

## WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.



Regina, Sask.—"I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also found it a very helpful Spring tonic and useful for constipation from which I suffer much. I have recommended Vegetable Compound to several friends, and am willing you should publish this."—Mrs. MARTHA W. LINDSAY, 810 Robinson St., Regina, Sask.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, fainting, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Lindsay.

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### SUMMER TERM COMMENCES JULY 5th.



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D. A. McLACHLAN, Principal.

### CHANTRY FARM

Am now booking orders for eggs from Canada's Best Dorkings and Black Leghorns—winners of most prizes at C. N. E. 1919, also bronze medal and special ribbons for male and female Black Leghorns, utility pens cheaper. Special prices on 50 or more Leghorn eggs.

ED de GEX, Kerwood P.O.

Prospects are reported good for a large apple crop in Lambton.  
Sarnia city had 37 deaths and 33 births during May.

### NEW SPRING-SUMMER FROCKS



This is a very beautiful frock of peach-colored taffeta and lace with bouffant effect at hip, and ever popular short-sleeve length. It is regarded as just the thing for spring and even early summer.

### PROMISE SEASON OF CHECKS

Traveling Coats, Suits and Frocks Will Be Made of Shepherd's Plaids.

Be prepared for a season of checks, Scotch and shepherd's plaids have come from the big manufacturers.

One prominent dressmaker, says a writer in the Philadelphia Record, has designed a quantity of new wool materials, from the thickest to the thinnest, for traveling coats, tailormades, or whole dresses. The Scotch tartan appears to have had an effect upon these designers of new materials. They are mostly varieties of very bright colored striped materials—red, green, blue or yellow on a black, navy blue or dark green ground.

One does not see all these stripes together, but in series of two, as, for instance, the Scotch diaphane with two stripes more prominent than the others. Or in three, as the bright-colored bouclé with big checks, though not so big as those on the diaphane piques, where the five stripes imitate machine stitching in one shade, nor those squares in the ruffles with green and blue ground crossed with red and green stripes.

The largest size checks are seen on the burayella in a single shade standing out from the self color.

All the materials are thick and mostly for coats, coat dresses or tailormades. For lighter frocks mouffia is more suitable.

### NEW FASHIONS FOR CHILDREN

Spring Modes to Feature Tunic and Eton Effects, According to Announcements.

Tunic and eton effects are to be much featured next spring, and it is announced for the benefit of mothers who do their family sewing early in the year that striking plaid patterns are to be much featured in the gingham, comparatively few plain checks being shown.

Cotton crepe will also be very popular for wash dresses for little girls, and it is available in an amazingly attractive collection of colors. Some are straight and of chemise type and smock frocks, combining a skirt and slip-over smock, are to be featured also. Collars and cuffs of white pique on plain gingham dresses will be smart and fashionable, and as they may be made detachable the plan is an excellent one.

Nearly every little frock shown is equipped with at least one pocket, but two is the usual arrangement.

Colored organizes are to be popular and both plain and figured cotton voiles are shown in the spring and summer styles outlined for children.

Small but Potent.—Farnelle's Vegetable Pills are small, but they are effective in action. Their fine qualities as a corrector of stomach troubles are known to thousands and they are in constant demand everywhere by those who know what a safe and simple remedy they are. They need no introduction to those acquainted with them, but to those who may not know them they are presented as the best preparation on the market for disorders of the stomach.

### CARTRIDGE CLOTH NEW GOODS

Material Created by War to Be Treated to Make Suitable for Making Women's Gowns.

Cartridge cloth, a new material created by the war, is being transformed by war department experts into attractive goods for women's wear.

Samples of the material, made up in woman's blouses of fetching design, are being offered for sale in New York stores to see how milady takes to it.

The cloth is a rough all-silk product, somewhat resembling burlap, and was used in the making of small bags for holding heavy artillery explosive charges. When the war ended large quantities of the material was on hand and to make the goods salable the army experts devised a means of boiling out the gummy substance which gave it the coarse appearance. It was then dyed or printed until the finished product presented a material which the experts believe the women will like.

### STYLES FOR YOUNG WOMEN

Soft Woolen Cloth Dresses, With Skirts Short and Tight; Lace and Flowers.

For the afternoon tea, notes a writer in the London Times, young women may wear soft woolen cloth dresses in brilliant colors; bright peacock, bright rose, Indian red, green and turquoise blue, with wing pinnies and rough fringes of the same cloth, flat, draped bodices, and high, draped necks. The skirts are short and tight. The high neck in afternoon dresses suits many women well, but not all; that is another detail for the dressmaker. Some women's line of shoulder and head needs to have the throat free, or they look dull and heavy. The long coat, straight and trimmed with fur, fastening down the side and with a wide hanging sleeve, is a graceful tailor-made model. The cloak with a cape, loose behind and fitted in front, chiefly in fur, is another. The flounced fur coat is also in favor, but suits only the slim. Monkey fur is still popular for trimming. In coats and cloaks the lining must have beauty.

Jet is used more than ever—jet embroidery on colored velvet, jet girdles, jet shoulder straps. Lace grows more popular, and evening dresses are being made in lace and tulle, lace and taffetas, lace and satin. Feather trimmings are rather less in favor, flowers are at the height of their popularity and should be as little like nature as possible. A new sash is made of strands of silk looped at the waist and allowed to hang the full length of the skirt. On a dark dress it may be the one strong note of color. A new fashion is to have a sash of very deep silk, satin, or velvet ribbon passed loosely round the waist and tied in a huge bow in front.

### BLOOMERS OF ANKLE LENGTH

Pettibockers Most Comfortable to Wear Under the Narrow Frocks and Suits.

To wear under the narrow frocks and suits one finds the silk pettibockers most comfortable. Pettibockers, no matter how scant they are fashioned, have an annoying way of bunching up in the front, and for this reason bloomers have taken their place. The new pettibockers are really ankle length bloomers, but when worn they resemble a petticoat.

When you don that black velvet-clinging gown try wearing black silk pettibockers. A stunning pair for this purpose may be purchased in the shops. The jersey silk extends to the ankles and is met there by a frill of satin closely plaited. Very warm, too, are these.

This model is also shown in taupe, navy, brown, wine and purple. Among the materials one finds satin, crepe de chine, jersey, crepe de meteor and taffeta.

If you want to make pettibockers at home, you can buy small satin frills already plaited and just ready to use. Perhaps you have an old satin gown from last year that you can recut into the long bloomers.

### LITTLE GIRL'S PARTY FROCK



This lovely white georgette and lace party frock would be the joy of any little miss.

### A Puff in Disguise.

The common powder puff may be made into a small gift of real daintiness. A stick, much like the all-day sucker stick of childhood, covered with rainbow-shaded ribbon is fastened securely to the puff. Then, over the outside of the puff, sew more rainbow ribbon, adorned with tiny silk flowers. The decorative quality of the ribbon is rivalled by the usefulness of the stick.

### KERCHIEF ADDS TO COSTUME

Accessory Formerly Kept in Hiding Now Must Be in Evidence to Display Good Taste.

Once a pocket handkerchief was supposed to be an inconspicuous article. Its very name implied that. When pockets disappeared it was hidden under the edge of the basque—that was in the eighties. When basques went out, handkerchiefs were tucked into sleeves. Later they hid themselves in handbags. Now, however, they are supposed to show and indeed no one can miss them, for their lively color makes a spot of brightness in the costume. Four gay modern kerchiefs were noted recently. One has a jacquard pattern in blue and black on a gray-blue ground. One has a Persian design printed on a reddish tan background. And two have conventional flower printings on a ground of pastel color. These lively handkerchiefs are to be used with the tailored utility suit or the sport suit. When one is formally dressed for afternoon or evening, the correct mouchoir is spotlessly white, of exquisitely fine linen and may be embroidered delicately in one corner with very small initial.

### KEEP SPAT BUTTONS TIGHT

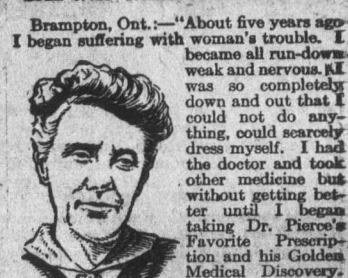
Sagging or Loose Fasteners Spoil Smartness of Modish Coat With Top Matching Costume.

Is there anything more distressing than sagging spat buttons? Buttoned shoes and buttoned spats are the fashion this year and both make the ankle and instep look very trim and dainty when the buttons are sewed on firmly, as they should be. One loose, sagging button can completely spoil the smartness of a modish buttoned costume, or of a dainty cloth spat, and there seems no excuse for the mark of untidiness. Do not wait until the button comes off, but tighten it up the moment it begins to sag loose. Not only does the modern buttoned boot or spat set off the street costume and complete its correctness, but it also gives the ankle a firm and graceful look that is very attractive.

Dainty Trimming.  
The cascade fringe trimming is dainty.

Heavy Stitching.  
Heavy stitching is an excellent trimming.

### A Witness Testifies SHE WAS WEAK AND NERVOUS



Brampton, Ont.—"About five years ago I began suffering with woman's trouble. I became all run-down, weak and nervous. I was so completely down and out that I could not do anything, could scarcely dress myself. I had the doctor and took other medicine but without getting better until I began taking Dr. Pierce's Favorite Prescription and his Golden Medical Discovery. It was only necessary for me to take about three bottles when I was completely restored to health and strength and I have been in better health than I ever was before. I have had no use for medicine since, but should I need it I would take these same remedies, knowing them to be excellent."—MRS. HARRY KNIGHT, Jessie St.

### OWES HER LIFE

Ft. Saskatchewan, Alta.—"It is with great pleasure that I write the following and I hope it will help the many sufferers who do not know the good Dr. Pierce's medicines would do them if they would try them. In regard to my condition, I will say that I suffered from childhood from a very weak back; I had the misfortune of having spinal meningitis when I was one year old and until I was 13 I did not see a well day, but a very kind lady told my mother about Dr. Pierce's Favorite Prescription and she got a bottle to try it. It did me so much good that mother got me 6 bottles. Recently I happened with a car accident and hurt my back badly. My doctor gave me up and said I would not live, but I still stick to Dr. Pierce's Favorite Prescription and to my surprise in three weeks I was out of bed and better. I owe my life to it and nothing else, and shall never be without it. "If any sufferer wishes to write I will answer with pleasure."—MRS. NOEL BARTHOLOMEW.

### MEDICAL.

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