

Do You Count the Cost of Your Tea?

Good tea is really very cheap per cup, less than 1/2c. for the very finest.

The duty on tea coming into Canada from British possessions is 7c. per pound, and 10c. per pound from other countries.

You pay just as much duty on a pound of poor tea as on a pound of the very best — such as Red Rose Orange Pekoe Tea.

You can therefore get much better value in a superior high quality tea than in poorer, cheap teas, because you pay the same duty on the poor as on the best.

This extra value is appreciated by most people, as the increasing sales of this fine quality, mountain grown Red Rose Orange Pekoe Tea clearly prove.

Ask for it by the full name.

Sold only in our new sealed airtight cartons.



LITHE, boyish forms clad in Mercury Combination Suits that give snug comfort without tightness!

The limbs of growing lads feel life and strength and nimbleness in these garments as in no others.

Boys wearing Mercury Underwear are as brisk and supple as acrobats in a circus.

And their self-esteem is toned-up by that well-dressed "underneath" feeling that means as much to a boy as to a man.

Your dealer has Mercury Underwear or will be glad to order it for you.

MERCURY MILLS HAMILTON, CANADA
Makers of Mercury Underwear and Hosiery for Men and Women.

Mercury Underwear



Girls! Have the Long Beautiful Hair that is Rightfully Yours

Why delay? Why deliberately sidestep attractiveness when it is so easily available and means so much?

Beautiful hair may be retained or regained with **Newbro's Herpicide**

Herpicide will positively remove all traces of dandruff, stop itching scalp and prevent falling hair. Thousands report a new growth of hair after its use.

Just see how quickly your friends will note the perfect luster, the natural sheen and the added beauty of your hair after you have used **Newbro's Herpicide** but a short time.

Do you want lustrous beautiful hair? Then use **Herpicide** today—note improvement tomorrow.

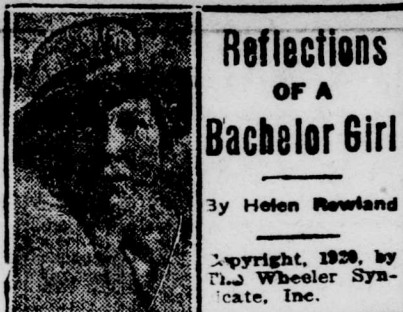
Send 10 cents in stamps or coins today for sample and booklet on "The Care of the Hair." Address: The Herpicide Co., Dept. 196-B, Detroit, U. S. A.

SOLD EVERYWHERE

Applications at the better Barber Shops



STANDARD DRUG CO. SPECIAL AGENT.



Reflections of a Bachelor Girl

By Helen Rowland

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REFLECTIONS OF A BACHELOR GIRL.

It takes nine women to make a man—and then, maybe, the tenth marries him, and has to make him all over, again.

We all live to learn, but some men seem to "live" such an awful lot in order to learn such a very little. Instinctive chivalry is what makes a man say that he "failed to win" a woman, when he really means that he succeeded in losing her.

If the average man displayed the same ingenuity and tenacity of purpose in his work that he does in his determination to do things with hope and yeast and raises, we should all be married to millionaires.

A woman always wants to peep at the "last page" of her flirtation or romance, to "see how it is going to turn out," and thus spoil the whole story for the man.

Life is full of jolts for the girl who expects her flowers to look like those in the seed-catalogues, a man to make love like the heroes in the movies, a servant to be as respectful and efficient as those paragons on the stage, and a husband to be as interesting and romantic as he was during courtship.

The anti-suffragists predict sadly that women will do most of their campaigning with smiles and kisses. Well, perhaps—but a wise smile is more convincing than a foolish speech, and a genuine kiss should be more persuasive than a specious argument, any day!

When an authoress marries, she stops drawing on her imagination for her love scenes and sentimental passages, and begins writing them entirely from memory.

The fall house cleaning may increase the percentage of cleanliness, but it certainly seems to take away all a husband's godliness.

Beauty Chats

By EDNA KENT FORBES.

Water With Your Meals.

Specialists on the subject of reduction may disagree about every item in the various reduction systems, but there is one thing about which they are all in harmony. And that is about not drinking water with the meals. All women who are too stout are great water drinkers. Watch your fat friends and you will observe for yourself how they will take two, three or even four glasses of water with a meal, as well as occasional glasses of water between meals. Now all this is of course very healthy—the water helps to make digestion easy, it flushes out the system, helps prevent the poisonous condition which causes rheumatism, and does much to give the stout woman the beautiful complexion she almost invariably possesses.

But the stout woman can digest her food well enough without the aid of water. One reason why she is stout is because she extracts practically all the nourishment there is in her food. What she wants to do is not only to eat less food, but to eat it dry—at least not to wash it down with a quart or more of water. If she is thirsty after a meal in half an hour she may drink almost as much water as she wants, while during the meal she may even be allowed a small cup or two of clear tea or black coffee.

Many a woman who wants to reduce will groan over this bit of advice and consider that the way to grow thin is difficult and complicated. But is it? I wonder? I would say that it is much easier not to drink three glasses of water with a meal than to force yourself to drink three glasses of water or three glasses of milk as the thin woman is frequently advised to do.

Oriental—A perfume such as you desire can be made by mixing well one and a half ounce of ground cinnamon, three-quarters of an ounce of ground cloves in a pint of rectified spirits. Let it stand in a warm place for a week to digest. It will be improved if the bottle is shaken several times each day.



A PRETTY AND BECOMING STYLE FOR SLENDER FIGURES
3044.—This is a good model for satin, tulle, or for combinations of serge and satin, velvet and silk. The waist is in kimono style. The skirt is a gathered two-piece model.
This pattern is cut in three sizes, 16, 18 and 20 years. Size 16 will require 3 1/2 yards of 44-inch material. Skirt measures 1 1/2 yards at the foot.
A pattern of this illustration mailed to any address on receipt of 10 cents in stamps or silver.

COUPON ORDER BLANK.

A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

Name

Town

No.

Pattern No.

Measurement—Waist

Age (if child's or miss' pattern) to reach you.

Address The Free Press, Pattern Dept., London, Ont.

Four the liquid off, leaving the sediment to throw away, and keep it in an opaque bottle. Sprinkle it through the hair as often as desired.
Your type is that of a refined blonde. As your features are clear cut and your complexion fresh and clear, your choice of colors is limitless. You could indulge in extreme styles without giving offense, but your most becoming clothes will be those cut with long straight lines and from soft fabrics, such as crepe meteor or georgette.
Brunette—Stop using a curling iron and try the soft kid curlers. Dampen the hair slightly before rolling, and let it dry in the curls. The hair will dry into the curls and remain so for a much longer time than the curling done by the quick method through heat. Hot irons ruin the hair by lowering the vitality. Why not fluff the hair out with a coarse comb and stop curling it at all until it has improved.

HEALTH TALKS

By John B. Huber, A. M., M. D.

Exercise In General.

Whist extolling, as I do, the noble exercise of walking, I am far from deriding other exercises and sports — boxing, tennis, baseball, golf and the like, not forgetting croquet. When judiciously taken, these are all most salutary.

Exercise develops and strengthens the mental process. The brain (out of which thought is evolved—we know exactly how) is as much a bodily organ as is the liver or the lungs. Much of our thinking (we do not know how much) is really a physical process, during which the vital stores of every organ are drawn upon. The energy which makes clear thinking possible depends largely upon bodily vigor.

When physical disease impairs the tissues the mental processes suffer. Muscular activity develops both the nervous and muscular system. The muscles are the special organs of volition—the one part of the body which the brain directly commands and act in the use of his muscles; the right development of the normal child is indicated by the muscular control, and delicacy of muscular control. Physical training is, then, to a considerable degree mental training as well. Much though of course not all that we used to call reason, is just feeling; and much of our conduct, many of our activities, are due more to desire, sentiment and habit than to innate reason.

We lead to a very considerable extent a cerebrumless, a spinal cord existence. The youth well trained all around, physically and mentally, has his activities well organized for his future needs. The same is of course true for the schoolgirl and the young woman.

Many intellectual men fail for lack of staying power. Many are timid and irresolute because they lack the physical driving power; theirs is the shoddy, nervous system, a melancholy handicap. Much loose thinking, much rapid and false thinking, is due to loose drilling of the bodily forces in childhood and youth. Enthusiasm, self-confidence, the spirit of adventure, alertness, promptness, unselfishness, quick judgment, are all qualities to be attained on the field of games and sports.

Questions and Answers.
Is there anything wrong with my husband's heart? I can hear it beat very loud. He was buried alive at the front. Also he was wounded twice.—H. F.
Answer.—This is a phenomenon common among those men whose noble needs in our behalf we are, so many of us, in danger of forgetting. Most men who have been shell shocked have now such hearts. They should recover from these effects, so long as the digestion and the kidneys are right. But this takes time. Plenty of rest, all night long and reaching or lying down several more hours in the 24; never arduous labor until the heart works all right again, after conscientious attention of a good family doctor, are right.

QUIET.

Bing—What! You and your wife never quarrel?

Wing—Well, we haven't quarreled for three weeks.

Bing—How's that?

Wing—We're not on speaking terms.

No man's good intentions ever boosted him into the hero class.

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SIDE TALKS

—BY—
RUTH CAMERON

SOMEONE BUSIER.

There's always someone busier. When you were driven to distraction by the number of duties that you ever think of that?

It doesn't seem to me I ever knew anyone who did not think that he or she was a very busy person.

I have known women living in hotels with not one thing in the world to do but look after themselves to tell how busy they had been and how they had no time to answer letters.

Then I've known of women without children, and with small, easily cared-for homes, complaining of how busy they were.

Again I know a woman who has three children and keeps two maids who think her life is most strenuous.

Yet across the street from her lives a woman who has three children and no maid. If the one is busy, how about the other?

Again, if this latter should think she was the busiest woman on earth I could point out to her another woman who has four small children and a decrepit father to look out for, and who also has no service.

Again, I know a woman who works very hard in an office and thinks she has a most difficult life. But across the street from her lives another who works as hard in the office and comes home and helps her mother (who keeps boarders) with the dishes every night.

And still another who is a worker of whom I know, used to come for years to the care of an invalid mother, sometimes being up three-quarters of the night with her.

So there you are. If you want to cure yourself of self-pity, just look across the street at someone who has a harder row to hoe than you, and the chances are you can easily find him or her.

Of course, there must be somewhere the ultimate busiest person, but presumably there is only one of her or him (I seem to feel pretty sure it's a her).

You may say that it doesn't make your way any easier to know about other people's troubles. But it should.

A Constipation Cure Sold on Guarantee