

NEWS AND VIEWS FOR WOMEN READERS

Beauty

A Gleamy Mass of Hair
35c "Danderine" does Wonders for Any Girl's Hair



Girls! Try this! When combing and dressing your hair, just moisten your hair brush with a little "Danderine" and brush it through your hair. The effect is startling! You can do your hair up immediately and it will appear twice as thick and heavy—a mass of gleamy hair, sparkling with life and possessing that incomparable softness, freshness and luxuriance.

To Oversee Their Children. Following a discussion regarding the freedom permitted pupils of the Smith's Falls Collegiate Institute, Dr. E. H. Wickware, chairman of the board of education of that town, was, at the last meeting of the board, instructed to form a committee to draft a circular letter to be distributed to the citizens of the town, calling their attention to the temptations to which their children were exposed when out at night unaccompanied by parent or guardian, and asking their co-operation to better conditions in the town in this respect.

When the guest is most in favor he will do well to quit.

MAH JONGG

By G. M. LE HAIN
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ARTICLE VII.
158—This is the most difficult chapter to write, as in it I want to clean up the confusion which now exists, and which is surely spoiling the game. One hears so often of people sitting down for a game of "Mah Jongg" and being absolutely at variance as to the rules of the game. There is very good reason for this and to make it clear I think the game of "Bridge" taken as a parallel would make it easy to understand. In playing Bridge the players write governed by the actual rules of the game still have the option of the following:
Not counting honors.
Counting four in one hand or better.
Counting all honors.
Playing nullo (Misere), etc., etc.
159—There are various methods in the way of cutting for partners. Sometimes it is decided the two "high" play the two "low"; sometimes the two "reds" play the two "blacks." In some cases the player who has cut the lowest card is the first dealer, but in other instances the players cut again for deal.
160—To pursue this line of thought still further, the various bridge authorities have advanced certain combinations in play known as "conventions" (such as the "Heart" convention, etc.)
161—Is it not conceivable that to a Chinese these various methods of playing Bridge might be mistaken for rules in the game? Is it not conceivable, that perhaps three different Chinese might each get part of these several methods of playing, and when endeavoring to explain the game of Bridge would assume that the way they had happened to see the game played was "The Way?"
It would only remain for the same Chinese to each bring out a book of bridge rules, based on what they had picked up, and in very short order you would have the finest mix up started.
162—Consider how often in a game of Bridge you have seen a player just tap the pack of cards in-

stead of cutting them. How would it strike you if you found in a Chinese book of rules of Bridge: "Before the pack of cards is given out, one to each person, one of the players has to hit the pack on the top. It is difficult to understand what result this has, but the players all wait for this ceremony."
163—Without any doubt this is exactly what has happened in the case of "Mah Jongg." Non-essential side plays have by some accident been assumed to be rules. The rules of the game are not in any way affected by the customs which may prevail in different parts of China. For instance: In North China the bonus score for going "Mah Jongg" is twenty points instead of ten, but do not forget in some of the Gambling Clubs the bonus for going "Mah Jongg" is fifty points, or over higher, by previous arrangement.
164—In playing "Mah Jongg" you have the option of playing with Flowers and Seasons, but beyond that there is really nothing left to the option of the players, if they play according to rule. Of course, no rule can be laid down as to the stakes you play for, or the limit you decide upon.
165—There is one source of confusion which is going to be very hard indeed to overcome. I will quote just one specific instance of which I have definite knowledge: A Chinese teacher was engaged to teach certain people. Before the instructions had gone very far, these people were contradicting the Chinese teacher, and telling him rules which they had adopted and which they knew were right! The Chinese had nothing further to say, and when asked for a ruling or an opinion he smiled and said very sweetly: "You know, you are right!" As it so happens, I know the Chinese who is giving lessons, and many a good game we have had together. He made me understand that the mistakes and the unplayable plays these people would make were utter confusion and nothing whatever to do with "Mah Jongg" rules.
166—If the matter ended there,

AMAZING RESULTS IN GOOD HEALTH FROM THE FRUIT TREATMENT



Well Known Resident of Portland, Maine
Mr. Otis M. Bryant, of 49 Anderson Street, is most enthusiastic about this famous fruit medicine. He writes "I was troubled with Constipation ever since I can remember; as a result, I have suffered from distressing headaches and pain in my left side. I tried many and various remedies for the Headaches and Constipation, without receiving relief. About four months ago, I began the use of "Fruit-a-tives." Since then, I have been free of Headaches, bowels regular, no pain in my side. After the use of several boxes of "Fruit-a-tives," I feel justified in pronouncing them a remedy of true and exceptional merit."

Intensified Fruit Juices in the Form of "Fruit-a-tives" Promptly Relieves Many Diseases

You have always known that Fruit is healthful. Doctors say "eat more fruit." Experts on food and diet urge the eating of fruit. But—fresh fruit is expensive—and there is only a very small quantity of the medicinal or healing principle in fruit.
Now, a 50c. box of "Fruit-a-tives" contains all the medicinal principle of dozens of oranges and apples and pounds of figs and prunes.
By the wonderful discovery of a well known physician, it is possible to obtain the medicinal properties of the fresh juices of apples, oranges, figs and prunes concentrated and intensified in a small tablet, with tonics added.
This "Fruit-a-tives"—the Fruit Treatment—the quick, pleasant, inexpensive way to make you well and keep you well.
Seems Almost a Miracle
Just read this letter from Mrs. Clara Sloat, Perth Junction, N.B.
"For many years I was a great sufferer from Indigestion, Constipation and Chronic Rheumatism. My stomach was weak and gave me constant distress, while the Rheumatism in my joints made me almost a cripple. Physicians and their medicines did me no good. Finally, I was induced to try "Fruit-a-tives" and at once this wonderful fruit medicine seemed to help me. Soon the Constipation and Indigestion were relieved and the Rheumatism began to go away and, in a few months, entirely disappeared."
Thanks To "Fruit-a-tives," Am Once More Well
Mrs. Honore Valiquette, 1123 Notre Dame St. West, Montreal, is deeply grateful to this famous fruit medicine. She says, "I wish I could tell every sufferer in the world what "Fruit-a-tives" have done for me. For three years, I was much troubled by Bad Headaches, Nervous Dyspepsia and Liver Trouble. Then I commenced taking "Fruit-a-tives." Very soon my condition improved, and now, thanks to these wonderful tablets, I am once more entirely well."
Take "Fruit-a-tives" and get well. 25c and 50c a box, at all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

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NOW—AT EVERY WOMAN'S COMMAND

Security, immaculacy, peace-of-mind under all circumstances—at all times



AT LAST—science has solved what is known as woman's oldest problem. And solved it in an amazingly efficient, practical and delightfully fastidious way. It is due to the perfection, during the world-war, of a wonderful super-absorbent. It is called Kotex, and you are offered a trial, free, just mail the coupon below to me.
WHAT THIS SAMPLE SHOWS
That Kotex is a pure, white, porous product, exceedingly light weight. Yet it is also very compact—no clumsy bulkiness.
It is five times as absorbent as ordinary cotton, absorbing 16 times its own weight. This gives the protection, the security, which assures perfect poise and peace of mind at all times.
Kotex makes an especial appeal with its offer of immaculate daintiness under all circumstances. No wonder it has already been adopted by 8 women out of 10 in the better walks of life.
Women have only to hear of Kotex to appreciate what it means in a new safety, comfort and general convenience.
MAIL THE CONFIDENTIAL COUPON
There are many features of Kotex which I cannot explain here—case of disposal, health value, etc.
Only a trial can do this, so I ask you to accept my free offer. Please mail the coupon today.
With the free sample of Kotex, which is wrapped in a perfectly plain package, I send a special book written by a doctor. This book explains how Kotex protects your health, as well as brings you undreamed of convenience and personal comfort.

KOTEX logo and coupon form for requesting a free sample.



Why You Need a Tonic In the Springtime

NO SEASON of the year is welcomed like the Spring.
The Winter is always too long. The warm weather is always too slow in coming.
Gradually the heat of the sun increases, the buds swell and burst and all Nature is aroused to new life and vigor.
But we do not often feel our best in the Spring. It is in fact the season of greatest mortality.
The accumulation of poisons in the system as the result of sedentary, indoor life and artificial foods of winter; the undermining effects of winter colds; the strain of sudden changing temperature; all these effect a climax in the Spring.
Hence the tired feelings, the brain fog, the lack of energy and the nervous troubles which weigh us down at the very season of the year when all Nature out of doors is arousing to new life.
In the spring as at no other time does the human system require assistance. Then it is that Dr. Chase's Nerve Food proves a friend indeed.
The blood has become thin and watery. The nerves are starved. The whole vital machinery of the body has become slowed down.
But a few weeks use of Dr. Chase's Nerve Food will work wonders. Not in any miraculous way. But simply and naturally by supplying to the human system the elements from which rich, red, life-giving blood is created.
Many thousands have found out how to avoid the fatigue and discomfort of Spring by using Dr. Chase's Nerve Food. 60 pills 60 cents at all dealers or Edmondson, Bates & Co., Ltd., Toronto.

Elgin Episodes.
Elgin, April 24.—R. G. Stanton is adding an ice cream parlor to his grocery.
C. A. Bryden left for Kingston last week to accept a situation on the great lakes for the summer season.
Mrs. (Rev.) Meyers, Brockville, was the guest of Mrs. J. G. Delong.
Miss Gertrude Botling spent Easter at Westport.
Mr. and Mrs. G. F. Warren treated their friends to warm sugar last week.
Miss Jennie Halladay was guest of her sister, Mrs. H. Soper.
J. Carty and children, Kingston, spent Easter with his parents.
Miss Anna Hutchings spent Sunday at Jones' Falls.
Among the Easter visitors were noticed Miss Mary Halladay, Toronto; Master Howard Kelly, Kingston; O. Coon, Kingston; H. Coon, Belleville; Miss Bella Morris, Ottawa; Mr. and Mrs. W. P. Peters, Kingston; Mr. and Mrs. H. S. Knapp and children, Toronto; Mrs. Tallman, Brockville; Miss Jennie Kirst, Hamilton.
Lad Broke an Arm.
Clarendon, April 23.—Miss Ethel Campbell, Perth, Miss Jean Hannah, Perth and R. Benedict, Perth, are spending the Easter holidays with friends here.
Mrs. John Boles is visiting friends at Harrington.
Miss Mona Boles is visiting in Perth.
Little Elizabeth Boles fell and broke his arm yesterday.
Dr. Moon attended to him and he is doing nicely.
W. L. Palmer, Toronto, is at the Frontenac Hotel.
Miss Appleby and Miss May Burke motored to Kingston for Easter Sunday.
William Gamble left for Perquoto Junction today; he will be much missed.
David McCoy has gone to Smith's Falls to remain for a time.
James Kirkham, Oshawa, was home for Easter.