

# NEWS AND VIEWS FOR WOMEN READERS

## FALL SKIN WORRIES

**CHANGE-OF-SEASON** brings troublesome skin troubles. Pimples, irritating rashes, blotches, etc., are often harbingers of berry season, pollen and other stubborn disease. A little Zam-Buk will soon put your skin right. Nothing else takes away pain and irritation so readily as this famous herbal balm. Sink deep into the tissue, it destroys harmful germs, expels impurities and makes the skin healthy and clear. Zam-Buk ensures quick antiseptic healing and protects the skin against festering and blood poisoning, and is a widely-used remedy for piles. Zam-Buk Medicinal Soap is a valuable aid to the treatment.



### ITCHY ECZEMA ON ARMS

In Pimples, Could Not Sleep. Cuticura Heals.

"My trouble began with eczema which broke out in pimples and spread rapidly. It affected my arms from the elbows to the tips of my fingers. I could not put my hands in water, they itched and burned so, and I could not do my regular work. I could not sleep on account of the irritation.

"The doctor advised me to use Cuticura Soap and Ointment and in two weeks I was completely healed, after using one and a half boxes of Soap and one box of Ointment." (Signed) Miss Sylvia B. May, Marshallfield, Va., June 5, 1923.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health when used as directed.

Samples sent free by Mail. Address: Cuticura, P. O. Box 1014, Worcester, Mass., U.S.A. Get it today! Try our new shaving Cream.

## WALL PAPER

New Fall stock of Wall Paper just arrived. Choice range of patterns to pick from. See us for estimates on decorating your home.

**W. G. VEALE**  
214 BARRIE STREET

A CANADIAN PHYSICIAN HONORED.

A United States professional journal, The Therapeutic and Dietetic Age of New York City, published for physicians only, has come to Toronto for the talent to edit its Dietetic department. Robt. G. Jackson, M.D., being the favored physician.

Dr. Jackson, a Canadian, formerly taught Dietetics in one of the Union's great Medical Schools. He is the same Dr. Jackson who won the \$1,000 Physical Culture prize for 1924, who won the 2300 mile bicycle contest in 13 days against C. J. Gregory 30 years younger, who invented Roman Meal and whose marvelous physical development has been used as photographs of "Youth at 65" to demonstrate the growth and body-building qualities of Roman Meal throughout Canada, Britain and the States.

It seems clear that if Roman Meal can develop such a physique after 65 out of a broken down old man, it behooves us to find a place in our dietary for Roman Meal. And Dr. Jackson says it will do far more for those under 40 and that it is especially valuable for the development of young bodies, therefore ideal for nursing and expectant mothers and children from the 10th month—Adv't.

## MOTHERS LIKE TO TREAT COLDS WITH VAPORS

Direct Treatment with Vaporizing Salve Immediately Relieves Inflamed Air Passages.

It is no longer necessary constantly to dose the children in treating croup, bronchitis, sore throat, or deep chest colds. Many Canadian mothers know the "outside" remedy, Vicks Vaporub, for the cold troubles of all the family, because it is just rubbed over throat and chest—there is nothing to take. When so applied Vicks gives off medicated vapors which are inhaled directly into the inflamed air passages, loosening the phlegm and making the breathing easier.

At the same time Vicks is absorbed and stimulates the skin like a liniment or plaster and thus aids the vapors inhaled to break up the congestion.

At all drug stores 50c a jar. For free test size package, write Vicks Chemical Co., 344 St. Paul St., W., Montreal, P.Q.

## Efficient Housekeeping

by Laura A. Kirkman

**TOMORROW'S MENU.**

Breakfast  
Stewed Prunes  
Cereal

Fried Liver and Bacon  
Toast Coffee

Luncheon  
Apple Slump  
Wholewheat Bread  
Peanut Butter Tea

Dinner  
Cream of Onion Soup  
Corned Beef Hash  
Baked Sweet Potatoes  
Peas  
Cold Slaw  
Steamed Fruit Pudding  
Hard Sauce Coffee

has run into the white part. The sweater is also soft and shapeless. Is there anything to be done?"

Answer: "I am afraid not. The black dye in the bottom band has dyed the rest of the garment. I know of nothing which will take dye out. The shapelessness, too, is another argument against washing a sweater; it is generally better to cleanse sweaters in a basin of gasoline (doing the work out of doors) and dry them flat on a clean towel—never hung. But the best method of all is to send a soiled sweater to a professional cleaning establishment. Sweaters are very difficult garments to dry-clean at home.

Constant Reader: "I wonder if some of our Reader Friends would be good enough to write in about washing palm beach dresses? I know they are supposed to be washable, like any other wash material, but I should like to know what methods the various housewives use with success?"

Answer: It will be interesting to see the responses to your suggestion. Busy housekeepers can write them on a postal and mail to me in care of this paper.

Mrs. R.: "How does one clean the top of an enameled kitchen stove?"

Answer: Simply with soapy water and a rinse water.

Tomorrow—Some Good English Dishes.

**Answered Letters.**

Mrs. L. M.: "Kindly tell me how to remove chewing gum from a dress."

Answer: Hold a piece of ice against the material and the gum will come off. If the material is a fabric which would be injured by moisture, put the ice in a piece of thin rubber or in rubberized silk before applying it.

R.K.: "Please tell me how to make buds and roses for trimming out of ribbon and pieces of silk?"

Answer: It would be difficult to tell you how. You would have to be shown how. So the only thing that I know of to help you, is to advise you to go to the ribbon counter of any large department store and ask the salesgirl to sell you a small booklet, such as ribbon manufacturers bring out, giving directions and showing pictures of various kinds of ribbon-trimmings, including flowers. I have often seen such booklets on sale at ribbon counters and I do not doubt you can buy one if you search for one.

Mrs. S. M. S.: "I have washed a white silk sweater which has a black band at the bottom, and the black

FOR OFFICE OR STREET

year when her excellency Lady Byng, visited Windsor castle, her majesty the Queen, with a mother's anxiety for a son, expressed herself as being delighted with the beautiful appearance of the Prince of Wales on his return from his Canadian visit.



Though this is essentially a sport costume it is very appropriate for street or office. It is of tan worsted with a novelty border running through the material trimming the coat, hem, collar and cuffs. On cool days the collar may be worn close about the neck and the coat tied so the ends are thrown over each shoulder.

**PRINCE AT RIDEAU HALL.**

For the visit of the Prince of Wales to Ottawa, where he was the guest of their excellencies at Rideau Hall, everything possible was done for his comfort of the royal visitor, a special suite in the west end of Government House having been reserved for him. The large bedroom, having a pretty view over the lawns, across new Edinburgh towards the parliament buildings, is furnished in mahogany, a pale grey rug on the floor and the hangings of the window over the bed being in soft shades of grey and pink. This room was used as a sitting room by H.R.H. the Princess Patricia during the years that her parents, the Duke and Duchess of Connaught, were in residence at Government House. Opening off the bedroom is a small sitting-room furnished with easy chairs, couches and mahogany table, the furniture and contains being of the same shaded colors as the other hangings. A fire-place and bright open window add greatly to the comfort of this room. A bathroom and a small bedroom for his valet completes the suite. Last

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to use YOUR full name, street number, and the names of your city and state.

**PERTH ROAD WON OUT.**

Carried Off Banners at the Catewaqui District Rally.

Perth Road, Oct. 18.—The Young People's Banner has again been claimed by Perth Road, there being one hundred and eleven members present at the rally held on Thursday afternoon and evening at Catewaqui. This makes the second time the banners have been awarded to the Perth Roaders.

Mr. and Mrs. B. Guthrie, and family, Elgin, were recent visitors of C. Smith.

A number from here attended the chicken pie supper, at Battersea, on Friday evening. J. Rutlan is busy with his threshing machine. Mrs. K. Clough is again very ill, and Mrs. A. Freeman is spending a few days with her. Mrs. R. Guthrie, Miss Scott, Miss Stone and Miss Neegar, of the local schools, attended the teachers' convention on Thursday and Friday. Miss J. Clough, who was visiting friends in Kingston, has returned home. Miss B. Raymond, Ottawa, Normal, spent the week-end at home. F. Smeaton, Kingston, renewed acquaintances here recently. Miss A. Cobet has returned home. Alfred Babcock and friends, Copenhagen, N.Y., spent four days with the former's mother, Mrs. T. Bab-

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## DOMINION LINOLEUM RUGS

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House Furnishing, Departmental and General Stores everywhere are featuring Dominion Linoleum Rugs in all the season's newest designs and colorings. Choosing is a pleasure from this fine assortment. You'll find something suitable for every room

at prices you'll be more than willing to pay. Shop early. Shop today — the sooner the better — so as to be sure of the biggest possible range of selection.

Dominion Linoleum Rugs are genuine linoleum. They are the cheapest high-quality floor coverings known. Years and years of enduring wear makes them cheaper still while on top of it all is the wonderful saving in labor they effect. No more scrubbing. No more hard sweeping. Light mopping or brushing does all the work, giving you extra hours for rest and recreation. They are sound-absorbing, germicidal and health promoting floors.

**Dominion Linoleum by the Yard** possesses all the beauty and durability of Dominion Linoleum Rugs and in addition, is made in widths sufficient to cover any ordinary room from wall to wall, without seam or crack.

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**JOSEPH ABRAMSKY & SONS**  
Largest assortment of Dominion Linoleum Rugs in the City.

## THE WHIG'S ZOO

YOU'VE surely met the little squirrel  
A-hopping round the ground.  
In parks and in woods is  
Where he is to be found.  
This creature with bushy tail  
Eats like a squirrel.  
Sometimes you just came enough  
To eat out of your hand.

## ROOM GROWS WITH CHILD

Caring for A Baby. Here is an extract from a foster parent's letter, showing a real generous spirit, writes J. J. Kislo, of the Children's Aid Society: "The baby we obtained from your society has not been in the best of health, owing, no doubt, to previous neglect. We have had at different times two doctors and a nurse assisting us in her care and we have now decided to go to a southern point for the winter so that she may have the benefit of a milder climate."

This is only one indication of all the splendid work that is being done by foster parents. Should not our efforts be re-doubled to get all homeless children into the hands of just such kindhearted people?

Mrs. S. G. Croak and children, Belleville, spent the week-end at W. Guthrie's. Mr. and Mrs. H. N. Stoeness spent Wednesday at Boyd Alton's, Sydenham. Mrs. M. Oser and sons spent a few days with her sister, Mrs. Albert Ennis, Kingston.

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