

THE DRESSING TABLE

If you wish to be beautiful, says a writer in the *Montreal Standard*, drink camomile tea and if you wish to be fashionable drink camomile tea. The advice is easy to follow, for the tea, in spite of the fact that it makes for beauty and fashion, is very inexpensive. The fashion is only just arriving on this side, but the women who are growing beautiful on their herb beverage say that all French women drink camomile tea in preference to anything else.

A New York woman who is pretty enough not to need complexion improvers was taking luncheon at the home of a friend the other day when she made a discovery. After-luncheon coffee was served to her in the usual tiny after-dinner coffee cup, but the other women at the table were drinking from generous, big, fat, round cups which looked as if they held half a pint each.

Would they ruin their nerves and their complexions by taking black coffee in such quantities? she meditated. No, it couldn't be possible, she made up her mind, and not all of them would do it anyway, and besides the complexions of the three were perfect. She had remarked to her hostess on her arrival that she had developed a skin of roses and lilies since she had seen her.

"What are you all drinking?" she asked finally. There was a multi-millionaire banker's daughter, a woman of affairs and a literary woman present.

"Camomile tea," they all answered like a chorus, and everyone laughed.

"Is that what has given you that

beautiful complexion?" asked the inquisitive visitor of her hostess.

"Yes," answered the one of roses and lilies, "there is nothing like it for the blood and consequently for the complexion. We all drink it three times a day, and nothing else. It simply makes you over. The French women drink it, and that is what keeps them so fresh and young."

Camomile tea is an old-fashioned remedy of the days of the grandmothers, when it was taken for colds or as a spring tonic. The Germans also use it in large quantities, though more as a remedy for minor ills than as a beauty drink. It has taken the French women to discover its uses in that direction.

It is the German camomile flower that is used for making the tea. There are two kinds, the German and the Roman. The German is a little daisy-like flower, with a yellow centre, and the Roman like a small double daisy, without a centre. It is to be found at the druggists, and two ounces will cost five cents, while an ounce will make a pint of strong tea. The druggist will tell fearful inquirers that camomile is, as the beauty seekers say, a good tonic for the blood, that it may be taken in any amount without harm and with really good effects.

The tea is made as other tea is. The boiling water is poured on the little flowers, they are allowed to steep for a time, and then the liquor is strained into the cup for drinking. It has rather a peculiar flavor, not altogether agreeable, but not distinctly unpleasant.

Forest, May 30 to July 8. Mrs. V. Loree, Hamilton, June 3 to June 6	Poplar June 10
NORTH MUSKOKA—	Silver Water " 11
Aspdin May 30	St. JOSEPH ISLAND—
Ashworth " 31	Marksville " 14
Ravenscliffe June 1	Kaskawan " 15
Huntsville " 2	Stone " 16
Brunel " 3	Kentvale " 17
Birkendale " 4	Richard's Landing " 18
Hillside " 6	CENTRE ALGOMA—
EAST PARRY SOUND—	Tarentorus " 20
Emsdale " 7	Goulais Bay " 21
Doe Lake " 8	East Korah " 22
Midlothian " 9	West Korah " 23
Magnetawan " 10	South Prince " 24
Burk's Falls " 11	Base Line " 25
Sundridge " 13	EAST ALGOMA—
South River " 14	Thessalon " 27
Powassan " 15	Alma Heights " 28
Trout Creek " 16	Livingstone's Creek " 29
Granite Hill " 17	Sowerby " 30
Golden Valley " 18	Iron Bridge July 2
Arnstein " 20	Wallford " 4
Loring " 21	STURGEON FALLS—
Resteule aft. " 22	Warren " 5
EAST NIPISSING—	WEST NIPISSING—
Burrett's Settlement " 23	Four Mile Lake " 6
Calvin " 24	Widdifield " 7
Mattawa " 25	Woodlands " 8
TEMISCAMINGUE—	Division 16.—Henry Grose, Lefroy, May 30 to June 3. Mr. Geo. H. Farmer, Steelton, June 9 to July 8. Mrs. F. W. Watts, Clinton, May 30 to July 8.
Hillview June 27	ALGOMA NORTH SHORE—
Milberta " 28	Desbarats May 30
Uno Park " 29	McLennan " 31
Hanbury " 30	Lidstone, School aft. June 1
Charlton July 2	Bar River eve. " 1
Heaslip's " 4	Sylvan Valley " 2
Tomstown " 5	Echo Bay " 3
Hilliardtown " 6	THUNDER BAY—
Clover Valley " 7	Paipoonge " 9
Thornloe " 8	Nolalu " 10
Division 15.—G. H. Farmer, Steelton, May 26 to June 4. Henry Grose, Lefroy, June 6 to July 8. Miss Bella Millar, Guelph, May 25 to July 8.	Hymers " 11
EAST MANITOULIN—	South Gillies " 13
Little Current (W.I. only).... May 25	O'Connor " 14
Sheguindah " 26	Connree " 15
Green Bay " 27	Murillo " 16
Budges aft. " 28	Ouimet " 17
Manitowaning eve. " 28	Dorion " 18
Hilly Grove " 30	WABIGOON—
Tehkummah " 31	Dryden " 20
Sandfield aft. and eve. June 1	Barclay " 21
South Baymouth (W.I. only) aft. " 1	Cairnbrogie " 22
Silver Bay " 2	Oxdrift " 23
EASTMAN—	Mannitaki " 24
Big Lake (W.I. only).... aft. " 2	Eagle River " 25
EAST MANITOULIN—	RAINY RIVER—
Mindemoya " 3	Stratton " 28
Carnarvon " 4	Klondyke " 29
WEST MANITOULIN—	Barwick " 30
Grimesthorpe " 6	Shenston July 2
Billings " 7	Emo " 4
Gordon's " 8	Barnhart " 5
Barrie Island " 9	Devlin " 6
	Burriss " 7
	Isherwood (F. I. only)..... " 8

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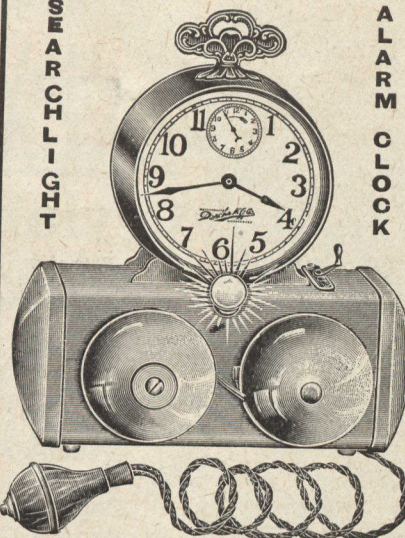
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