

## First, Doctors — Then a Skin Specialist Then a bottle of D.D.D.

We shall publish every week for the benefit of skin sufferers in this section, a few words written by Canadian people—some of them of prominence—all heartily stories of relief from terrible suffering.

A sentence or two from a letter from J. W. Corns, 25 Melbourne Ave., Toronto, a man of the standing, "I have been a sufferer for two years with eczema on the legs and ankles. I used three or four different doctors. I went to a skin specialist. All of no use. I want to tell you about D.D.D.—that is all. Today I am perfectly well."

If you wish to try a bottle of this Preparation, write Mr. Corns for a sample. We will send you a bottle of D.D.D. on the first bottle, of your money back. Stop that itch today. \$2.00 a bottle. Try D.D.D. See how.

**D.D.D.**  
The Lotion for Skin Diseases  
Strong's Drug Store, Standard Drug Company, Limited, Taylor's Drug Store, 250 Richmond Street, London.

**Cuticura**



**Talcum**

Is so soothing and cooling for baby's tender skin after a bath with Cuticura Soap.

See 25c. Outlets 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Taylor's, Limited, 244 St. Paul St., W., Montreal.

Cuticura Soap shaves without nuzz.

**Prince George Hotel**

TORONTO

In Centre of Shopping and Business District

250 ROOMS

100 with Private Baths

EUROPEAN PLAN

E. WINNETT THOMPSON, GEN. MGR.

**Oakey's**

EMERY CLOTH,  
GLASS, FLINT and  
GARNET PAPERS  
IN SHEETS AND ROLLS

Genuine Emery  
"Wellington" Knife Polish

SILVERSMITH'S SOAP,  
PLATE POWDER, ETC.

**John Oakey & Sons,**  
LIMITED  
WELLINGTON MILLS,  
London, S. E. (1), England.

**Not A Blemish**

mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unsightly color and corrects greasy skin. Highly antiseptic.

Sent 15c. for Trial Size

in FERT. T. HOGAN & SON, Montreal

**Gouraud's Oriental Cream**

**CORNS**

Lift Off with Fingers

**CAUTION:** Be careful to inclose the above illustration, and send also pattern wanted. When the pattern is sent, measure, you need only mark 36, 44, or whatever it may be. When it may be. If a skirt, give waist and length measure. When misses' figure representing age. It is not necessary to write "Inches" or "Feet." Patterns cannot reach you in less than one week from the date of application.

## PAGE OF INTEREST TO WOMEN

### HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

SOME COTTON FABRICS. CRUELTY IN CHILDREN.



The variety of cotton cloth is almost endless and increases year by year, but some of the standard kinds of cotton and their appropriate uses are easily learned by the inexperienced purchaser. Gingham, chambray, oxford, percale and print are all common household words, and most women know what they mean in cloth, though few know the actual differences of one from another.

Gingham comes from a French word and means a cotton cloth that is dyed in the yarn before it is woven. It is used for aprons or for house dresses, and comes in plain colors, stripes or plaids. Very plaid gingham have been made very fine and beautiful.

Calico is an East India word and means a plain white cloth upon which designs in color are printed. It is really the same as print.

Percale is a French word and means a closely woven fabric. It is usually white with little spots or thin stripes printed on it. Like calico, percale is excellent for aprons and if of good quality is good enough for house dresses for hard wear. Chambray comes in plain shades of many colors. It is soft in texture and color and very useful and becoming for house dresses for children's clothes, rompers for the little ones and frocks for the girls from five to ten. It is woven with one color in warp and white filling and has therefore a white selvage.

### Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

**Absolute Rest.**

A complete rest, in the vernacular, usually means getting away from a tetchy husband, nagging wife, loving friends or a bad job. It implies a double-barreled nonentity: first, that one's impaired health may be accounted for by nerve strain or nerve breakdown; second, that for purposes of restoration convalescence there is no other place quite so unsatisfactory as home. These questions of "nerves" and changes of climate are other stories. Today, children, the distinguished visitor begins when he has little to say. I wish to make a few remarks about rest. Absolute rest, like the period at the end of a sentence in English composition or the pause in the smile of a speeded Johnny when the judge says 30 days.

"My ideal" about rest, which I am about to express, I take from an editorial article in a great medical journal.

**Advertiser Patterns**

Owing to the pattern manufacturer's increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.

**Not A Blemish**

mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unsightly color and corrects greasy skin. Highly antiseptic.

Sent 15c. for Trial Size

in FERT. T. HOGAN & SON, Montreal

**Gouraud's Oriental Cream**

**CORNS**

Lift Off with Fingers

some interesting experiments he has been conducting to determine the value of onions in the diet. I greatly regret to report that Wilbrand has found that when we eat raw onion the digestive process in the stomach is greatly retarded. But I'm not going to stop eating 'em for any such trivial reason as that.

Along with the retardation of digestion in the stomach it appears that there is a marked increase in the activity of the gastric juice secreted. Take this for what it is worth to you. As for me, I'm glad my gastric juice is acid, and I don't mind the increase. With the increased acidity, Wilbrand observes also an augmentation in the amount of gastric juice secreted under the stimulus of raw onions. In the other hand, the gastric juice secreted is of a lower quality for a considerable period after ingesting the onions.

Wilbrand is no pessimist. That's why I quote his observations here. He explains the raw onion as a blessing. As such I eat it. When one eats raw onion one's food is subjected to more thorough and prolonged digestion, and the stomach, so that probably no morsel escapes contact with the acid of the gastric juice, which acid is the natural germicide which protects a healthy individual from the invasion of bacteria. Typhoid fever is one such disease, one to use raw onions rather than any typhoid bacteria prophylaxis when in danger of exposure to intestinal disease. For like reason raw onions should be used freely for their indirect antiseptic effect in cases of intestinal disease; in which cases they also do good by forcing the bowels to evacuate the food before it leaves the stomach, thus giving the intestine needed rest.

Raw onions should be a favorite relish of persons actually suffering from intestinal merely suffering from indigestion, putrefaction and excessive fermentation. Only those with hyperacid stomachs, gastric juice should avoid raw onions.

### QUESTIONS AND ANSWERS.

**Nautilus Baths.**

Do you believe that Nautilus baths, certain mechanical therapeutic treatments, graduated exercises, diet and medicine, all under competent medical supervision, would be beneficial for one with valvular disease of the heart, aortic valves are affected. (L. W.)

**ANSWER:** Yes. That is just the thing.

**Appendix Conjecture.**

Since persons who have had the appendix removed are no more likely to be troubled with constipation than those who have not, is it not true that the appendix is of no more value to a human being than is a wart on one's nose.

**Red, Rough Hands.**

Will you please prescribe me a remedy for my hands. I work out of doors a good bit in every weather, and my hands are rough and very red and cracked. That will help them. (D. O. S.)

It is something like the market. You must rinse all the soap away very carefully. This lotion or thin jelly is excellent for rough, red, chapped or irritated skin.

**Boric acid** ..... 1 ounce  
**Glycerin** ..... 1 ounce  
**Tragacanth** ..... 80 grains

It is preferable to purchase tragacanth in shavings (less likely to be adulterated than powder). Perhaps that Irish maid frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

I am nineteen, and a pretty healthy specimen. I hate to wear clothing, that is loads. I love to feel the cold air on my body, and so I wear bare neck and bare knees, though the latter are not usually visible to the public. But such critics as are aware of my stocking custom cheerfully prophesy a premature death of a sticky middle age.

It is a pity that I should be so frequently told dissolved into a homogeneous clear jelly. Water must be added from time to time to make up the evaporation. Apply some to the hands three or four times a day, after washing, and before the hands have quite dried.

**Alma's Kneeisias.**

## FOR LOVE OF BETTY

[BY MAY CHRISTIE.]

(Copyright, 1920, by the McClure Newspaper Syndicate.)

**LIII.—A Cry For Mercy.**

Torrents of rain were pouring down on a depressed universe when Jack Trevor woke to the jolting of the train which was bearing him to Maine, and stretched himself within the narrow confines of his "baleader."

"Must be nearly there now!" he reflected, glancing at his wrist-watch and yawning lazily. "What a bore these night journeys always are."

There was no anticipatory pleasure in this business visit. To have been torn by mere mundane affairs from the delights of Betty's presence, and summoned to New York was bad enough, but to be further dragged to the far north, willy-nilly, putting hundreds of miles between himself and his beloved, was cruelly indeed!

"Confound that fool who stuck the notice of my failure in the paper!" Trevor mused, glancing at his watch. "If I had him here I'd knock his head off!"

As he stepped out from the comparative warmth of the sleeper into a cold, dismal and exceedingly dreary station, his spirits had metaphorically dropped to zero.

"Ugh!" he shivered, tugging viciously at his suitcase, and barking his shin against an obstructing baggage-truck. "Was there ever a more unlucky chap than myself? Well, there ever a more infernally rotten day than this!"

He wouldn't go to a hotel, he reflected. Best, dreary place, the average hotel. No—he would look up that motherly old landlady at whose place he'd stayed the last visit to this town—what was her outlandish name?—MacTurk?

"Hanged if it wasn't MacTurk!" A gleam of pleasure at his own brilliant relative memory flickered in his eyes. "I'll go to good old Mother MacTurk and she can put me up for a day or two!"

**ANSWER:**—To an agile porter, Trevor soon found himself and his luggage stowed away within a taxicab, and speeding towards his destination.

"Mr. Trevor from New York—by all that wonderful—come in!" gasped the denial mode of Mrs. MacTurk when the taxicab deposited Trevor on her doorstep, and she ran out to greet him.

"And I see you're just exhausted," she added. "And you've grown thinner, too!"

"I'm splendid, thanks—and how are you?" Trevor was smiling now.

"Oh, I'm all right," came the blithe-some answer.

"Handsome—more than ever, Mrs. MacTurk—and even younger-looking, I do believe!" laughed Trevor.

Giggling delightedly, the old lady led the way into the rather fearsome apartment set specially aside for paying guests.

Mr. Trevor was a particular favorite.

"I'm only up for a few days, Mrs. MacTurk, so don't worry yourself about me," declared the latter, watching her.

"I'm glad to hear that," Mrs. MacTurk's attitude towards herself reminded him of some fussy, clucking old hen.

"Not married yet, Mr. Trevor?" queried the old lady artlessly, head cocked inquisitively on one side.

"No one will have a slacker than I!" he replied. "There isn't a girl living that wouldn't have you—if you asked her!" came the comforting response.

Trevor nodded absent-mindedly, his thoughts far off.

Perhaps he had been misjudging Betty Gordon? Perhaps she had really written him after all, and given the letter to a careless servant to post, who had forgotten it? Things like that often happened. Perhaps that Irish maid at the Red Cottage had lost the precious message.

She might have forgotten to give Betty his new address in the north, too!

The only thing to do—to clear the mystery up—was to write to Betty—and at once. There could then be no excuse for any further silence on Betty's part. "Sent off on his business visit to the docks and shipyards Trevor seated himself in Mrs. MacTurk's best

**ANSWER:**—It is all right. The less clothes we wear, provided we feel comfortable, the better for our health.

**Twin Beds.**

Kindly tell me whether it is injurious for a girl nineteen years of age to sleep with a woman of 45. (M. S.)

**ANSWER:**—The ages of sleeping partners are immaterial. It is always more hygienic to sleep alone, for a sleeping partner is likely to disturb your rest, to present you with any infection she may happen to harbor (such as a coryza or sore throat or diphtheria or the like), and to breathe the fresh air which is yours by right.

To Be Continued.

Puppy Stories Copyrighted and Controlled by British and Colonial Press, Limited, Toronto.

**DODD'S KIDNEY PILLS**

FOR ALL KIDNEY DISEASES

RHEUMATISM BRIGHT'S DISEASE DIABETES GRAVEL

4087 THE PROGRESSIVE

**HUNT'S Diamond Flour Mills**

have furnished food for the armies of two generations and two continents.

In peace times Diamond Flour is the staple food of Canadian homes. The housewife of to-day finds it as satisfactory as the housewife three score years ago for bread, pies and cakes.

Ask your grocer for it always.

In the great World War Hunt's Mills, modernized, operated electrically and working 24 hours a day, ground millions of bushels of Canadian wheat for the Allies.

**HUNT BROS. LTD.** LONDON ONTARIO

Also millers of Thorobread Flour—Highest Manitoba Patent

## Growing Children Thrive on Baker's Cocoa

Healthy children do everything strenuously; they play hard, and study hard, and they need nourishment and a lot of it, and not one of the popular beverages meets their requirements so well as good and well made cocoa.

Pure and delicious.

BOOKLET OF CHOICE RECIPES SENT FREE

**Walter Baker & Co. Ltd.**

ESTABLISHED 1870

MONTREAL-CANADA, DORCHESTER-MASS.

**FREE PUZZLE PRIZE \$5400.00**

In Cash has been Given Away FREE also hundreds of Merchandise Prizes \$200.00 more IN CASH will be Given Away as follows

1st Prize, \$50.00 in Cash  
2nd Prize, \$40.00 in Cash  
3rd Prize, \$35.00 in Cash  
4th Prize, \$25.00 in Cash  
5th to 9th Prizes—Each \$10.00

TOGETHER WITH MANY MERCHANDISE PRIZES

**NON RUSTABLE D&A CORSETS**

Note the fit and the style of "D & A" Corsets—they do wear so well! Moreover they are the most economical of any, the best value you can get.

Sold Everywhere.

DOMINION CORSET CO., Quebec, Montreal, Toronto.

Makers of "LA DIVA" & "GODDESS" Corsets.

Style 332

1-320

**A Spool o' Silk**

**Beddings**

MADE IN CANADA

Pure Silk—Elastic—Durable—All Shades

**Food for the Armies of Two Generations**

**HUNT'S Diamond Flour Mills**

have furnished food for the armies of two generations and two continents.

In peace times Diamond Flour is the staple food of Canadian homes. The housewife of to-day finds it as satisfactory as the housewife three score years ago for bread, pies and cakes.

Ask your grocer for it always.

In the great World War Hunt's Mills, modernized, operated electrically and working 24 hours a day, ground millions of bushels of Canadian wheat for the Allies.

**HUNT BROS. LTD.** LONDON ONTARIO

Also millers of Thorobread Flour—Highest Manitoba Patent

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity

1921 Electricity