

## MY HEART AND MY HUSBAND

### ADELE GARRISON'S NEW PHASE OF REVELATIONS OF A WIFE

How Madge Solved the Problem That Sorely Troubled Miss Holcombe.

Miss Holcombe, still with my dress over her arm, stepped to the door through which Mrs. Stockbridge had just gone, and noiselessly slipped the lock. Then she turned to me, her fine eyes alight.

"There!" she said, "now we can find out what is best to be done. Fudge! that woman is like a moral miasma. I feel like opening the windows."

She acted as she spoke, and the clear, crisp, refreshing air stole in, fluttering as it passed the atrocious dressmaking creation which Miss Holcombe had laid upon the bed.

"Oh, you atrocious!" Miss Holcombe apostrophized the thing with a mocking laugh. "You'll not make your appearance downstairs tonight unless Miss Holcomb's repentance wears you. Come, let's go over this gown of mine. I have a theory that the worst of this stuff can be brushed off, and that then we can perhaps rip this part of the drapery, unbutton it, and turn it inside out. No—examining it critically, 'it isn't just the same on both sides but I don't believe it will be noticed so very much, and anything will be better than wearing that other thing."

A Lucky Surprise.

Her face expressed doubt, however, of the practicability of her scheme, and I might, for the white crepe of my gown was embroidered with gold threads, and the appearance of the turned panel would be distinctly "wrong side," however, I had a surprise in reserve.

"We won't have to do that," I said confidently. "When I get through with

the temptation to come back to gloat a bit. I have it. Slip off your suit and get into this atrocious. In the meantime, if you'll show me where, I'll rip that stained panel from your gown and hang the gown back in the closet. It will be easy to hide the small panels if she comes, and I'll also take a few slashes in her old dress, pretending to it to you. It will serve her right as well as mislead her if she comes in."

"What do you suppose she did this particular thing for?" I asked, when I had invested myself with the salmon-pink atrocity, which made me present a decidedly unattractive appearance. I gave a little shudder at what Dicky would have thought if he had seen me enter the dining-room in that particular guise.

"Milly's no fool," she said. "Ken wouldn't let her wear this thing, which represents her general taste in dress, and I happen to know that the white lace gown she speaks of looks like a very poor country cousin beside this beauty. She has just sense enough to realize how the two gowns would look if contrasted, also that that thing you have on, while it wouldn't be so bad with her salmon face and dark hair, would be mighty unbecoming to you. Now let me slash that a bit."

She was on her knees beside me when a peremptory knock sounded on the door.

#### BACK TO PARTY.

[Brookville Recorder.]

The time is rapidly approaching when, call the Government what one may, it and its followers will form one party, and all opposed, call them what one may, will be the other party. Oil and water can't mix. At the last minute I remembered it, and tucked a length of the good old-fashioned "Yankee Doodle" up my opera bag as I spoke, opened it, and drew out a long fluffy piece of the delicately embroidered stuff of which my gown was made.

Miss Holcombe Explains.

"What?" Miss Holcombe breathed. "It will be the simplest thing possible to make another gown just like this and put it on. Here's the time we put one over on little Milly. But we mustn't let her get the slightest inkling of what we're doing, and while she's perfectly satisfied that you're doomed to wear her gown, yet she won't be able to resist

## DIARY OF A FASHION MODEL

BY GRACE THORNCLEIFFE.

She Discusses the Admirable Use of Linen in Afternoon Gowns.

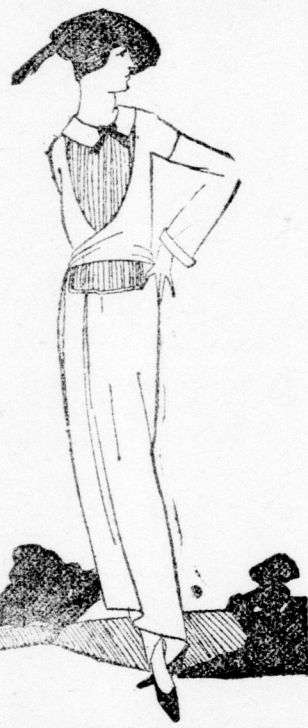
I want a linen gown that looks different from the average shirtwaist and skirt lines that characterize so many of these models.

"How would you like gingham, Mrs. Scribner?" Madame asked. "Gingham will be extremely popular this summer."

"Ginghams are lovely, I know, but to morning wear only, and a light plain ground linen may be dressy enough to look well in the afternoon. I like a low, pale pink or blue I'd like for this gown," replied Mrs. Scribner.

"Of course pink is always a perfect choice, because it's a 'complexion color.' Your skin looks lovely with pink, and there are so many elegant gowns made of straw, georgette crepe or linen that look well with a pink gown. Taking it all in all, I should certainly choose a pink linen gown for you, Mrs. Scribner," Madame remarked.

"Pink is my choice of color," Mrs. Scribner said.



This Pink Linen Dress Has a Vest of White Organdy.

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TEDDY POSSUM SAVES JIMMY'S LIFE.

Jimmy Coon was just like some other boys. He was afraid of being laughed at. He would rather do something that he didn't want to do than to save all those animals making fun of him. In his secret heart he was very sorry that he had ever copied Cousin Bruin at all. He wished he was at home with his mother and all his dear family. But alas, all his dear family were far away. Nothing could be seen but the laughing Cousin Bruin, the mugging Teddy Possum, that irritating Chatterbox, and Blue Jay. Finally Jimmy gave a huge sigh of despair. He walked right down into that mud. At first his little feet made little tracks and didn't sink in, but at last, urged on by those nescals on the bank,

he stepped boldly out. Deeper and deeper he sank. He cried for help. Cousin Bruin thought it a huge joke, and he rolled on the ground with laughter, but Teddy Possum was scared. He thought it was the last of poor Jimmy, and he knew Father Coon would make it hot for him if Jimmy never turned up.

So Teddy held on to a log on the shore and he pulled his long tail, like a rope, until it reached Jimmy. Jimmy was too worn out to catch hold of it, but he pulled it up to him. Finally Jimmy gave a huge sigh of despair. He walked right down into that mud. At first his little feet made little tracks and didn't sink in, but at last, urged on by those nescals on the bank,



He waded into that mud and pulled poor Jimmy Coon loose, and carried him under one arm to the bank.

Jimmy Coon's worst enemy would have felt sorry for him. He was a sight. His bright coat was all covered with mud. His eyes and his ears were full of mud. Teddy Possum, who has a good heart, although he is a mischief, ran and found him some nice fat crabs and fed him. He gave Jimmy Coon a drink of cool water and soon Jimmy sat up. Chatterbox was fanning him with a big leaf.

Tomorrow—The End of Jimmy's Lesson.

## Made Dishes.

Made dishes, prepared with the help of LEA & PERRINS' SAUCE, are a great aid to economy, besides giving a pleasing variety to the Menu.

Owing to the QUALITY and concentration of its ingredients, a few drops of LEA & PERRINS' give far more satisfaction than a much larger quantity of a "cheap" imitation.

Lea & Perrins

HAROLD SEDDON, Special Agent, 137 McGill St., MONTREAL.



## Chapman's Week-End Specials

In a host of beautiful styles and colorings. A new shipment fresh from New York in the daintiest and prettiest of this season's styles. A complete range. Priced from \$1.00 to \$4.00.

## Whitewear and Corsets

LADIES' WHITE CAMBRIC GOWNS, trimmed with embroidery, V-neck, slipover style; also: camic, broderie trimmed, yoke buttoned front style. \$1.50

PRETTY CORSET COVERS, trimmed with torchon lace yoke. At 59c

WHITE PETTICOATS, made of good cambric, flounce of embroidery. Splendid value at \$1.75

LADIES' SWISS RIBBED VESTS, 35c, or 3 for \$1

CORSETS.—A model for the average figure, low bust, long hips, four hose supports. \$1.50

REDUCING CORSETS for the stout figure, made of strong English coutil, unbreakable steel-filling reducing sections in front, low bust, strong hose supports. \$4.00

SPECIAL AT 89c, \$1.00

MISSSES' HYGEIAN CORSET WAISTS, well made, a comfortable, strong corset. 89c, \$1.00

WAISTS AND UNDERSKIRTS

Plain and Fancy Voile \$1.00

Waists. All sizes. At \$1.00

Three dozen only, High-Grade Voile

Waists, in sizes 36 to 44. Tucked fronts. Regular \$1.98

\$2.75, for \$1.25 and \$1.50

Colored Underskirts, of a splendid grade sateen. A great range of colors. \$1.25 and \$1.50

Priced at \$1.25 and \$1.50

DRESS GOODS AND SILKS

ALL WOOL TAFFETA DRESS GOODS, 40 inches wide, a beautiful soft material for a good dress, in choice colors of brown, taupe, wine, navy and myrtle green. Specially priced for Friday and Saturday at \$2.00

ALL-WOOL BLACK SERGE, 40 inches wide, English make and old permanent dye, at a great bargain. Present value \$2.50 a yard. On sale Friday and Saturday at, yard \$1.25

ALL-WOOL CREPE DE CHINE, 40 inches wide, a beautiful good wearing material in pure wool, for a handsome dress, in fawn, mid-brown and dark brown. Present value \$3 yard. On sale Friday and Saturday, yard \$1.50

100 YARDS BLACK SILK POPLIN, 36 inches wide, in a good rich quality, specially adapted for a handsome good wearing dress. Present value \$2.25 a yard. On sale Friday and Saturday, at, yard \$1.49

LADIES' READY-TO-WEAR

Our Showing of Stunning Dresses is Worthy of Your Attention.

Beautiful English Voiles and Organdie Dresses, made from exquisite models, in a variety of patterns and colors. Scarcely two alike! Sizes 16 to 44. Priced from \$5.25 to \$18.75

PORCH DRESSES, plain or fancy, in chambray, gingham, voiles and muslins; a splendid range. Sizes 16 to 51. Priced specially for Friday and Saturday, ranging from \$4.00 to \$7.00

SUITS.—Many of our spring suits, in a variety of materials and shades. Regular \$16.50 to \$27.50 \$37.50 values, in sizes 16 to 38. Will clear Saturday at \$16.50 to \$27.50

CHILDREN'S COATS, in reefer styles, also belted and fancy models. Sizes 3 to 14 years. Priced from \$4.50 to \$12.75

AGENTS FOR NEW IDEA PATTERNS.

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## Secrets of Health and Happiness

## What Science Has to Say About Good and Bad Eggs

By DR. LEONARD KEENE HIRSHBERG.



DR. LEONARD KEENE HIRSHBERG

The way to tell a bad egg is not exactly the way you would tell a poor oyster or a poisonous mushroom. In the case of the egg usually, "your nose knows." Just to be sure, however, when an egg is bad and when it is not makes Zeno's problems and the riddle of the Sphinx as easy as Hamlet's "to be or not to be."

Eggs good, bad and indifferent appear differently before a candle. To grade them, however, by sight, smell and taste requires more skill, and is commonly more accurately accomplished by the department of agriculture has found that nearly one in every eleven eggs contain bacteria which may spoil the egg if it is kept less than two cold or otherwise preserved. Eggs with cracked shells are apt to turn bad very much sooner and twice as often.

The shells of eggs ought to be kept clean. The number of spoiled eggs increases when the shells are dirty.

Somehow, certain ultra-small germs insinuate themselves into the pores of the egg shells and thus contaminate the eggs.

The number of eggs invaded by bacteria is less in eggs with clean, cracked shells than in those with uncracked shells that are dirty.

The white of a strictly fresh egg is stiff and the yolk stands up firmly. As the egg ages the white becomes thinner and thinner, the yolk flattens, and its membrane becomes weaker.

When a stale egg is opened its membrane often breaks, and when an egg of this nature is dropped in a pan or on a plate the yolk flows into the white. Such a weak egg is "strange" if the information of your olfactory perceptions is correct.

If the yolk, however, seeps almost all through the white, discretion is the better part of valor, for such an egg ought not to be eaten in any form.

When placed before a light, a "really and truly" fresh egg has the yolk placed slightly above the center and running with the length of the egg. It is not clear in outline and moves sluggishly as the egg is turned.

As an egg becomes antiquated the yolk becomes more opaque, and may settle to the lowest part of the shell and stick there. Such an egg is no longer a food, but a nuisance. Therefore, to maintain your health and nutrition, eggs that are not proved to be fresh ought not to be included in the daily rations.

## Answers to Health Questions

A. D. Q.—Kindly advise me how to gain weight.

Your weight may be increased by 10 to 12 pounds sleep in a well-ventilated room, eat regular meals, rich soups and puddings, fatty meats, rich soups and gravies. You must drink lots of water and milk. Take but little exercise, but be in the open air and sunlight just as much as possible.

J. H. A.—If you will send a stamped, self-addressed envelope with your query repeated, I will be glad to answer your questions.

G. M. A. Q.—Kindly advise me how to reduce my weight.

You must not get more than eight hours' sleep in the 24. You must keep the intestines open and active, and get daily outdoor exercise. You should reduce the amount of sugars, starches and oils which are taken into the body. Food laxatives, such as uncooked bran and green vegetables, help in the reducing process. Drink lots of water between times. Do not eat any bread, except gluten, and it is better to leave the toast.

R. R. N., Forest, Ont. Q.—Will you kindly tell me what to do for "bleeds?"

A.—Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little Vaseline made up with the following will help:

Puller's earth ..... 4 drams

Vaseline ..... 2 drams

Glycerine ..... 3 drams

MRS. H. McE., Hensall, Ont. Q.—Would a neck measure of 12 inches in a woman weighing 150 pounds be an indication of weak heart action, or would it have any bearing in the matter?

A.—None whatever.

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