Cold Water—
Hot Water—
Hard Water—
Soft Water—

—the same rich lather results when you use

MENNEN SHAVING CREAM

Side Talks by Ruth Cameron

THE "I CAN'T HELP IT" EXPRESSION.

"I know I eat too fast but I can't help it," I heard a woman say the other day.

That woman has indigestion. It causes her much pain. It reduces her efficiency to a large degree. It will eventually shorten her life. There is little doubt that her rapid eating is at least a contributing factor.

And yet she says, "I can't help it." Could anything be more absurd?

Why can't she help it?

Are her jaws run by a mechanism that is set at a certain tempo which cannot be changed?

It is absolutely imperative for her to save the five minutes a meal which she saves by eating so rapidly (and usually spends sitting at the table waiting for the rest to finish)?

There are conditions which might justify the use of the phrase "I can't help it," but otherwise what meaning has it? Except the meaning which it has 99 times out of 100 when it falls from our lips,—"I don't want to help it"—or, more often still,—"I don't care enough about helping it to make the effort and sacrifice involved."

Did You Ever Hear These?

How many times one hears that phrase used:

"I know I ought to get more sleep but I can't help it, there are so many things I want to do."

"I know I ought to be more patient with the children but I can't help it, I'm naturally quick and impatient."

"I suppose I do hurry too much. They tell me it wears me out to be always in a hurry, but I can't help it, that's my disposition."

I once knew a woman who was never properly groomed. In a vague way she realized it though she probably never sensed quite how much she detracted from her appearance that way. "I have so many things to think of that I forget."

Then there came a day when she realized that this carelessness stood between her and her chance of winning the man she admired for her husband. And then she found she could help it.

Don't you suspect there are mighty few things that we would not find we were able to help if we really wanted to?

WHAT DID BETTY BUY?

COPY OF BETTY'S LETTER

Dear Mr. Simpson

You know Clara Green, don't you? WELL SHE WANTED TO BE A NURSE. What do you think of that? OF COURSE SHE WAS SIMPLY TRYING TO APE A SISTER OF MINE. However she left for Toronto taking her maid Topsy to carry her luggage. When they got to the station the train was pulling out. THEY RAN SO FAST TOPSY RUPTURED A BLOOD VESSEL IN HER LEG. However Clara got on the train alright. Then what do you think happened? SHE TUMBLED AND FELL PEL-MEL ON HER BAGGAGE. Isn't that funny? I BET SHE WANTED TO BAN A NASTY ENGINEER FOR JERKING THE TRAIN SO. She soon got herself in order and reached her seat safely. SHE TOOK OUT A BOOK BY CHARLES LAMB READ A PAGE AND FELL ASLEEP. On arriving in Toronto she woke with a start, and hurried off. Her baggage was heavy and looked a burden. A NICE CHAP PLEADED TO HELP HER. She refused to let him as he was a stranger. But after walking two blocks she was tired out. THEN SHE THOUGHT HERSELF A SIMPLE MONSTER FOR REFUSING HIS HELP. She finally reached the Training School and registered. But she didn't like it a bit. She felt very blue. IN FACT AT HER DINNER SHE ATE A VERY LITTLE. She fought with her room mate. IN A FIT OF JEALOUSY OR ANGER SHE LEFT. However before going home she bought a new dress at Smith's store. When she tried it on it didn't fit. SO SHE TOOK IT TO SMITH'S ALTERATION ROOM FOR CHANGES. Even then it didn't fit, and she wouldn't keep it. SO APPLYING FOR REFUND SHE GOT HER MONEY BACK. Then she took the next train for home. Isn't that an interesting story?

Betty Beatty.

PUZZLE

FIND ABOVE THE NAMES OF 12 ARTICLES SOLD IN A GROCERY STORE

John Simpson was amazed when he read the above letter, which Betty Beatty had handed him. "Our order is in that letter" said Betty. "I've hidden the name of each article I've come to buy in each of the underlined sentences. Puzzle it out and I'll tell you the quantities."

"Well" said Mr. Simpson "I can't find the name of a single article in my store, that is mentioned in your note." "Of course you can't" said Betty. "But here's the clue. In each underlined sentence I've hidden one name. It is only the name of a grocery, fruit or vegetable and there is just one thing in each sentence. The letters aren't jumbled and all you have to do is to find the right letter to start on. For instance, If you start on the letter "B" in the fifth word of the first underlined sentence you will quickly see B-E-A-N. That's the name of one of the things I want. There are twelve items altogether, and the name of each one is hidden in one of the underlined sentences. So now what do I want? Find the names and you get the order."

John Simpson puzzled the letter out and got the order. Can you do as well? If you can mail your answers at once. Over $2500.00 in prizes and rewards is being given. Remember there are no trade mark names or products of any particular manufacturer. In many cases, as in the first underlined sentence, the single name as "Bean" and not the plural "Beans" is used. Be very careful, therefore, if you find the names to spell them exactly as they appear in the sentence.

WIN! $2500.00 in Prizes

THE PRIZES

1st. Prize- Ford, Sedan, Value $990.00
2nd. Prize- Ford Touring, Value $565.00
3rd. Prize - $200.00
4th. Prize - $100.00
5th. Prize - $ 50.00
6th. Prize - $ 25.00
7th. Prize - $ 15.00
8th. Prize - $ 10.00
9th. Prize - $ 8.00
10th. Prize - $ 7.00
11th. Prize - $ 5.00
12th. Prize - $ 5.00
13th. Prize - $ 5.00
14th. Prize - $5.00
15th. Prize - $4.00
16th. Prize - $4.00
17th. Prize - $4.00
18th. Prize - $3.00
19th. Prize - $3.00
20th. Prize - $2.00
21st. Prize - $2.00
22nd. Prize - $2.00
23rd. Prize - $2.00
24th. Prize - $2.00
25th. Prize $2.00
And 50 extra cash prizes of $1.00 each

1st Prize FORD SEDAN

Value $990.00

2nd. Prize Ford Touring Car

Value $565.00

THIS GREAT CONTEST IS ABSOLUTELY FREE OF EXPENSE

There is nothing to pay—nothing to buy!

This wonderful Contest is nothing more nor less than a great advertising and introduction campaign. It is absolutely free of expense. You may enter and win the best of the prizes without spending a single cent of your money. You do not have to buy anything, or subscribe to anything, in order to compete.

The Contest is conducted by the Continental Publishing Co. Limited, one of the strongest and best known publishing houses in Canada. That is your guarantee that the prizes will be awarded with absolute fairness and squareness.

Three independent judges, having no connection of any kind with this firm, will judge the answers at the close of the Contest, and award the prizes. Contestants must agree to abide by their decisions.

In sending your solution use one side of the paper only, and put your name and address (stating whether Miss, Mrs., Mr. or Master) in the upper left hand corner. If you wish to write anything but your answers use a seperate sheet of paper.

The answers gaining 240 points will win first prize. You get 110 points if you find all the words correctly (10 points for each correct answer, excepting 1 which is given) and 20 points will be given for general neatness, punctuation and spelling, 10 points for handwriting and 100 points for fulfilling a simple condition of the Contest. This condition is only that you assist in this big advertising campaign by showing a copy of Everywoman's World, Canada's greatest Magazine (which we will send you post paid) to just four friends or neighbors, who will appreciate this really worth while Canadian publication and want it to come to them every month. You will easily fulfill this simple condition in a few minutes of your spare time. The Contest will close at 6 p.m. June 30th. 1922, immediately after which the judges will start to judge the answers and award the prizes.

DON'T DELAY - Send your answer today. This announcement may not appear in this paper again. Address

The Contest Manager, Department
Continental Publishing Co. Limited, 436 Toronto Ont.

A Timely Story.

What They're All Doing "Back Home."

(From New York paper)

Scene—Steps of the Old Inn in most any town or city.

Characters—Former resident back for visit to the old town. Old resident who has all the "news."

What's become of Lem Wilkins—you remember Lem—the fellow who used to have the agency for Blodgett's lawn sprinklers.

Oh, you mean Lem, who lived over on the hill and ran for town clerk once. Nice feller, Lem.

Yes, what's he doing now?

He's bootlegging.

Bootlegging!

Yep, Lem made quite a bit with the lawn sprinklers, but he allus was smart and he got into the bootlegging game and is worth a half million now.

Ever see Mike Farroway, who used to own the flying horses down to the point?

Yes, he drops in every now and then. Lookin' good, too.

Still run the flying horses?

Nope. He's cleared up a pile the last two years.

What line?

Bootlegging. Has built a new home and has two ortermobiles.

Whatever became of Doc Gollup, the cigar salesmen? He was quite a fellow. Used to handle the Racebrook Stogie. Is he still in the cigar game?

I saw him last week. He's been outa the cigar business fur about eight months. Doing great now. Travels around in a Pierce-Arrow 'nd everything.

What's he doing?

Bootleggin'.

(Business of puffing hard on cigars for a few minutes).

Remember Spike Smathers, the minister's son, who got into that mix-up down at Bergen's Bay?

Yep. He's still around.

Spike wasn't a bad sort, but he was kind of wild and never seemed to be able to make a go at anything.

Oh, he's changed now. He is one of the leading citizens. Owns one of the show places on the "hill."

Oh, yes. He's settled down and has just bought a shore house. Married and has a big family. Got all kinds of money.

Is that so! Glad to hear it. What's he doing?

Bootleggin'.

(More puffing on cigars).

Well, you look pretty well, Cy. You're still postmaster, I suppose.

No; I gave it up. Wasn't nuthin' in it.

What are you doing now?

Oh, I've cleaned up a bit. Made $50,000 the last year like rolling off a log.

What business?

Come over to the house and I'll show you. (In a whisper) I'll show you the finest lot of liquor you ever set eyes on. Got it off a ship the other night.

You don't mean to say that you're a—

Yep. Bootlegger! Why the surprise?

I don't know. It seems strange to come back and find all the folks this way.

Well, you ain't said nothing about yourself. What line are you in down in New York?

Who, me?

Yes. You look prosperous. What're you doin'?

Why, er-er I'm doing a little bootlegging. (Curtain).

Noted Painting Kicked Over Europe.

During the German advance in France the Doual Art Galleries committee caused several of their best pictures to be concealed in private houses. One of these was a painting by Correggio representing the Magdaline. Some German soldiers took the picture with them and hung it up in a railway coach. For a long time the Correggio travelled backward and forward between France and Germany without any one knowing its value. A German officer eventually had the painting removed and hung up in a home for old soldiers. During the revolution a soldier took the painting with him to Hamburg and sold it for a few marks to a cafe proprietor. A visitor to the cafe recognized the painting as an old master and made inquiries about its origin. The inter-allied commission took the matter in hand and had the painting sent to Doual.—London Times.

Wanted to Make Sure.

Old Bill was in charge of the animal tent, and among his pets was a leopard. He was a bad tempered animal, and gave Bill no end of trouble.

One day, having been called away on business, a friend of Bill's was having dinner when a telegram was handed to him.

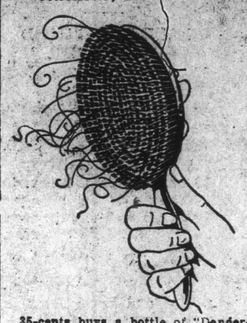
It read: "The leopard has escaped. Prowling about town. What shall I do?"

Bill was one of those fellows who had to have explicit directions to do anything, even in an emergency. He was always afraid of making a mistake.

"Shoot him on the spot," the friend wired, and he forgot all about the matter until returning to the hotel about two hours later, when another telegram was handed to him. It proved to be from careful, conscientious Bill, and read: "Which spot?"

DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



35-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.

Three Pretty Phrases.

When a man and his wife do not live happily, we say they are living "a cat and dog life." Seldom will a cat and a dog live together peacefully—hence the phrase.

Again, we have a saying, "raining cats and dogs." Witches were once supposed to ride on the storms in the shape of cats, while Odin, the storm-god, would be in attendance upon a dog.

Years ago the people of Cheshire used to mould their famous cheeses to represent grinning cats. Next time you say so-and-so was "grinning like a Cheshire Cat," you'll know where the expression came from.

The practice of tying up cats in sacks, and then selling them in markets for pigs was once a common one. Unfortunately, however, it sometimes happened that when a buyer opened a sack before making a purchase, pussy would escape. The swindler had "let the cat out of the bag."

"Going to the dogs" is a phrase used times out of number.

It comes to us from the East. The dog there is a scavenger of the streets, and, being left to this filthy life, the animal soon becomes unfit to touch.

Men With Tails.

Do men with tails exist in unexplored parts of the world?

A celebrated scientist, Dr. Lumboltz, returned recently from Borneo, where he found several members of savage tribes with stumps of tails. "These people," he said, "are evidently the outcome of marriage with a completely tailed race."

The professor believes that tailed men are to be found in New Guinea, and he is to lead an expedition in search of them. This journey will be one of extraordinary danger, and scientists are awaiting its results with interest.

According to reports, these tailed men do not belong to any of the known human races. They are described as having tails from twelve to eighteen inches long, while their bodies are covered with fur. They live in the thickest parts of the jungle and are good potters and weavers; they are also masters of the art of making deadly poisons for use in war.

MOTHER!

Your Child's Bowels Need "California Fig Syrup"

Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

An attractive way to serve creamed asparagus is to take off the tops of hot rolls, fill them with the asparagus, replace the tops and serve hot.

Baldheaded Pessimism.

A STRANGE NEW YEAR MESSAGE.

New London, Conn., Dec. 26.—Members of the Baldheaded Club of America, Inc., residing in Connecticut, where the organization originated, today received the following greetings from their vice-president, Walter Wakeham of Philadelphia:—

"Twenty years ago eggs were 10 cents a dozen; milk 5 cents a quart, the butcher gave away liver, the hired girl received a dollar week and did the washing, women did not powder and paint in public, play "put and take" or shimy, men then wore whiskers and boots, chewed tobacco, spit on sidewalks, cussed, laborers worked ten hours a day and never went on strike; no tips were given to waiters and the hat check grafter was unknown.

"Now every one rides in automobiles, or Fords, strains his neck looking at airplanes, plays the piano with his feet, goes to see movies, listens to grand opera on a phoncgraph, has discarded woolen underwear, complains about not having liberty to put his foot on the rail any more, swears at his income tax, smokes cigarettes, drinks hair tonic and cologne, blames high cost of living on politicians, never goes to bed the same day he gets up and thinks he is having a hell of a time. These are the days of suffragetting profiteering and prohibition, and if you think life worth living we wish you a Happy New Year."

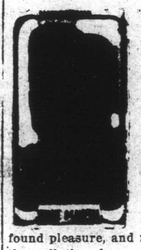
FREEZONE

Corns Lift Off with Fingers

Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without a particle of pain.

OH, HAPPY DAY.



It will be splendid when wars are ended and peace has come to stay, when swords are busted and cannon rusted, and no one yearns to slay. Through all the ages, in futile rages, the sons of men have fought, in war found pleasure, and none can measure the evil they have wrought. The soil we tread on was scrapped and bled on by nuts of bygone days the early savage was wont to ravage, and kill off other jays. Are we so dotty, so vain and naughty, that we can't quit old tricks? Must we forever attempt to sever the domes of other hicks? Is all our yearning for higher learning a wish for some disguise to cloak our longing for armies thronging and death for countless guys? Oh, donnerwetter, are we no better than men who lived in caves, whose daily labors were killing neighbors, and digging early graves? Let's make it plainer that we are saner than those ancestral boobs, and scrap our cruisers and can the bruisers who kill off harmless rubes. Let's make wheelbarrows and plows and harrows of swords and guns and spears, and do our knitting with Peace a-flitting through all our golden years.

Origin of Wedding Ring.

According to the Latin legend, Jupiter sent to Prometheus in honor of his deliverance by Hercules a ring in which was set a piece of the stone to which Prometheus had formerly been bound in chains. In Northern mythology the ring symbolizes the bridge from this world to the next, or, according to another idea, the rainbow symbol of eternity. Hence it is plain that from most ancient times the ring was the symbol of remembrance and eternal recollection. Since the earliest days of Christianity the ring has been a precious pledge of faithfulness, the talisman of two souls forming a sacred life-union. The custom of wearing the wedding ring on the fourth finger of the left hand goes back for its origin to the Egyptians, from whom the Greeks borrowed the custom, and handed it on to the Romans. The fourth finger was dedicated to Apollo the sun god, and gold was an additional symbol of the sun. Besides, it was believed that Apollo's finger was connected by nerve directly with the heart, and it was most approporiate that the sign of loving union should rest on this finger. Another theory is that the ring was the sign of slavery, and was, therefore, worn on the left, the weaker hand. In Germany the engagement ring often serves for the wedding ring also, being worn on the right hand until marriage, when it is transferred to the left. In Spain the engagement ring is most ornate, and is invariably worn on the fourth finger of the right hand.

For Coughs or Colds take Stafford's Phoratone, it will cure.—jan4,tf

MINARD'S LINIMENT FOR WARTS

GOLD PRIZES!

WHO WILL BE THE LUCKY ONES?

Beginning this week we are offering GOLD PRIZES to the consumers of our Bread.

The lucky ones will find a small tag (in sanitary wrapper) in a loaf of our bread. The Tag will be redeemable at our office, Bond Street, for a

TEN DOLLAR GOLD PIECE.

ASK FOR McGUIRE'S BREAD AND WIN A PRIZE.

McGUIRE'S BAKERY, Bond St.

jan10,tf

Store Open Every Night.

SUMMERS
The Store that Gives Big Values

"The Store of Greater Service."

WHITE TABLE DAMASK.
A light weight quality of White Table Damask in the famous dice design; 60 inches wide,
75c. yard.

STRIPED FLANNELETTE.
Made of a good grade cotton with a nicely napped surface. Good value,
22c. yard.

WHITE TABLE NAPKINS.
White Hemmed Table Napkins, good quality,
$2.40 doz.

BLACK WOOL--4 and 5 Ply Black Fingering Wool, 14c. slip.

POUND MISPRINTS.
Long lengths, suitable for aprons,
55c. pound.

HEAVY BLACK HOSE.
A popular line of All Wool Ribbed Hose; a good serviceable stocking for winter wear,
79c. pair.

POUND QUILT COTTON.
Neat, clean patterns,
45c. pound.

Outport Orders Receive Prompt Attention

M. J. SUMMERS, 330 Water Street

January Jottings.

January gets its name from the god Janus. His particular function was to preside over the birth of each new day and the beginning of each new year. In the old days, no new venture in love, war, or business was embarked on without the aid of Janus being invoked.

January's precious stone is the garnet, symbolising faithfulness and constancy in love, marriage, and friendship.

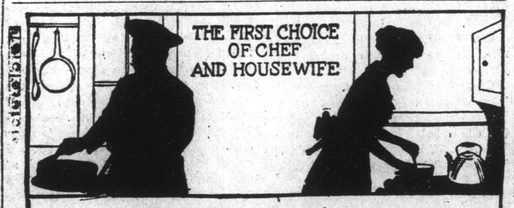
Those born in January are good-tempered, but a trifle given to malancholy. A man who marries a January maid will be blessed with a prudent and thrifty wife. She will be a good mother, but somewhat severe with her children.

An ancient calendar records the old belief that if the first day of January opens in the morning with dusky, red clouds it denotes "strifes and debates among great ones, and many robberies to happen that year."

January opens with a Bank Holiday in Scotland, but not in England.

Finally, old belief has it that January's unlucky days are the 3rd, and the day on which the January moon is three days old. These days are "fulle perilouse for many thinges." A 16th century chronicle, however, says that January 1st, 2nd, 4th, 5th, 10th, 15th, 17th, and 29th are unlucky! But on this point authorities agree to differ very considerably. The 7th, however, being St. Distaff's day, is the day of all days for a maid to own as her birthday.

To make cream candy, cook together one cup cream and two cups sugar until it will form a soft ball when dropped into water. Flavor to taste, beat well and pour into a greased vessel.



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Baker's Chocolate

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In making Cakes, Pies, Pudding, Frosting, Ice Cream, Sauces, Fudges, Hot and Cold Drinks

For more than 140 years this chocolate has been the standard for purity, delicacy of flavor, and uniform quality.

IT IS THOROUGHLY RELIABLE

57 Highest Awards in Europe and America

The trade-mark "La Belle Chocolatiere" on every genuine package

REGISTERED TRADE-MARK

MADE IN CANADA BY

WALTER BAKER & CO. LTD.

Established 1780

MONTREAL, CAN. DORCHESTER, MASS.

Booklet of Choice Recipes sent Free

NEW DRESSES FOR OLD

Dorothy Dainty

There's a way to make up still and gold. And that is get a new dress for old.
—Dainty Dorothy

YOU will get acquainted with Dorothy's manner of keeping her wardrobe up to the style minute. If a dress isn't in style she alters it and has it cleaned for us. Sometimes she buys a new one to match it and sometimes she retrims an old one. By dyeing disguises some of Dorothy's last year frocks, who'd know it.

PHONE 1488

J. J. Dooley

WE KNOW HOW

CLEANING DYEING

PHONE CONNECTION COR. LIMERICK & LE MARCHANT

PHONE 1488.

CORKWOOD

IN STOCK

100 BUNDLES CORKWOOD

THICK, MEDIUM & THIN.

H. J. Stabb & Co.

eod,tf

Before cooking rice, look it carefully, wash it in at least waters, soak for an hour in the enth water and then put on in boiling water.