tion, Indigestion, Beeriburn, Nersous-

ness, Impure Blood, Depression, Fuiling Appetite, Liver Dis-orders, Sleeplessness,

Rhenmatic Con

NEWS AND VIEWS FOR WOMEN READERS

black satin with a brilliant Chinese

For Sleeplessness THE sufferer from habitual sleepless-I ness will find that the daily use of ENO's "Fruit Salt" will do much to restore those orderly conditions upon which

healthful sleep and waking energy depend. ENO's removes excess of toxic matter in the blood brought about by sluggish action of the eliminatory functions, and thus ensures that tranquility of mind essential to sound and refreshing sleep. Every draggist in Canada sells ENO's. Sales Representatives for North America Haroli F. Ritchie & Co. Ltd., Toronto 539





Over 36,000 last year

"Hello, Mrs. Brock, do you know who's speaking?"

"No, I haven't the faintest idea."

"It's Irene — we just had our telephone installed and I thought you would like to know our number."

"Why that's fine, Irene, I've often wished your mother had a telephone."

And so Mrs. Brock returns to her paper with a new and greater appreciation of the fact that "every new subscriber adds to the value of YOUR telephone."

Of the net gain of 52,018 telephones in Ontario and Quebec in 1923, over 36,000 (or 70%) were installed in residences.

Merchants and shop-keepers should not overlook this large addition to the number of householders they can reach by telephone.

W. A. G. SPRICA

Manager



Every Bell Telephone is a Long Distance Station

Fascinating Costume Details By ELEANOR GUNN

such infinite variety. Just now, there type of beading recently seen. seems to be an interest in plain Across the front of a black satin hat scarfs which are bordered with con- with softly draped crown, such a trasting color or by a printed mate- piece of beading was introduced, the

scarf as a choker, which sets one not in the strictest sense of the word. to speculating on the possibilities new to bead a hat. Some are quite of high collars for fall. Whatever finely beaded with crystals and the fate of the scarf by that time, it pearls, while others have huge nail is "in" just now and adds not only head beads, reminding one of spikdecoration but responsibility to the ed armor. summer costume.

It is so periously easy to have the

mero ... carislan concep-

tions of the midsummer handbag.

The first of sand colored grosgrain

with bachelor button motif in soft

colorings, an underarm bag which

is too elaborate for the sports cos-

tume, though, when it is necessary

to carry a purse, the underarm type

in less pretentious materials is car-

ried with sports clothes. The second

motif, while the third bag belongs to a different type and is developed in satin, embroidery and beads. The beated bag has become a classic, that is, the tapestry type fashioned of fine beads and hand-The only new feature of the hat somely mounted, which brings to and scarf set is that it may be of mind an interesting use of this

edges appliqued with black floss to Even though the sun is high in the the hat, and the beaded section like heavens, women appear to prefer the the satin being softly draped. It is

(Copyright, 1924, Fairchild.

RED COLLARS AND CUFFS



Collars and cuffs of shiny red leather make a novel touch on this straightline frock of blue charmeen. The collar takes on an unusual shape to accommodate itself to the side opening. A very wide scarf of blue silk matching exactly the material of the dress in color completes the

Where is Old Age? Young ten once deemed sixteen was

So old and wise and grown That when that stately age was his Crude youth would all be flown, But when sixteen was come at length, In twenty saw he age; Then twenty came, but then Old

For thirty set the stage, But thirty had such romping feet-'Twas forty that was old; Yet forty had such busy wings And said he had been told

When fifty comes, 'tis age, indeed. Ah, strange it was to know When fifty found so much to do, And was so loath to go, That nothing less than sixty years Could walk where forty flew.

Still sixty came with easy stride, And, cannily, he knew Old age is always just beyond, Of future years 'tis sung-'Tis just a going on ahead

To be forever young. -Mona Joseph Simmons.

There are more than 12,000 foxes



Queen Helena and Queen Mary were escorted through the Canadian Pacific Pavilion at Wembley by Lord Stevenson, with whom they are seen leaving the building. The policemen are members of the Canadian Pacific detachment from various parts of Canada.

This is Nature's dish

for breakfast, for lunch, for dinner-big, ripe, red strawberries piled on top of Shredded Wheat and eaten with cream and sugar-a wholesome, nourishing combination for youngsters and grown-ups. A delicious short-cake made in a jiffy without cookingno white flour soggy dough—just crisp, flavory shreds of whole wheat with berries—the best food on earth, with no kitchen work or worry, and all the iron and

all the bran you need to keep the bowels healthy and active.

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Crib Mattresses -\$3.00 to \$5.00.

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