TOOTH

val Vinolia

THREE ROYAL DENTAL PLEASURES FOR YOUR CHOOSING

Tooth Paste

Truly "a Dainty Paste for Dainty People"-for it embodies not only perfect cleansing and antiseptic qualities but conveniences in use that make it unique amongst dentifrices. The winding key at the base of the tube enables you to use every atom of paste—and keep the tube neat and plump at all times. Then too, the Paste itself comes

from its tube in a ribbon of special shape that clings closely to the brush-avoiding waste, saying time and temper. Owing to the antiseptic qualities of Royal Vinolia Tooth Paste, the teeth are not only made white and lustrous, but are preserved from decay. Price 25 cents.



VINOLIA

FLUID

DENTIFRICE

Tooth Powder

In this remarkable Powder science has succeeded in combining that most useful of all cleansing agents, that arch-enemy of decay-OXYGEN. Hitherto this most elusive but desirable friend to the teeth, the gums and the mouth has never been fully available. Oxygen, the cleanser,

the purifier, is now at your service in Royal Vinolia Tooth Powder-which means that every tiny interstice of the teeth, every nook and corner of the mouth is searched, cleansed

and purified as never beforc. In boxes of attractive shape, with patent top so that there is no waste in applying the Powder to your brush. Price 25 cents.

Fluid Dentifrice

The exquisite and refreshing flavour of this liquid dentifrice will be the most welcome thing about your daily ablutions, once you commence its use. A perfect tooth and mouth cleanser though it is-its action goes much further, for germs of disease as well as tooth-decay are daily eliminated from the mouth. Children delight in Royal Vinolia Fluid Dentifrice; there is no trouble in teaching them the habit of tooth cleanliness with its use.

Price 25 cents.

VINOLIA COMPANY LIMITED, London, Paris, Toronto By appointment Soapmakers to H.M. THE KING.

Page of Interesting News for Women

lines. One can only wonder at the

prevail, as the appearance of the ani-

not only on the trains do we find in-

market some morning, and I warrant that there you will find pigs and chick-

ens crowded into little coops that should only contain half the number.

Ten or twenty miles are often covered

without finding fit drinking water. It

establish drinking fountains at inter-

vals along the main roads in the vicin-

ity surrounding London, and these

would indeed be a boon to the sym-

pathetic horseman who frequently goes several miles out of his way to obtain

Toronto, Hamilton, Halifax and St

There is another phase of being cruel to animals, that does not always

appear on the surface, and that is ne

water for his steed.

is the hope of the Human Society

Oh, farmers, why do you do it?

owners allowing such conditions to

The Humane Society's Work

[By "The Nomad."]

modern drinking fountains erected in ther. Crowded in together, without food or water for 24 hours is no infreing there yesterday in the noon-day heat, I had an excellent chance of observing the visitors who came to the fountain. In turn, two grocer's boys, a junk dealer and a plumber each allowed their thirsty horses to drink their fill. Panting, three dogs arrived together, and lapped long before their thirst was quenched and they trotted off contentedly. A very cautious looking cat from one of the market stores was the next visitor. Pussy's life had evidently been a hard one, for she kept distrustful eye upon me as she

Anyone taking a day's drive through this portion of Western Ontario can-And so they come and go to the foun-tain, all day long, and the poor burnnot fail to notice the scarcity of streams where horses may be watered. ing throats are relieved, and the hot, aching feet seem not so heavy for a time, because of the life-giving fluid.

Every man and woman in London, who pretends to possess a heart must needs be in sympthy with the work of the Humane Society, for it is unfor-tunately too true that we have in our midst unfeeling brutes who take de-light in abusing the dumb animals which cross their paths.

ontil recently, been a part of the Charities Organization. The work done in the past has been excellent, but, but, forming of the forming of body composed of the various societies.

If this is done, the movement will have with the forming of a separate society, body composed of the various societies. If this is done, the movement will have additional force and wider scope for its labors. In Hamilton, Hon. Adam Brown, who is, by the way, father of Mrs. Ernest Smith of this city, is an active member of the society there, Humane Society has appointed an in- active member of the society there, spector, a skilled veterinary surgeon, and largely through his efforts several measures for the protection of an ill-treated, for instance a horse with a sore shoulder, or an extremely lame horse being made to draw a heavy load, or a case of a dog or a horse being severely beaten, he or she is ur-gently asked to report the case at once gently asked to report the case at once glect. Have you provided for your to the police, or an officer of the Hudog, cat, or bird, when making armane Society, who will make prompt rangements for the summer vacation, or are they to be left to the tender mercies of a careless neighbor? Please

The law is decidedly upon the side of the rescuer of a misused animal. This was made clear recently in the case of a very lame horse which had not seen that the pets are provided for this year. This was made clear recently in the case of a very lame horse which had been turned out to pasture in East London. A member of the Humane Society noticing the painful condition of the animal endeavored to locate the owner, but without success. Some weeks later, he was told that in some way the poor brute had broken a leg, and this in addition to its lameness, caused it untold suffering. The inspector and a constable were at once brought to the scene and after examination, the former stated that as no relief could be given, the animal should be destroyed. Although this occurred a fortnight ago, the owner has not yet brought any action against the mem-Ination, the former stated that as no relief could be given, the animal should give yours.

To make Good Bread

To Make Go

Do You Know? That the old-fashioned smocking has

That one-piece tub dresses shrunk in the washing can be easily length-

quent occurrence along our railroad seams and hems.

A Graceful Gown



Billie Kingsmille Burke JULY SALE

On the Window of Your Soul

BY MISS BILLIE BURKE, AMERICA'S MOST CHARMING YOUNG ACTRESS. The first word-"YOUR SKIN IS THE WINDOW NOT ONLY OF YOUR BODY, BUT OF YOUR SOUL."

A famous physician who is writing on the cultivation of health said the other day that "your skin is the window of your physique—by it you can tell the state of your health." As I read it I thought we could go farther even than that and say that through

the window of your skin one could also tell your disposition, tastes and vocation. I have never seen a discontented person who had a beautiful complexion and whether discontent comes from a disordered liver or a disordered liver comes from discontent I am not sure, but you can usually say if you see a woman with brown or yellow complexion, that not only is her liver out of order, but she

is not right in her mind with the

The co-relation between the mental and the physical of a human being is so close and delicate that we can hardly separate one from the other. When I feel that "the times are out of joint" and that all's not "right with the world," look to my liver. I start in a regular regime of exercise, walk at least six miles a day, I do the deep breathing exercise, and I am extremely careful of my diet and I find that in less than a week the world is seen through different glasses. The yellow has turned to rose.

For the woman who is troubled with a disordered liver and who is unhappy in consequence, three quarts of cool water a day, taken between meals is a great beautifier. For a torpid liver, a couple of tablespoonfuls of olive oil up-on going to bed at night, and a cup of warm water in which half a lemon is squeezed in the morning will do wonders. While doing

his be sure and become interested in something which will take you out of yourself, something that will make you forget that there is such a person s you in the world.

Just one last word—IF YOU ARE UNHAPPY IT MAY BE A CALL FROM YOUR LIVER FOR MORE TEMPERATE LIVING.

Cynthia Grey's

Dear Miss Grey: Would you please give me a few ideas for an afternoon birthday party for a girl of eleven, the birthday being July 24? What is the nower for the month and would it be suitable for decorations and favors? What and how would be the way to serve lunch? Mention a few nice amusements for the children. Thankthe flower for the month, and would it

ing you in advance, I am,
An Interested Detroit Reader.
A.—The July flower is the water
lily, which no doubt will be difficult to procure. Could you utilize crepe look in her eyes, and then puts them papers flowers for decoration purposes, with a bowl of the real thing for the centre of the table? They would be very pretty and novel. For a children's party it is usually best to seat them together around the dining-table for lunch. Would engagest ised coord. for lunch. Would suggest iced cocoa, whole wheat lettuce sandwiches, plain vanilla ice cream one light loss and the love—dreams.

And having these dreams. iced cakes, and, of course, the birth-

day cake.

berry bush, London bridge, drop handkerchief, or hunt the thimble. For a little variation in the latter game, you might have some one seated at the plano to play softly when the seekers are "cold" and loudly when instead of calling out in the usual way. A new form of blind man's buff is to give each child the name of an animal which they are to represent. The game proceeds as usual, only when a player is touched by the blind man he or she must imitate the cry of the animal represented. If the blindman guesses the identity of the player, the latter is blind-folded in his place. Regarding favors, an excellent way is to distribute them at the close of the supper by means of a Jack Horner pie. Make a huge pile out of crepe paper, and conceal the little gifts within, tying the boys' favors with red ribbon and the girls' with white. The ends of the ribbon must overhang slightly. Each little guest is told to grasp a rib-bon end, and at a given signal all pull

and secure their gift. A Rival Suitor.

Dear Miss Grey: I am nineteen and in love with a girl one year my junior. We met over a year ago and became

About six months ago she met another fellow, whom she seemed to like very much, and as he had an auto. mobile he used to visit her regularly often taking her to dances where some times I met her, and though she treat-ed me very nicely, there is something about her manner that puzzles me. How can I find out the reason for this, and if she still cares for me? E. O. A .- If a rival has an automobile that makes him very formidable, especially if the girl cares for you in only a half-hearted way. The only way to learn the real state

A.—Unless he cared some for you

[Copyright: 1912.] Almost every girl who is in love with love, and all girls are, or I pity them,

cles.

These she keeps sacredly by them selves and occasionally gets them out, and turns them over with a happy

necessarily. Has she a lover? Per-haps not; it is immaterial. But she has something which rep-

vanilla ice cream, one light loaf cake happy as if every day she had picked in the nests of the parent birds.

Love is alluring, and nothing This very prosaic world of ours would be beyond endurance if it were

It could say more, and that is that



Those born today will be quick and intelligent, but unless they learn aged. It is a part of the most pleasant to govern their tempers they will fall dream one ever enjoys in this night-

Interest in this great bargain event grows. Monday at 9 o'clock we put out on the sale tables 2,936 vards of Summer Zephyrs and Crossbar Muslins. Besides these two large lots we've numerous other lines marked for a quick clearance. The values are unusual and the buying will be brisk. Come early. STORE CLOSES AT 5 O'CLOCK EXCEPT SATURDAY. OPEN SATURDAY NIGHT TILL 10 P.M.

15c Yard Ginghams and Zephyrs, 9c

Unusual values in fine Scotch Ginghams and Summer Zephyrs. Pretty stripes and dainty checks. The color range includes pinks, greens, rose, light blue, red and dark blue. These are best washing goods. Get a supply Monday of these 15c yard

THEY 9C

121/2c Yard Crossbar Muslins, 8½c

Not a yard less than 121/2c value. Many 15c ones in the lot. Small, medium and large bar, also some fancy crossbar effects. These are exactly the same kind you've been buying at 121/2c and 15c yard. They are all new, crisp, clean goods, full pieces. Come Monday, choose from a score of patterns.

THEY B1/2C

20c and 25c Yard Ginghams, Zephyrs and Lawns, 15c

Almost all colors, great variety, in blues, tans, pink, mauve and black and white. 20c and 25c yard is their regular selling price,

44-Inch Mulls and Lawns, 101/2c

Colors are canary, mauve, pink (two shades), greens, sky and dark blue, grays, etc. Regular 25c yard. Buy all you'll need

Kingsmill's

Headache **Ever Have It**

Then you don't need to be told about the symptoms-what you want is a reliable relief. OMOND'S HEADACHE POWDERS.

are safe and quick in their action, relieving all sorts of Headaches.

PERCIVAL. Richmond Cor. Central Phone 1261

Wortley Road, cor. Craig Phone 1920 THE PROGRESSIVE DRUGGISTS.

LISTER.

OMOND. 468 Dundas

the past, or dream part, influences beautiful the gown the frilly lace the future, or wish part; indeed, it extends into the future till one doesn't is enough of the old lace in the treas-

know if one is dreaming or wishing. Youth the Time to Dream. Youth is the time to dream, and it is instance. way of nature that girls dream of one's very own. It is the home-instinct, and the girl who keeps a dream-box

into which she folds away pretty little dainties for her own home some day, Health and should be encouraged.

It is the origin, the beginning, the foundation of the instinct that makes the good house-wife. A girl with a dream-box has no selfish plans for idleness with a husband in a boarding

She is not planning for a nest in which she will be idle all day. If she is like the sweet majority there goes into that dream-box little kitchen towels and pretty little kitchen aprons. They are symbols of labor, and labor where love is means more to a girl straight, with your back against the than idleness without it.

Unless it can be discontent that inspires a fledgling to try its wings. If that be discontent, then it is the right kind, for there would be no progress

Next stand upright and turn out the

without it.

The Natural Instinct.

aged. It is a part of the most pleasant mare existence, and so, my girls, I say girls should be encouraged to dream.

Old Lace Craze

Old and rare lace is no longer hidden away with lavender in grandmother's cedar chest. The practical woman of today is quick to see the advantages of a piece of the old ma-terial, and she is digging up the treasured bits of finery to use for her own this six times. immediate pleasure. The real lace Take deep inhalations with the mouth handkerchief that was probably a part closed, retain the breath a few seconds,

ure chest one may have things to match-theatre caps and muffs, for

A place for old lace can be found on nests of their own while still fledglings almost everything worn by a woman, and the older the lace the better it Love is alluring, and nothing looks is suited for wear, providing it is not so rosy and promising as a home of mutilated to any extent and has been

Deep Breathing

Physical culture teachers and physi cians are insistent on deep breathing for health. Now is the best season to If she start in the habit.

The first thing in the morning and the last thing at night, when you are clad only in your night dress, stand wall, near an open window, fill your This little collection of articles to be in readiness when he comes with a wedding ring and a preacher does not imply discontent with her own home.

Wall, near an open window, fill your lungs, breathing through nostrils, with the mouth closed, until your lungs are able to hold no more.

Retain breath

toes so that the heels touch. Place your hands on the hips, the thumbs back in the soft part of the back on either side of the spinal column. Now draw in a deep breath and force the air down so that you feel the air pressed out through the expansion of the lower part of the lungs. Hold the breath while counting four; expel while you count seven. Practice this movement

six times. Next stand upright, head up, shoulders thrown back, arms hanging at the sides. Now gradually raise the arms until they are high above the head. While you are performing this movement, take in a deep breath through the nostrils until the lungs can hold no more. Retain the breath while counting four, then gradually

Practice deep breathing constantly.

Down on King street, in the vicinity of the market square, stands one of the modern drinking fountains erected in the condition of cattle, sheep and pigs being shipped in cars is often extremely pitiable in hot weather. Crowded in together, without ther. Crowded in together, without the condition of cattle, sheep and pigs being shipped in cars is often extremely pitiable in hot weather. Crowded in together, without the condition of cattle, sheep and pigs being shipped in cars is often extremely pitiable in hot weather. Crowded in together, without the condition of cattle, sheep and pigs being shipped in cars is often extremely pitiable in hot weather.

That clothes need rest as well as people. The business suit, street shoes mals must suffer in consequence. And and hat should be taken off, brushed, cleaned and put away carefully when tense suffering. Go over to the city reaching home



care for me, and other times as if he he would not have called twice a week for six months. Don't make the

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn as they are received.]

From a Data twice thout the total the total throughout throughout throughout throughout throughout throughout the total throughout through

Is she engaged to be married? Not

lay cake.

As to games, there is little doubt the youngsters enjoy best the old-fashioned plays such as all around the mulberry bush, London bridge, drop the berry bush, London bridge, drop the which is a dream, and the future which

The Birthday Calendar

IF THIS IS YOUR BIRTHDAY.

you do lend money, consider it given, thus avoiding disappointment.

Those born today will the least step ahead.

It is a natural instinct for development, for growing, for the next step ahead.

It is a pretty little born short of the place which they should

