

OUR HOME PAGE

"Eczema on My Face Completely Relieved"

Miss Winifred Ernest, Box 46, Blockhouse, N. S., writes:

"Ever since I was a little child, I suffered with eczema on my face. At times my face was completely covered with large sores, and I tried nearly every kind of medicine that I heard of with no results. This lasted for over twenty years, until one day I asked the advice of my druggist, who bade me give Dr. Chase's Ointment a trial. After using the Ointment for a few days, the sores began to heal, and soon I was completely relieved of the disease."



Dr. Chase's Ointment

60 cts. a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto

Give the Teeth Their Beauty Care

Make Them an Added Attraction and Also a Health Asset
By Madeline Taylor

The pleasing flash of white teeth set between two smiling lips is a beauty asset that is decidedly worth cultivating. White, even teeth add a brightness and vividness to your face that no other feature provides.

You may not be able to change the size of your teeth or the spaces between them, but you can keep their color even. Healthy teeth, well cared for, do not show even the slightest traces of yellow.

You brush your teeth several times a day, of course. But do you brush them as thoroughly as you should? The best way to make certain of this is to provide yourself with two brushes. One should be small—preferably a child's size—and the other of regular size.

With the small brush you can reach the inner corners that the larger one will miss. You can get into every crack and crevice of your mouth. And, what is quite as important, you can give your gums the brushing they require.

You really should brush your teeth after each meal, but if this is impossible you can at least rinse your mouth that frequently. Keep a mouth-wash convenient and make use of its soothing properties. There is nothing that will refresh you so much or bring a pleasanter sensation to its wake.

For the girl whose teeth show a tendency toward discoloration, the peroxide bath is a valuable aid. You should not attempt it too often. But brushing your teeth with peroxide about once a month will help to keep them as white and clean looking as you want them to be.

Visit your dentist at least once every six months. This is a general rule that you cannot afford to ignore. Your teeth cannot stand neglect. They will very quickly show its effects and your health, too, will suffer for your carelessness.

Your health and your beauty demand that your teeth be in perfect condition at all times. Make up your mind to give them all the care they need. It will be worth your while.

Don't wait until a sudden distracting pain takes possession of you. This means that you are too late. You may even be forced to have the tooth extracted, whereas, if you had cared for it in time, you could have saved it.

There is an astonishing number of **DEAFNESS** NOISES IN THE HEAD AND NASAL CATARRH CAN BE CURED

The new Continental Remedy called "Larmalene" Regd. is a simple, harmless home-treatment which absolutely cures deafness, noises in the head, etc. NO EXPENSIVE APPLIANCES NEEDED for this new Ointment, instantly operates upon the affected parts with complete and permanent success. SCORES OF WONDERFUL CURES REPORTED.

RELIABLE TESTIMONY
Mrs. E. Croome, of Whitehorse Rd. Crofton, writes:
"I am pleased to tell you that the small tin of ointment you sent me at Ventnor, has proved a complete success, my hearing is now quite normal, and the horrible head noises have ceased. The action of this new remedy must be very remarkable, for I have been troubled with these complaints for nearly ten years, and have had some of the very best medical advice together with other expensive ear instruments all to no purpose. I need hardly say how very grateful I am, for my life has undergone an entire change."

Try one box to-day, which can be forwarded to any address on receipt of money order for \$1.00. THERE IS NOTHING BETTER AT ANY PRICE.
Address orders to:
Mfg. "Larmalene" Co., "Woodlands," Stone-woods, Dartford, Kent, England.

Great Social Event

Four Hundred West Toronto People At the "At Home" of the Brotherhood of Railway Engineers

The fourth annual banquet of the Brotherhood of Locomotive Engineers of the Canadian Pacific Railway was held in Oddfellows Hall, 229 College street east, Wednesday evening under the auspices of Divisions No. 295, 658 and 528, Toronto, London and Smith's Falls respectively in honor of their superannuated brethren of which there were present about 25 in number.

In all about 400 guests sat down to a sumptuous repast provided by the ladies, the wives of the engineers, and the tables were artistically decorated in pink and white and the beautifully caps made by Mrs. Percy Watson, added to the beauty of the hall.

Mrs. Jas. Lindsay convener of the Refreshment Committee, handled the supper with great efficiency and a super abundance of food, including rolls, butter, fruit, cakes, salads and meats left over was taken care of and sent to the Reville Mission, 383 Queen street west to gladden the hearts of some less fortunate than the guests and any surplus of the finances will also go to feed and take care of the unemployed of the city.

After enjoying the repast quite an interesting program was commenced. Bro. Geo. Wanless, chief of Division 295, acting as toastmaster.

Those who took part in the program were the following C. P. R. officials:—Gen. Supt. H. C. Groul, Supts. R. McKillop, R. W. Scott, H. J. Main, F. Ronaldson, Master Mechanic; Supt. A. Maynes, Bro. Peter Heenan, M.P.P., Kenora; Bro. W. Callan, M.P.P., Rainy River; Grand Lodge Representative Bro. Ash, Kennedy, A. G. C. E., Sister R. Mains, Grand Vice-President of the Ladies' Auxiliary to B. of L. E.

A most important feature of the program was the presenting of canes to Bro. Geo. Dowling of London and Bro. A. Fraser of Toronto, also an umbrella to Bro. A. Kennedy, A. G. C. E.

Bouquets were presented to Mrs. Mains, Grand Vice-Pres. Mrs. Geo. Wanless, Mrs. A. Sproule, Mrs. Fraser, Mrs. Dowling and Mrs. R. Taylor, President of the Ladies' Auxiliary.

The musical part of the program was rendered by the Canada Male Quartette and Supt. McKillop giving some very appropriate selections with Mr. Harold Frost as accompanist.

After the program cards and dancing was indulged in, the beautiful and spacious hall until the "wee small hours" of the morning.

Thanks to the very able committee who had things in hand.
Chairman, E. R. Wrigley; Sec. Treas. W. B. Carruthers; W. Parker, J. Dorrecoate, F. Reeves, E. Bartlett C. Harrington, J. Lindsay, F. Williams, J. McCance, T. McCarthy, F. Scrivens, E. Tregaskis. Thanks were given to Mr. J. F. Foster, Foster Business College of West Toronto, who provided the programs for the big event.

FLOWERING PLANTS

The flowering plants in the room or window, may be only a pot of Hyacinth, or it may be something more expensive in either case they need very similar treatment.

The general run of flowering plants need a generous supply of water and should be soaked in a pail of lukewarm water for 15 or 20 minutes, twice every week. Azaleas, Cyclamen, Primulas, Begonia, etc. respond nicely to this treatment. Cinerarias, Hyacinths, Daffodils, Freesias, Callias, should be soaked on alternate days. Do not use ordinary Fertilizer in the house, unless you and everyone in the house have lost the sense of smell, but one of the tablet forms of plant food may be used to advantage. Ferns, Gromors, Clippas, are always safe if used as directed. Never allow green slime to grow on top of the soil. It can be remedied by stirring the soil with a sharpened stick, and sprinkling a little powdered charcoal on top.

Also keep a close watch for Aphids (green fly), XL all Nicotine is a sure cure for this pest. The same preparation may also be used for scale on Ferns and Palms. Directions printed on every bottle, always remove diseased or dead leaves, as they form a splendid shelter for insects.

Making Boots Last

How to get the best out of boots and shoes must always be a matter of importance. There seems very little doubt that the old "blacking," being largely compounded of oil or grease, was better for boot leather than the quick-drying, quick-polishing things we use now. But it is little use bemoaning the old blacking, which will never come back to favor because of the considerable labor involved in polishing.

All this, however, makes it more necessary to take such other care of footwear as we can. Good "trees" add to the life of shoes, and, if it is always done, they will make shoes slightly to the end of their days.

Stick to One Brand
Where it is possible find one brand of shoe and stick to it. It will prove a saving in many ways. Especially will you be able to get trees that fit instead of makeshifts.

Boots should never be put away wet in an airless cupboard. They should also be put in such a position that the sole is not flat on the ground. It is better to let the air circulate even round the sole. A rod for the sole to rest on and one for the heels.

Feeding the Child

Children, like all young animals, require more growth or body-building material compared to their size than do persons who are fully grown. To ensure the child's normal growth and development his food must contain certain animal protein, mineral matter, and the accessory food factors (vitamins).

Protein of certain vegetables and nuts contains body-building substances, but must be supplemented by animal protein found in milk, eggs and meat, including fish and fowl.

Mineral matter is found chiefly in milk, eggs, meat, green vegetables and fruits, while substances regulating growth (accessory food factors) are found especially in the fat of milk, in eggs, and in leaf vegetables.

Whole milk contains not only animal protein, minerals, and the growth producing substances, but also fat and sugar. No other foodstuff is therefore so important in infancy and childhood.

Fifty of easily digested, properly cooked food should be given to the child at mealtime but nothing between meals. By the end of the first year a child should have four meals a day. By the end of the second year three meals a day are sufficient for the average child.

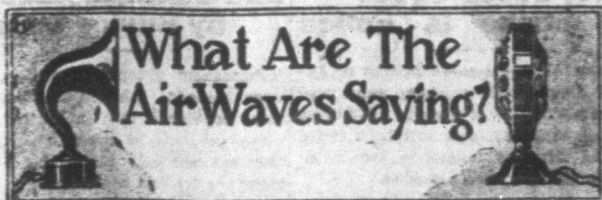
A young child should have his principal meal at noon, including a vegetable and meat, soup, or an egg, or meat (fish or fowl) with a green vegetable, and a starchy food (rice, potatoes, macaroni, cereals.) Cereal, milk and fruit make the best supper and breakfast.

IN THE USE OF GELATINE

A good general rule to always remember is to soften the gelatine in cold water, then to dissolve in boiling water. Neglect of either part of the process will cause trouble in making jellies.

When churning it is sometimes difficult to make the butter gather. Try putting a little soda in the cream. It will cause the scattered bits of butter to gather.

Remove water spots on waxed floors by rubbing in a circular motion with a cloth saturated with turpentine, then with a dry piece of flannel.



HOW TO PROPERLY OPERATE YOUR REGENERATIVE RADIO SET

By E. L. Chambers, Can. Radio Service

Many people who have purchased various types of standard regenerative receivers may encounter at different periods a series of minor troubles the source of which generally being traced wrongly attributed to the set itself.

If carefully constructed and properly operated your Radio Set should perform quite satisfactorily under normal conditions within its own limitations.

Now one of the most annoying disturbances to be rectified is that of "Self oscillation," or "reradiation," all operators of regenerative receivers are familiar with those weird little whistlings—"canary calls" which so often interrupt our enjoyment of some particular broadcasting to which we are listening. These whistling sounds rise and fall in pitch completely marring otherwise perfect reception. These "foreign harmonies" are generally caused by reradiation from some other radio set in your immediate vicinity. Now to explain how these disturbances may be caused and how they may be remedied.

In an attempt to increase the volume of your own reception you may unconsciously create more trouble by increasing your detector filament. Do not do so.

Such annoying disturbances as you yourself encountering are often the result of such a practice—namely, causing one set to oscillate or reradiate by undue filament current.

A second source of the trouble may be that of excessive regeneration; one may be operating the detector properly, but in an attempt to increase volume may so increase the regeneration by coupling the "tickler" coil that self radiation again commences.

Too many people begin tuning in by turning on the filament of the detector tube very bright, then rotating the control dials until the reception

is heralded in with a loud carrier wave whistle.

True, they may then decrease the filament current and by closely tuning receive the station clearly, but the whistling sounds they first received were also received by their neighbors.

All regenerative circuits may be made to reradiate but by merely remembering a few simple rules and operating your sets based upon such rules, the great majority of such troubles may be eliminated.

When commencing to tune in adjust your detector filament until a slight hissing sound is heard in the phones or loud speaker; upon hearing such hiss, slightly decrease the current to a point just below the hissing degree. Your set is now in a proper condition for tuning in; it is not oscillating to any disturbing degree and your reception should be clear and audible.

Should you still be in doubt as to its reradiating, moisten your finger tip and touch the aerial connection on your set; if a clucking sound is heard in your phones, your set is still oscillating and your detector filament must still be lowered or your regeneration decreased by looser coupling.

Excessive filament current and undue regeneration may result in slightly louder signals but the clarity of reproduction in your reception will be lost and your neighbors enjoyment of their own radio sets will be to a great degree also marred.

Be content with clarity of reception without unnecessary volume.

Keep your tube filaments burning as low as is consistent for operation—keep the regeneration from maximum and not only will you yourself be doing your bit for better radio reception, but also those in your vicinity will derive a benefit as well.

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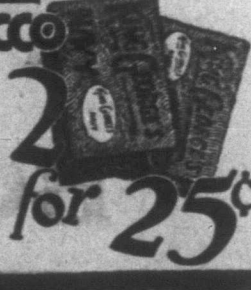
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Milk-fed Children Are Healthiest And Sturdiest

TO DEPRIVE a child of the milk that it needs is to rob it of its God-given heritage—the right to be healthy and useful in body and mind.

The growing child MUST have milk or it will perish.



Phone Queen 1188

Consider This

THE result of the best thought of many geniuses covering a period of about 150 years—and the expenditure of millions of dollars in experiments and equipment—is what you buy for a most modest sum when you turn the switch that floods your home or business place with light or gives you power for a hundred uses, for which we of the present age should be duly thankful. And the citizens of Ottawa have a further cause for gratification in their own electric service, which keeps electric rates at their present low level.

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