

ONLY 1 in 5 ESCAPES

At the first sign of bleeding gums, be on your guard. Pyorrhea, destroyer of teeth and health, is on the way. Four persons out of every five past forty, and thousands younger, are subject to it.

Brush your teeth with

Forhan's FOR THE GUMS

More than a tooth paste—it checks Pyorrhea 35c and 60c in tubes



Clear Your Skin Restore Your Hair With Cuticura

Daily use of the Soap keeps the skin fresh and clear, while touches of the Ointment soothe and then as needed soothe and heal the first pimples, redness, roughness or scalp irritation. Cuticura Talcum is excellent for the skin.

Keep 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Toronto, 140 St. Paul St., Montreal, 1000 St. Catherine St. West. Cuticura Soap shaves without soap.

Hard Wood

Best quality hard body wood. We have a large stock of soft Maple and Birch, at a very reasonable price.

Dry Kindling and Slabs.

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Relieving—Pain, Headaches, Rheumatism, Neuralgia, Toothache, Stomachic, Indigestion, Colic, Diarrhoea, and all ailments of the digestive system. Improves Appetite, Relieves Constipation.

Get a box of NR today. It will relieve your suffering.

Chips off the Old Block

IN JUNIORS—Little life One-third the regular dose. Made of same ingredients, then candy coated. For children and adults.

SAVED FROM AN OPERATION

Now Recommends Lydia E. Pinkham's Vegetable Compound

Washington, D. C.—"Lydia E. Pinkham's Vegetable Compound saved me from an operation which a physician said I would have to have for a very bad case of female trouble. My system was all run down for two years after my little girl was born. Then I read of your wonderful medicine and decided to try it. I could hardly drag one foot after the other, and after taking six bottles of the Vegetable Compound I felt like a new woman. I now do all my housework, also washing and ironing, and do not know what real trouble is. My health is fine, and I weigh 140 pounds. When I started taking it I weighed 97 pounds. I gladly recommend Lydia E. Pinkham's Vegetable Compound to any one who is suffering from female trouble or is run down. You may use this testimonial as I am only too glad to let suffering women know what the Vegetable Compound did for me."—Mrs. J. H. Sawyer, 1820 Pennsylvania Ave., S.E., Washington, D.C.

Each letter from women in every section of this country prove beyond question the merit of Lydia E. Pinkham's Vegetable Compound.

It is self-evident that makes opinion obstinate.

GABY DESLYS' DOUBLE INHERITS HER BEAUTY AND DANCING PARTNER



Mlle. Julia Richardson, said to be the double of the late Gaby, and Harry Pilcer, millionaire actor, whose faun dance caused his arrest in Paris.

PARIS—Beautiful Mlle. Julia Richardson, whom European theatre-goers acclaim as the double of the seductive Gaby Deslys, charmer of royalty, has fallen heir to the late actress' dancing partner, Harry Pilcer, as well as to the beauty which charmed the Riviera. Pilcer, known in Paris as the millionaire actor, is a connoisseur of art treasures, of which he has an enviable collection. He and Mlle. Rahna were arrested on a charge of violating public decency, for their rendition of the faun dance made famous by Nijinski of the Russian ballet. It is said that America may have an opportunity to see Mlle. Richardson and Pilcer during the coming year.

WHAT WILL BE THE LOT OF THE AMERICAN GIRL WHO MARRIES A TITLE?



LADY ASHBURTON, FORMERLY MISS FRANCES DONNELLY OF NEW YORK, ONE OF LONDON'S FAVORITE HOSTESSES (LEFT) AND PRINCESS DIMITRI GALITZINE WHO HAS RETURNED TO AMERICA AFTER LOSING HER FORTUNE IN RUSSIA.

NEW YORK—Varying lots befall American girls who have married titled foreigners. Not all of them have enjoyed pure happiness in the acquisition of nobility, while many have stepped into positions of enviable social prominence. Of the latter class Lady Ashburton, fifth baron, and formerly Miss Frances Donnelly of New York, is an example. Lady Ashburton is one of London's most beautiful American-born women of title, as well as one of her favorite hostesses.

On the other hand is Princess Dimitri Galitzine, who was Miss Frances Stevens of New York, before her marriage to the Russian naval officer. During the new rule in Russia the Galitzines fortune and all that the princess had, disappeared, and she has returned to New York just in time to save her mother from sacrificing all that remains to her here, in an effort to help her daughter, while Prince Galitzine studies in Paris as a carpenter.

Illuminating the Islands. It has been decided that the matter of illumination of the villages and cottage colonies along the St. Lawrence river will be handled by sub-committees consisting of the prominent residents. It is planned to have the first illumination on the night of July 4th. Chinese lanterns and colored lights will be used as electricity is not available.

Some men look forward to pay day with delightful anticipation. And other men are married.

SUNDAY SCHOOL HOWLERS.

Some Amusing Things Said by the Little Folks.

A young teacher had undertaken a class of boys supposed to be the naughtiest in the school. His first lesson was devoted to impressing upon the scholars the fact that God could see and hear all they did and could not be deceived. Upon this truth for some time, a small boy held up his hand.

"Please, teacher, can God see me in my grandmother's back kitchen?" "Certainly. Why do you ask?" "Because I know He can't."

"What do you mean?" "Because she ain't got one!" Collapse of the teacher; delight of the class.

The Patriarchs have suffered grievously at the hands of Sunday school scholars. Not even the meekness of Moses has protected him from the criticism of these students of Scripture.

"Moses," said a bright little girl, "was a very, very, very naughty little boy. His mother beat him and beat him and beat him until she could beat him no longer. Then she put him into the ark of bulrushes!"

"My dear child," exclaimed the horrified teacher, "what makes you say that?"

"Please, teacher, it says in the Bible: 'When she could no longer hide him, she took for him an ark of bulrushes.'"

A very ignorant girl attended Sunday school for the first time. The lesson was on Adam and Eve in Eden. "And have you never heard that story before?" asked the teacher.

A gleam of intelligence lit up the child's face. "I believe as I've heard summat about that there snake!" she confessed.

A bishop was questioning a class on the vision of Jacob at Bethel. Finally he asked if anyone would like to ask him a question. Up went a little hand.

"Please, if the angels had wings, why did they want a ladder to go up and down, sir?"

The bishop, rather nonplussed, said: "Perhaps some other little child can answer that question?"

Another little girl was asked: "What do you know about Esau?"

She answered: "Esau was a mighty hunter who wrote fables, and sold them for a bottle of potash!"

A little boy, when asked what struck him most in the character of King Solomon, replied that he was exceedingly fond of animals.

"Fond of animals?" echoed the surprised teacher.

"Yes; it says he kept three hundred porcupines, and my mother won't let me keep one hedgehog!"

Though the following answer was given in a day school, the boy who gave it had evidently made good use of his opportunities on Sunday. The inspector asked the meaning of the word "pilgrim."

"A man who makes long journeys," replied a scholar.

"But I make long journeys. Am I a pilgrim?"

"Oh, no," replied the boy; "a pilgrim is a good man!"

The definition of "bearing false witness," given by a child of tender years, bears the stamp of observation: "False witness is when nobody ain't done nothing and someone goes and tells on them!"

"Tell me," said a teacher, hopefully, "what is the difference between the Sadducees and Pharisees?"

"The Sadducees," replied a boy, "but polite boy, 'didn't believe in spirits, but the Pharisees were publicans and sold them!"

An energetic young curate, conducting a children's service, told the scholars that he wanted them to sing "Hold the Fort" while marching round the church in procession. He said that in order to avoid confusion he would go first; and after lining them up in ranks, he did so, singing vigorously. All went well until the second verse was reached:—

"See the mighty host advancing, Satan leading on."

The congregation, including the children, burst into an irrepressible shout of laughter.

Too Honest. A lawyer engaged a new boy and, as he had suffered from the depredations of his former lad, he determined to try the new boy's honesty at once. He therefore placed on his desk a bill under a weight on his desk, and walked out. Upon his return half an hour later the bill was gone and half a dollar had taken its place. "Boy, when I went out I left five dollars under this weight." "Yes, sir; but you see, you hadn't been gone five minutes when a man came in with a bill against you for four dollars and fifty cents. I believe the change is correct." "You paid the bill?" "Yes, sir; there it is, receipted. The man said it had slipped your mind for the past four years, and so—" That boy was not retained.

Dress Fasteners. In Prague will be found the Waldes Museum devoted to a collection of dress-fastening devices of all kinds and of all ages. It was founded by a Bohemian button manufacturer, and is filled with thousands of peculiar devices. This is one of the most curious special museums in France.

Don Quixote. A monument to Don Quixote is to be raised at Esquivias, Spain. It will not be the first statue raised to a character in fiction, as Barrie's Peter Pan is thus "immortalized" in Kensington Gardens.

We know that this advice is gonna waste its sweetness on the desert air. But a woman can't travel smoothly in denture harness until she learns to bridge her tongue.

We do not believe in long engagements. The installment plan engagement ring is likely to leave a green mark if you wait too long.

Get this health habit

It means stomach comfort, bodily vigor and mental buoyancy. Eat two Shredded Wheat Biscuits every morning with milk or cream and a little fruit. If you like a hot dish that is better than ordinary porridge, pour hot milk over the Biscuit, adding a little salt. Shredded Wheat requires no sugar—you get all the natural sweetness of the whole wheat berry. Contains all the nutritive elements the human body needs with just enough BRAN to stimulate bowel movement. Delicious with sliced bananas or other fruits.



TRISCUIT is the Shredded Wheat cracker—a real whole wheat toast—eaten with butter, soft cheese or marmalades.

Shredded Wheat

Made in Canada of Canadian wheat

YOUR HEALTH. How to Make Health and Not Disease, Contagious. By Royal S. Copeland, M. D. New York. Why do we not make health contagious? We could do it if we would catch the good habits and life-giving practices of those we meet. In every office and every school-room, in every group in life, there is at least one person who has abounding health. Red cheeks, ruby lips, bright eyes, firm muscles, elastic step, uplifted head, erect figure and tireless energy—these are the signs of health and vigor which we should try to get. Evil associations are supposed to corrupt good manners. Why is it that goodness does not have an equal appeal and follow naturally from contact with well-doing persons? After running the bathtub half full of hot water have you ever noticed how much cold water it takes to cool it down to a bearable temperature? Yet when a cold tub is drawn, a very little hot water will lift the temperature to the desired degree. Goodness may be compared to cold water and bad habits to hot. While in reality they are equals in effect, the latter seems to dominate. So it seems easier to catch badness than it does to get goodness. Everybody knows that many diseases are contagious and they are avoided on this account. I wish we might look upon health as contagious and then proceed to expose everybody to its beneficent effects. More than ever before there is popular interest in health-giving practices. Thousands of phonographic records, inscribed with directions for exercising, have been attributed in this country. Boons to health, daily health articles, public lectures on how to live, health centres, baby welfare stations, welfare work in factories, governmental health departments and a thousand and one other agencies for physical uplift—all these have contributed to good health. No matter how poor you may be, no matter what you may lack in initiative, you have it in your power to learn how to live. There is no better way than to select one of your friends or acquaintances who gives evidence of following the rules of right living, and then imitate in manner of life. In a way this is dangerous advice. There are many people in the world who violate all the conventional rules of hygiene and yet, because they inherited powerful constitutions, appear strong and vigorous. There is an occasional man who can chew tobacco, smoke a nicotine soaked pipe of ancient lineage, drink oceans of "hooh," sleep with the windows shut, never take a bath, eat tons of indigestible food and never exercise, and in spite of all these vile habits may be the picture of perfect health. This apparent physical prosperity in the face of selfish indulgence must not tempt you. Any one who lives such a life will be called in judgment, never fear, by his own body. The day of reckoning may be postponed, but it will surely come. Don't be misled by such an example. Find some clean, upstanding, pure-minded, active, sport-loving, good-tempered individual—there are many such within your circle—and follow a worth-while example. Make his good health contagious. Catch his manner of life. Be infected with proper standards of living. When god health becomes contagious, the general span of life will be extended.



Suds all through

Cleansing soap in every drop of water

Put your hand in a tub of Rinso suds. You can feel that the water is actually soapy all through.

This is one reason why Rinso soaks clothes clean without hard rubbing.

A few minutes at night—just the little time you need to put the clothes to soak in these rich suds, and Rinso suds work down into every fold and fibre, loosening the dirt without weakening a single thread.

Just a light rubbing with Rinso on cuff edges, neck bands and the like, gets them clean—the dirt is loosened.

Be sure to use enough Rinso to get the big lasting suds, that give the water a soapy feel all through.

Rinso is made by the largest soap makers in the world. It is sold everywhere.



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ZAM-BUK Will Free Your Skin From PIMPLES & BLOTCHES