father.

Sir Patrick, with his daughter's aid, fled to Holland.

There his devoted family soon joined him, but he returned to his home at the time of the Revolution. Today it seems fitting, and it must

have been a great joy to her father, that Lady Grizel married George Baillie, the son of his dead friend. Lady Grizel is remembered in Scottish history as a brave and courageous girl. But her name still lives for another reason. For she was the author of many beautiful Scotch poems and songs, which are still read and sung today.

## Stiff Paint Brushes.

When paint brushes have become hardened from lack of use, put some vinegar in an old tin can, put in the brushes and boil for 15 minutes. The brushes will become soft and pliable.

## About Beets.

After the beets are cooked, plunge them into cold water. The skin will rub off easily with this method and the beets themselves hold the heat so thoroughly that the cold plunge will not affect them.

Always Uniform in Quality

Delicious

# "SALADA" TEA

HAS THE LARGEST SALE OF ANY PACKET TEA IN NORTH AMERICA.

**Naming the Farm.**  
Prominent farmers and trained farm advertising experts agree today that every farm ought to have its own name, apart from the name of its owner. A nice farm, named and marked by a painted sign showing farm name and owner's name, is valuable advertising in these days of motor travel, they assert.

A name, they argue, can be sold with the farm, as is the case of a trademark of a commercial product, adds value for that reason to the property. The name also makes the farm easier to locate and has immense value in dollars and cents as a business aid.

College officials suggest several ways of displaying the farm name to advantage. Attractive signboards at the gate are very effective. The mail box, shipping tags, delivery wagons, grain bags, wagon boxes, live stock crates and exhibit tags at county and state fairs are profitable places to

display the farm name, in their opinion.

## SPRING KILLING.

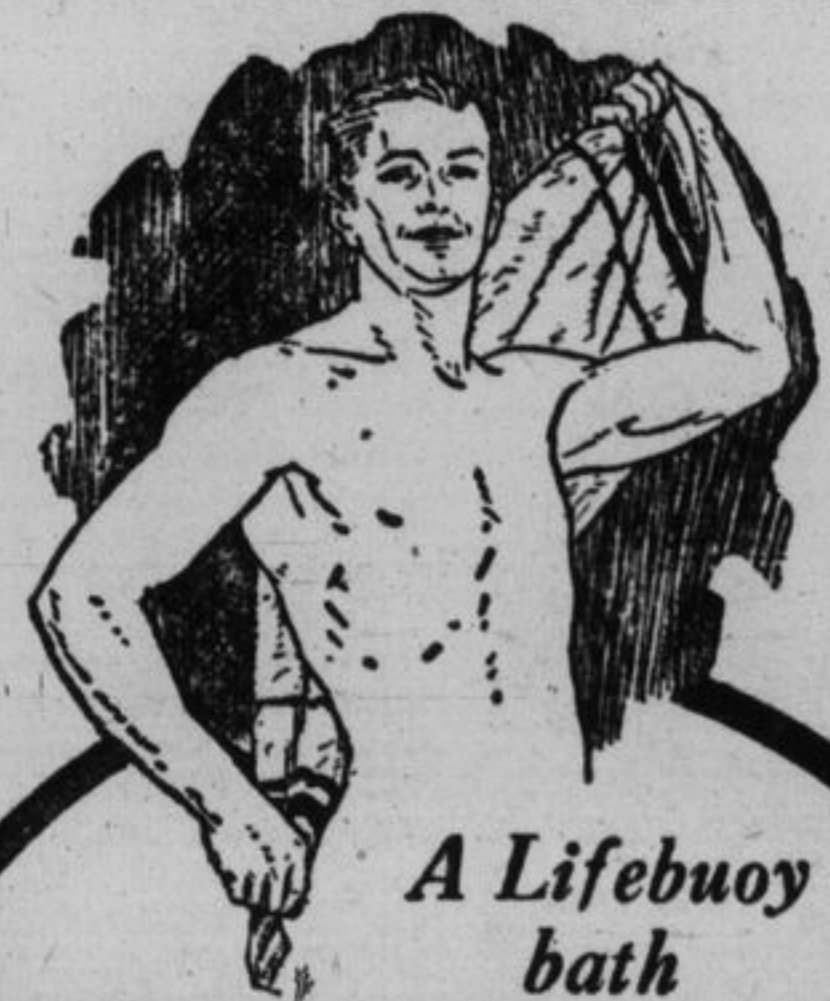
The most effective fly killing is done at the present time of the year. Killing one late-winter or spring fly does more good than the slaughter of millions of summer flies.

Those crafty representatives of the breed which loaf about the warm spots of the house all winter are the potential progenitors of blitons.

Then, too, they are more torpid, more deliberate in their movements, slower in their reactions than the busy, buzzing flies of summer weather. They are easier caught.

Chasing them may not be so exciting but it is infinitely more effective.

He is a small man who cannot act as a subordinate.



A Lifebuoy bath

Cool, fresh, rested, skin tingling with health and comfort—  
Feeling cleaner than you ever felt before—  
Because of the big, creamy lather of Lifebuoy.

Pure unbleached Palm Oil and Vegetable Oils are used in the making of Lifebuoy.



## Which Rules YOU?



King Brain



Tyrant Stomach

In the Kingdom of Health, there can be two masters, two rulers supreme.

Tyrant Stomach is a severe and relentless enemy when "out of sorts." He starts your day with a groan and ends it with dull pain. You can be an abject slave to this domineering tyrant. Health and happiness are powerless in his clutches.

But another power can and will banish the Tyrant's evil sway. King Brain's rule is kindly, safe, dependable.

Common-sense dictates that bodily impurities be detroned. When your judgment says, "A little ABBEY'S SALT this morning" it means the end of Tyrant Stomach.

ABBEY'S corrects the faults of digestion; induces the flow of the digestive juices; neutralizes acidity in the stomach; regulates the bowels; keeps the blood pure; thereby toning the whole system.

Be yourself—not a slave to your stomach. Take ABBEY'S every morning until Tyrant Stomach is subdued.

for Constipation

# Abbey's EFFERVESCENT HEALTH SALT

