

Secrets of Health and Happiness

What Some Handy Home
Helps May Do As RemediesBy DR. LEONARD KEENE HIRSEBERG,
A. B. M. A. M. D. (Johns Hopkins University).

DR. HIRSEBERG

When you cut your hand or finger or burn yourself, you are frequently at a loss to know just what to do. Sometimes much pain is needlessly suffered and serious damage may result because you wait for assistance instead of applying a "first aid" device yourself.

Spirits of camphor is a very good lotion to keep on your dressing table in case of any emergency connected with burns or cuts. It is a strong astringent and antiseptic. It heals, cleanses and draws the flesh together. A drop of the liquid, applied several times a day to a cold sore will make it disappear in a comparatively short time. The application will cause smarting, but the sting lasts only a few minutes.

Gum benzoin has many of the same properties as spirits of camphor, and for fever blisters it can be used as a substitute for camphor. It does not, however, have any good effect on "cold" or "feverishness."

Two or three drops of tincture of camphor on a lump of sugar is said to aid in destroying a cold; the dose is not to be taken more than three times a day.

day. To inhale the spirits is a good device to assist in clearing the nasal passages in instances of cold. It is also soothing for headaches if you smell it or apply it locally. A tablespoonful put on a cloth and wet and then put on the forehead is very beneficial for headaches.

Acids and Ointments.
Carbolic acid used in extreme dilution is healing because it is antiseptic. By keeping an injured spot of flesh healthy permits it to heal more rapidly.

Two parts of carbolic acid to 98 parts water makes a month wash that is healing if the skin is broken. A cut should always be washed with a weak solution of the acid, as should a bruise if the skin is broken.

Lima water is another simple home remedy for scratches and sores. In eruptions of an ordinary character it may be used for bathing, the lima being soothing as well as healing. Mixed with raw egg beaten it forms an excellent shampoo for the scalp when dandruff or soreness exists.

Zinc ointment is an inexpensive application which does much to allay inflammation from a sore or open bruise. It is healing as well as cooling and is applied in the same way as cold cream.

Raw Beef and Compresses.
Raw beef applied after a severe blow is effective in scattering the blackness resulting from contusion.

Hot water compresses are no longer to be applied to bumps. Ice cold water is now recommended by physicians, because it prevents the blood from settling in a bruise, a condition that hot water encourages. Water to be used in this way should be iced. It is well to have a basin for this purpose beside the couch or chair where the patient rests. The cloth used must become warm. This is the best way to treat inflammation in any location when cold applications are needed.

Answers to Health Questions

K. G. P.: Q.—What can I put in milk to take the taste away?
A.—Mix a little flavoring with the milk. Vanilla, for instance.

D. D. C.: Q.—What do you advise or faling hair?
A.—A little of the following may be

DIARY OF A FASHION MODEL

BY GRACE THORNCLEIFFE.

She Chats About the "Cool Charm" of Pongee.

"Yes, I am charmed with this model, but I want something lighter in color and weight for summer wear."

This remark came from Mrs. Wheeler Lord, to whom I was showing a gown of blue pongee with an interesting trimming of wide black silk braid. This is a straight line model designed for the slender, youthful figure.

"Of course, Madame," she continued, "I know there is nothing so smart as this black silk braid. I've always liked that combination above all others for the far northern seasons. I think it is delightfully stylish, but I am in New York most of the summer, as you know, and I wish a light fabric and color."

"As pongee," Madame said, finishing the sentence, "I am reproducing this model in pongee with the braid in self. This silk braid is very striking in the natural pongee shade. Nothing could be cooler looking than pongee's soft tan, which returns to favor each year with renewed popularity."

"I am especially fond of pongee," Madame. I always have a suit or so of this silk, and generally a frock made of it. I had, however, expected to have a

tried on alternate nights by rubbing into the scalp with a stiff bristle brush: Fluid extract pilocarpine... 1 dram
Tincture of cantharides... 1/2 dram
Tincture of capsicum... 1 dram
Quinine sulphate... 1 dram
Rosewater... 1 ounce
Distilled water... 3 ounces

MISS C. A.: Q.—What can I do for cracked skin on my hands?
A.—Massage your hands with a little rosewater and glycerine.

Dr. Hirsberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice or individual cases. Where the subject is not of general interest letters will be answered personally. A stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirsberg, in care of this office.

"To be sure it is," replied Madame. "So a pongee when combined with rose or green or black. This fabric lends itself perfectly to the wool embroidery in any of these colors, which is an feature on many summer frocks. Colored embroidery on pongee is always good—will always be good—and it is nothing especially new about it, while this model with its braid trimming is decidedly new in every respect."

"It is strikingly new and extremely smart," agreed Mrs. Lord. "I particularly like that 'ladie's' of tulle which makes the tunic. This underskirt of black charmeuse is a very good contrast and gives accent to the tunic. Would you make that of a different fabric if the gown were developed in pongee?" she inquired.

"Oh, no," Madame replied. "I'd keep it all pongee—one tone, one material—except for the tailored stitching of the tucks and the unusual treatment of the braid trimming. On the edge of the braid scarf I'll have a heavy tassel of tan wood silk. The neck and cuff lines will be unrelieved except for the turning back of the facing of the loose sleeve."

"I can readily see what a striking costume this would make in pongee," said Mrs. Lord. "It will be tailored enough for evening wear and sufficiently distinguished for afternoon occasions. You will find many affairs for which this gown in pongee will be just the thing."

"I am sure of that, Madame," I wish you to begin work on this model in a medium weight pongee as soon as possible. Please bring the pongee samples for Mrs. Lord to see," Madame smiled at me.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

Save
Something
Every Week

No matter how little, you owe it to yourself, your family and your business to save something every week. Regularity pays.

Open a Savings Account with this Bank. Add to it regularly. It will quickly grow. It will help you to something really worth while later on.

Paid-up Capital \$ 3,700,000
Reserve and 18,000,000
Profits 120,000,000
Resources 220,000,000

THE BANK OF
NOVA SCOTIAG. H. MONTGOMERY
Manager London Branch

10A



samples and examining their texture.

Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

"This gown developed in monotone will be a delightful background for brilliantly-colored hats. A vivid rose hat will be charming with it. So will one of Belgian blue or emerald green. A black hat will also look well."

"I like the turban of old blue grass cloth your model is wearing. I'd like to try it on," Mrs. Lord replied.

As Mrs. Lord was looking over these samples and examining their texture, Madame said:

R. J. YOUNG & CO.

YOUNG'S
Summer
Sale

A dollar-stretching event that's convincing in its entirety, because of the genuine reductions on merchandise of unquestionable quality. Literally hundreds of chances to make big savings on the very goods you need now or will need in the immediate future.

50 Men's and Young Men's Fine Suits, in form-fitting and waistline models, single and double breasted styles. There are some swell tweed effects, in browns, greys and tans, also some fine worsteds. The values in this lot run as high as \$35.00. Sizes 34 to 42. **\$23.50**

\$14.75 Here's a splendid chance to get a Two-Piece Suit at a low price. There are just 32 suits in this lot in single and double breasted and Norfolk styles, in palm beach, cloths, tweeds and homespuns. Values up to \$20.00. Sizes 34 to 38. Only \$14.75.

New Arrivals In
Arrow and W. G. & R. Shirts

Just received, a shipment of new patterns in these popular Shirts for men; new designs, new colorings; collars to match \$2.50 to \$5.00

Lots of Straw Hat Weather
Ahead. Get Yours Now!

You will be well topped with one of our Smart Panama Boaters, the season's best seller; good appearance, heaps of comfort \$3.50, \$4.00 and \$5.00
Sennet Boaters \$3.50 and \$4.50

Read These Items Over--They Mean Savings to You

Men's Merino Socks, light and medium weight 35c, 3 pairs for \$1.00
Black and White Striped Overalls, heavy weight cloth, big and roomy \$1.79
Men's Fine Negligee Shirts, soft double cuffs, black and white and colored stripes \$1.19
Men's Silk Hose, in black and white only, seconds, sizes 10 and 10 1/2 29c

Men's Khaki Duster Coats for shop or warehouse use \$1.75
Boys' Knickers, neat grey stripe, sizes 24 to 33 95c
Men's Balbriggan Combinations, white only, long sleeves and drawers. Per suit \$1.25
Men's Chip Hats, lighter and cooler than straw, several styles 98c and 48c

TUSSAH SILK

In nice heavy weight for dresses, in brocade patterns, 34 inches wide, in shades of pink, sand, grey, copen blue; regular \$1.50. Saturday special 98c

HABUTAI SILK

Good heavy quality, washes perfectly and gives the wear, full 36 inches wide, in shades of navy, copen, rose, grey, taupe, brown, worth \$2.00. For \$1.50

DUCHESS SATIN

Bright finish, heavy quality, old dye, full yard wide, our standard quality, in black only; regular \$3.25. For \$2.50
All-Wool Serge, rich dye and soft finish, 52 inches wide, in shades of navy, brown, green, black, grey. Special \$3.00

READY-TO-WEAR DEPT.

10 dozen White Cambric Underskirts, in two styles, made with deep flounce of blind and open embroidery, other style with flounce of heavy lace and insertion, with dust frill. Very special at \$1.98

White Cambric Gowns, in slipover and front styles, yoke of fine embroidery and lace insertion, splendid quality of cotton, four styles to choose from. Only \$1.98

Walking Skirts of fine white gabardine, made with belt, inset pockets and pearl buttons. Only \$3.75

LINEN DEPARTMENT

Full Bleached Tabling, special values, excellent designs, wonderful values 76c, \$1.00, \$1.25, \$1.50, \$2.00, \$2.50

Three-Quarter Bleached Tabling, exceptional values. Buy your linens now, as the mill expects to advance the price 85c, \$1.00, \$1.25, \$1.65 and \$1.75

Pure Linen Toweling, in plain and colored border. Per yard 35c

Union Toweling, in colored border. Per yard 25c

White Bath Toweling, special quality 38c, 50c and 60c

White Bath Towel, large size, hemmed ends 50c, 75c, 85c, \$1.00 each

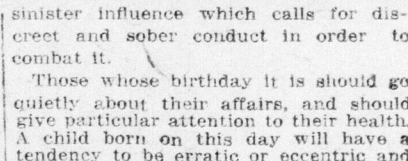
R. J. YOUNG & CO.

To-morrow's
HOROSCOPE

By Genevieve Kemble

SATURDAY, JULY 12

The indications are for a quiet and unimportant day, judging by the weak planetary configurations. There are but two lunar transits, and these are adverse and related to the major males, there is an admonition against making important changes or journeys and an injunction to pay particular attention to the physical condition. Likewise, the astrological aids say "attend to thy business," quietly and carefully, and be not discouraged by petty annoyances and disappointments. Under a mutual aspect of Mars and Neptune, both generally classed as malefices, there is a

To-morrow's
HOROSCOPE

By Genevieve Kemble

SATURDAY, JULY 12

The indications are for a quiet and unimportant day, judging by the weak planetary configurations. There are but two lunar transits, and these are adverse and related to the major males, there is an admonition against making important changes or journeys and an injunction to pay particular attention to the physical condition. Likewise, the astrological aids say "attend to thy business," quietly and carefully, and be not discouraged by petty annoyances and disappointments. Under a mutual aspect of Mars and Neptune, both generally classed as malefices, there is a

insular influence which calls for discretion and sober conduct in order to combat it.

Those whose birthday it is should give particular attention to their health. A child born on this day will have a tendency to be erratic or eccentric and not to be depended on.

To Ward Off Summer
Complexion Ills

To keep the face smooth, white and beautiful all summer, there's nothing quite so good as ordinary mercurized wax. Discarded or treasured skin, so common at this season, is gently, gradually absorbed by the wax and replaced by the newer, fresher skin beneath. The face exhibits no trace of the wax, which is applied at bedtime and washed off mornings. Greasy creams, powders and rouges, on the other hand, are apt to appear more conspicuous than usual these days of excessive perspiration. Just get an ounce of mercurized wax at any drug store and use it like cold cream. This will help your skin at once and in a week or so the complexion will look remarkably clear, young and healthy.—Adv.

To-morrow's
HOROSCOPE

By Genevieve Kemble

SATURDAY, JULY 12

The indications are for a quiet and unimportant day, judging by the weak planetary configurations. There are but two lunar transits, and these are adverse and related to the major males, there is an admonition against making important changes or journeys and an injunction to pay particular attention to the physical condition. Likewise, the astrological aids say "attend to thy business," quietly and carefully, and be not discouraged by petty annoyances and disappointments. Under a mutual aspect of Mars and Neptune, both generally classed as malefices, there is a

insular influence which calls for discretion and sober conduct in order to combat it.

Those whose birthday it is should give particular attention to their health. A child born on this day will have a tendency to be erratic or eccentric and not to be depended on.

To Ward Off Summer
Complexion Ills

To keep the face smooth, white and beautiful all summer, there's nothing quite so good as ordinary mercurized wax. Discarded or treasured skin, so common at this season, is gently, gradually absorbed by the wax and replaced by the newer, fresher skin beneath. The face exhibits no trace of the wax, which is applied at bedtime and washed off mornings. Greasy creams, powders and rouges, on the other hand, are apt to appear more conspicuous than usual these days of excessive perspiration. Just get an ounce of mercurized wax at any drug store and use it like cold cream. This will help your skin at once and in a week or so the complexion will look remarkably clear, young and healthy.—Adv.

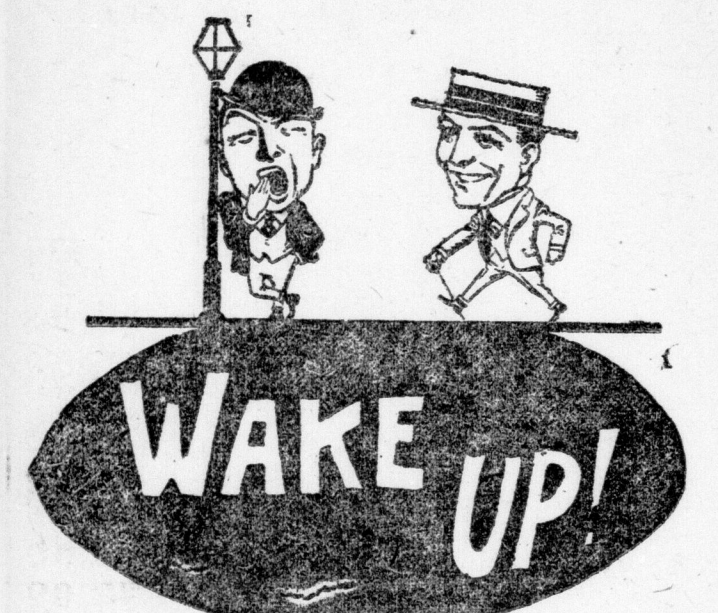
Baby Loves It

It's hard to bring up a baby without Mennen's Talcum Powder. It relieves and cools his tender skin. It makes him "comfy" and happy.

Be sure it's MENNEN'S—then you know it's pure, sanitary and safe.

For 40 years MENNEN'S has been the baby's best friend.

MENNEN'S TALCUM POWDER

Detroit Fears Coal
Will Be \$20.00 This
Winter—How
About London?Settle Your Coal Problem
Right Now!

NUKOL equipment, valued at \$100,000, is being installed at the foot of Cherry Street, Toronto. About August the Toronto Nukol factory is expected to be pouring out every working hour 10 tons of Anthracite Briquettes—Nukol Nuggets—to keep you warm and to put a few dollars into your pocket.

Nukol is a clean, high-class form of Anthracite with the clinkers removed—giving about 20% more heat for about 33 1-3% less money than coal costing \$14 to \$20 this winter. You owe it to your family to find out about Nukol at once. Ask us about Nukol to-day. Shareholders' fuel needs are being looked after first—but you can easily become a shareholder: it's a people's fuel company and shares at \$1 are within your reach. We are now figuring on our output. Let us figure on helping you out of your fuel troubles this year. Figure out how many tons of good fuel you can use at a big saving—and send in your coupon at once. First come, first served. Let us hear from you promptly. Call on or write to our nearest office—at your earliest moment.

THE NUKOL FUEL CO. LIMITED

LONDON—313 DOMINION SAVINGS BUILDING.
HEAD OFFICE—88 BAY STREET, TORONTO.

HOW ARE YOU FIXED FOR FUEL?

Mail the coupon telling us how much fuel you can use this winter at not more than \$10 a ton. Write us—Maybe we can help you out in the matter of fuel.

Name

Address

I could use tons of fuel at \$10 per ton this winter.

For rates, prices, further particulars, apply to all local ticket agents, or ROBERT REFORM COMPANY, 60 King Street East, Toronto, Ont. xav-July 20



A Most Unusual Treatment of a Warm Weather Frock

The 23rd Corset

Hot, weary, patience worn to a frazzle, she climbed the stairs to the Corset Shop at 176 Dundas Street West, over Dowler's store, the other day.

In the cool, restful surroundings she was fitted by an expert corsetier with a model 173 Collene corset.

"The tired lines vanished from her face as her figure acquired added grace and style from the perfect fitting corset."

"SIMPLY WONDERFUL!" "Why, these corsets are simply wonderful," she exclaimed with delight. "So light and flexible! They hold my figure beautifully, yet there isn't the slightest pressure anywhere. I never dreamed such corsets were made. And you say the houses will positively neither slip nor rust? Why DIDN'T I come here before!"

LUCKY NUMBER. "Do you know this is the TWENTY-THIRD corset of all kinds and makes I have tried on in order to get a pair to fit me? I had almost given up in despair when I heard about the Collene corset. Now I'll always believe that twenty-three is my lucky number."

Twenty or more styles of these perfect-fitting, ideal summer-time corsets can be found to improve every type of figure at

Cilene
CORSET SHOP

REMEMBER—OVER DOWLER'S STORE.

CUNARD
ANCHOR
ANCHOR-DONALDSON

Passenger Service British Ports.

ANCHOR-DONALDSON

TO GLASGOW.

From: Montreal Cassandra July 12

New York Saturna Aug. 13

Montreal Cassandra Aug. 29

New York Saturna Sept. 17

TO LIVERPOOL.

From: New York Caronia July 12

New York Carmania July 22

New York Orduña Aug. 2

TO SOUTHAMPTON

New York Mauretania July 14

New York Royal George July 24

New York Aquitania July 28

TO LONDON.

New York Via Plymouth and Havre July 17

Montreal Via Berlin July 25

ANCHOR LINE

TO GLASGOW.

Boston Maasilta July 12

New York Columbia Aug. 28

Cereso only at Montreal.

For rates, prices, further particulars, apply to all local ticket agents, or ROBERT REFORM COMPANY, 60 King Street East, Toronto, Ont. xav-July 20