SPECIALIST SAID HE MUST OPERATE

She Took "FRUIT-A-TIVES" Instead and Is Now in Perfect Health.

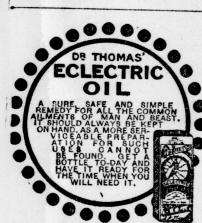


Some of the Reasons.

The bodily mechanism of the baby or girl is not sufficiently whatever of heavy foods are sent down freeding abstance of teeling ashamed of your freekles, as Othine—double strength—from any druggist and apply altitle of it night and morning, and you should soon see that even the worst freekles have begun to disappear, while the light end on should soon see that even the worst freekles have begun to disappear, while the light end on should soon see that even the worst freekles have begun to disappear, while the light end on should soon see that even the worst freekles have begun to disappear, while the light end completely clear the skin and gain a beautiful, clear complexion.

Be sure to ask for the double-strength of the conditions and properties and in cocoa, custard and similar the fails to remove freekles.

A well-balanced diet should contain



DANDRUFF MAKES HAIR FALL OUT

A Small Bottle of "Danderine" keeps hair thick, strong, beautiful.

Girl! Try this! Doubles beauty of your hair in a few



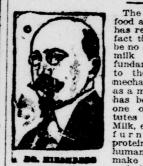
within ten minutes after an application of Danderine you cannot fine single trace of dandruff or falling hair and your scaip will not tich, but what will please you most will be after a few meeks use when you see new hair, fine and downy aft first—but really new hair—growing all over the scaip.

A little Danderine immediately doubles the beauty of your hair, No difference how duil, faded, brittle and scraggy, just, moisten a cloth with Danderine and carefully draw it through your hair, caking one small strand at a time. The effect is amazing—your hair will be ignored in the first place of silence of the place of the place

DAILY PAGE FOR EVERYBODY Secrets of Health and Happiness

Milk a Vital Food For the Growing-Child Menus

> By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



The United States food administration has recognized the fact that there can be no substitute for milk without a fundamental injury to the bodil i

MME. F. GAREAU.

153 Papineau Ave., Montreal.

"For three years I suffered great pain in the lower part of my body, with swelling or bloating. I saw a specialist, who carefully examined me and gave me several tonics to take, which did not help me. Then he told me I must undergo an operation. This I refused to permit.

"I heard about 'Fruit-a-tives' and the wonderful results it was giving because this medicine is made from I continued the treatment, taking six boxas more. Now my heaith is excellent—I am free of pain and I continued the treatment, taking six boxas more. Now my heaith is excellent—I am free of pain and swelling—and I give 'Fruit-a-tives' my warmest thanks."

MME. F. GAREAU.

Milk, moreover, furnishes not only care for them?

Milk, moreover, furnishes not only care for them?

A.—A tumor usually results in cantended protein which is the substance of tissue repair, but it also continued the lower part of my body, stance of tissue repair, but it also continued the protein which is it can be weaked to permit.

The food administration has recommended, in the 1918 Home Card just recently issued, the wise use of milk. This desired protein which is the substance of tissue repair, but it also continued the 1918 Home for usually results in cantended protein which is the substance of tissue repair, but it also continued the 1918 Home for usually results in cantended protein which is the substance of tissue repair, but it also continued the 1918 Home for usually results in cantended protein which is the substance of tissue repair, but it also continued the 1918 Home for usually results in cancellation only cure for them?

A.—A tumor usually results is the substance of tissue repair, but it also contended in the logo. The food administration has recommended, in the 1918 Home Card just results in cancellation. This direction may be caused by the breast trouble may be caused by the breast trouble may be caused by the breast trouble may be caused by the breast from the help of usualty is such transported in conten

Some Valuable Menus. Some Valuable Menus.

A well-balanced diet should contain every day at least one element of the following food stuffs:

1—Milk, and dishes made chiefly of milk, meat, fish, poultry, eggs or meat substitutes.

By Genevieve Kemble

SUNDAY AND MONDAY, SEPTEMBER 1 AND 2.

Sunday finds the Sun—the planet of substitutes.

3—Wholesome fats, the most important of which is butter. Do not use fried foods, if possible, for these are hard to

foods, if possible, for these are nard to digest.

4—Fruits, vegstables and simple sweets, such as custard, brown betty, spanish cream and like desserb betty, spanish cream and like desserb betty, for the usual wheat preparation for children.

5—A fine hominy is a good sustitute for meat a good substitute for meat.

Candy should not be given to children directly after meals, nor as dessert, for thus they will be eating more sweets than the body needs.

Good, nourishing breakfasts may be food and provided the long of the means and possible in the following approvement of the means and acting also as a base for the children divided the first means and as dessert, for thus they will be eating more sweets and as dessert, for the body needs.

Good, nourishing breakfasts may be food and provided the leading more approved the may be dead by the means and to rash deeds born of the first may be for the sum when hot add one they will be eating more sweets and as descent of the formation of the first may be fore the first may be fore the first may be fore the first may be found influences the energies will be turned within in devotion, contemplation or study of philosophical problems.

Those whose birthday it is are prompting and each insect is given his own territory to cover. "Gathering pollent" exclaimed ports. "Gathering pollent" exclaimed ports was:

Well to need the following way:

More the sum when the protein, and are a good substitute for meat.

Candy should not be given to children this day should be a particularly busy day, and a successful one, provided the tendency to hasty words and to rash deeds born of the first may be found influences the energies will be turned within in devotion, contemplation.

Six Delicious Ways To Use Peppers As a Main Dish.

Green peppers have a large variety of users—serving as a garnish to salads and meats and acting along the following way:

More the approvement of the following was:

More the provement of the following was:

More the provement of the following was:

More the pre dren.
6—Nuts contain much protein, and are a good substitute for meat.
Candy should not be given to children directly after meals, nor as dessert, for thus they will be eating more sweets than the body needs.
Good, nourishing breakfasts may be varied in the following way:
1—Well-cooked oatmeal with milk, toast and butter; coffee for adults and hot water with equal parts of milk for children.
2—Cornmeal mush with milk, fried mush for older persons, and coffee if desired, milk and water for children.
3—Stewed prunes, corn bread with milk, coffee for adults and complete with milk and water for children.
4—Stewed dried fruits and boiled rice with milk.
5—Stale breadcrumbs served with scrambled eggs.

On this day should have a beautiful and also be clever, industrious and enterprising.

Monday should be a particularly busy day, and a successful one, provided the tendency to hasty words and to rash deeds born of the flery Mars in square deeds born of the flery Mars in square aspect with the Moon doesn't defeat of the water with the Moon doesn't defeat of the water with the Moon doesn't defeat of the water specially favored; those in commercial and professional voca tions should prosper, and finances generally are indicated as promising. There is a possibility of deception, fraud or intrigue, but with this precaution the day should develop some unexpected some provided the tendency to hasty words and to rash deeds born of the flery Mars in square inspect with the Moon doesn't defeat of the water specially favored; those in commercial and professional voca in make one pint when the water is pressed out. Add to this one tablespoonful of intrigue, but with this precaution the day should develop some unexpected with the special provided the torice with the moon doesn't defeat or the with the Moon doesn't defeat or the water is pressed of the water specially favored; those in commercial and professional voca in the mount of the flery Mars in square in special provided to respect to the water is pressed of the water in the

BIG LITTLE-GIRL FROCKS



Suggestions For Sister Who Is Fast Growing Up

If she is entering his school this fall daughter probably is beginning to think seriously of lengthened skirts. And with the lengthened skirts a slightly perceptible change in fashions sets in also. For the very little girl styles will no longer do, and little Miss High School begins to scan with interest the "Misses' styles" instead of the children's fashion page.

These two models, while essentially girlish, copy some of the loose lines that are fashionable in the older frocks. It is, indeed, fortunate that modern fashions demand looseness of the line, and generous girth of walst, and thus influence the younger generation toward the more wholesome styles, instead of the old-fashioned strictures of walst and hip.

The frock at the left is a loose guimpe model. It is of Liberty blue poplin, with little squares of soutache braid. A novel touch is given by the lengthening of the waist into sash ends on each side, tidd under the arms. The tunic skirt is trimmed with squares of braid at back and fronk. A simple guimpe of soft white linen or net may be worn with this frock.

The frock at the left is a loose guimpe model. It is of Liberty blue poplin, with little squares of soutache braid. A novel touch is given by the lengthening of the waist into sash ends on each side, tid under the arms. The tunic skirt is trimmed with squares of braid at back and fronk. A simple guimpe of soft white linen or net may be worn with this frock.

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The frock at the left is a loose Russian smock type. It is of navy blue crepe. It is soft navy bl If she is entering his school this fall | The frock at the left is a loose guimpe

Doris stood watching a crowd of golden butterflies gathered around a "Gathering honey, I do believe," she mused.

A happy little bee flew by the poppy and alighted on a leaf near Doris.

"Why don't you visit the poppy castle?" laughed Doris. "There surely must be a deep well of honey or the butterfiles wouldn't hover around it."

"You're right," buzzed Mr. Bee merrily. "But I'm doing messenger work for the clover castles today. Would you like to come with me?"

Doris was delighted, and jumped upon Mr. Bee's back, and away they flew over the garden to the meadow beyond. "Why don't you stop at that beautiful golden castle with tall white spires around it?" asked Doris, pointing to a beautiful flower castle.

"Oh, that's the daisy castle!" buzzed Mr. Bee. "I can't go there today."

"Td like to know why!" laughed Doris. "Sure there are," laughed Mr. Bee. "But gathering pollen is a business, and each bee, bird, butterfly and each insect is given his own territory to cover."

"Gathering pollen!" exclaimed Doris."

KITCHEN ECONOMIES

meats and acting also as a base for the chief dish of the meal. A delightfully cool luncheon dish is quickly made by combining peppers and cheese.

Stuffed Peppers.

Soak in cold water sufficient bread to make one pint when the water is pressed out. Add to this one tablespoonful of an ablespoonful of fine herbs, two teaspoonful of sait and cook for five and bake for one hour in a moderate out. Add to this one tablespoonful of fine herbs, two teaspoonful of sait and cook for five and bake for one hour in a moderate out. Add to this one tablespoonful of fine herbs, two teaspoonful of sait and cook for five and bake for one hour in a moderate out. Add to this one tablespoonful of fine herbs, two teaspoonful of sait and cook for five and bake for one hour in a moderate oven, basting often with the sauce.

Siuffed Pepper Salad.

3 green peppers alad.

3 green peppers alad.

3 green peppers alad.

4 teaspoonful of sait and cook for five minutes. Pour this around the peppers with in the morning, we must visit the same avent of flower castles all the rest of the day."

"Well. I never knew that before," laughed Doris.

"Certainly!" buzzed Mr. Bee. "If we didn't, what a mess we'd make of things. Different flower castles need different messengers. Some need us bees with the bread mixture and place them in a shallow baking dish, pouring around low the peppers to stand for five minutes.

Soak in cold water sufficient bread to minutes. Pour this around the peppers with in the morning, we must visit the same as the mean oven, basting often with the sauce.

Siuffed Pepper Salad.

3 green peppers

1 teaspoonful of sait

2 teaspoonful of paprika

French dressing

Mix the cheese, sait and paprika. Allow the peppers to stand for five minutes. Pour this around the peppers with in the morning, we must visit the same as the mean oven, basting often with the sauce.

Siuffed Peppers Salad.

3 green peppers

4 teaspoonful of sait

4 teaspoonful of sait

5 to flower castles we begin the trevit of the day."

South flower castles we begin



Sunday finds the Sun-the planet

the spiritual creative forces—aspected by Neptune, the mystical planet, in a figure which exaits, energizes and illuminates the spiritual faculties and potencies. Under this and other profound influences the energies will be turned within in devotion, contemplation or study of philosophica.

on reaps the benefits immediate, and elt through all his life, that the Boy Scouts give.

Selecting Right Organization.

Selecting Right Organization.

The tremendous success of the Boy Scouts' movement in this country and the notable attention given to this great and good organization in these days of war, has emboldened some men to attempt to start similar organizations. The Boy Scouts of America is as nearly an official organization as any boy organization could be. It has the respect and the confidence and the encouragement of the Government, from President Wilson to the humblest official. That there have appeared three imitation organizations in the Eastern States, all sponsored by one man, seems to indicate that the purposes of the imitations isn't as philanthropic as one would wish.

Therefore, not only see that your boy becomes a Boy Scout, but see to it that he joins the Boy Scouts of America. The other organizations above indicated are being investigated in several

large, raw potatoes Cream sauce 2 green peppers % cupful of sliced cheese

Milk
Peel and slice the potatoes. Remove
the stems and seeds from peppers and
shred. Into a buttered baking dish pour
milk to a depth of one-half inch. Put in
a layer of potatoes, peppers and cheese
until all are used, sprinkling the cheese
on top. Pour on cream sauce to cover
over this, sprinkling thickly with
crumbs and a dash of black pepper.
Bake in a moderate oven until the pota-

Mastraied by Gruella THE MESSENGERS OF THE FLOWER CASTLE.

Fresh as a Flower,

and just as fragrant!

is just the tiny buds and young leaves from hill-grown shrubs - So economical because it yields so generously in the teapot.

utes in boiling water. Cut off the stem ends and remove all seeds. Fill with the cheese mixture and put in cold place for one hour, allowing the cheese to become firm. Cut in one-quarter-inch slices and place on lettuce, pouring the dressing over them when ready to serve.

Peppers and Cheese.

1 tablespoonful of chopped peppers
2 ounces of cheese
1 tablespoonful of butter
Salt, mustard and paprika
Melt the butter and cheese together in a saucepan and add the chopped peppers with the seasoning. Cook until well blended and serve on toast.

Cabbage and Pepper Salad.

½ small head of cabbage
Lettuce
3 green peppers Soak the cabbage in cold, salted water for five minutes, then drain and shred it. Allow the peppers to stand for five minutes in boiling water, drain and remove all seeds. Cut the peppers into narrow strips and mix them with the cabbage. Place the mixture on lettuce leaves and pour the dressing over it.

Peppers Stuffed With Nuts.

6 green peppers

Peppers Stuffed With Nuts.

6 green peppers

½ cupful of tomato sauce
2 cupfuls of soft breadcrumbs
1 cupful of chopped walnuts
Cut a slice from the stem end of the
peppers and remove the seeds. Place in
cold, salted water, bring to boiling point
quickly, remove and drain. Mix the
crumbs and nut meats, moisten with the
sauce, season with salt and pepper and
stuff the peppers with this. Bake in a
moderate oven for 30 minutes, basting
with hot water containing a little butter. Duplex Hair Cutter . . . \$2.00 Durham Duplex Razor . .

\$1.00 FOR GOODS REGULAR PRICE \$3.00

If You Send Now, Today

PRICE \$2.00.

Once a year only, we make a special anniversary offer at COST PRICE.

HERE IT IS—DON'T MISS IT. We have advertised these goods so much in The Advertiser that you all know the work they will do, and that we guarantee them to do this work. THE DUPLEX AUTOMATIC HAIR CUTTER will cut a head of hair perfectly any style or length, in from three to five minutes. No experience or practice is needed. The Durham Duplex Razor is the only razor that can be held at the correct angle, and with it you can get the best shave of your life, without any danger of cutting yourgelf.

This Complete Raybox St.

This Complete Barber Shop Only \$1.00 Post Paid. With these two wonderful modern tools you are free from the barber's clutches for life. They will not only do better work, but do it quicker. They soom pay for themselves and then they will make you money for the rest of your life. They also save you many hours of valuable time.

On receipt of only \$1.00 and this advertisement, we will send you both the Duplex Hair Cutter and the Durham Duplex Razor—regular price for both \$3.00.

EXTRA SPECIAL OFFER!!!

If your order is post-marked within seven days of the date of this paper, we will send you ABSOLUTELY FREE a coupon good for \$3.50, entitling you to a stropping machine and five extra double-edged blades ABSOLUTELY FREE. Send only \$1.00 for the Hair Cutter, Razor and \$3.50 Coupon. This great big \$5.50 worth of goods for only \$1.00. But you must send today. Tomorrow may be too late. Agents wanted.
DUPLEX MANUFACTURING CO., Dept. P5, BARRIE, ONT.

UNDERCLOTHING Guaranteed Not To Shrink.

Try TETROL, 25c To clean spats, white kid shoes, gloves, etc. You will be surprised. BRUCE WALLACE

419 RICHMOND STREET.



Little Red Riding Hood was on her way through the wood to visit her grandmother, when she met a savage-looking wolf.

Why do you look so white?" growled the wolf. "I can't help looking white, sir," said Red Riding Hood. "Mamma just washed me with 'Infants-Delight.'"

INFANTS-DELIGHT TOILET SOAP

M OST economical in use because it is ALL SOAP—concentrated and compressed under tremendous pressure to eliminate the moisture. Send us three of these ads-all different-for beautiful Mother Goose Book in colors. JOHN TAYLOR & CO., Limited, Dept. 4, TORONTO.



25 Extra Cash Prizes of \$1.00 each

ET your pencil and paper right now. Try to
figure out the words and when you think you have
them, write them out as neatly as you can and
send them to us. We will reply right away telling you
if your solutions are correct and sending you the complete illustrated list of grand prizes that you can win.

Use one side of the paper only, putting your name and
address in the upper right hand corner. If you want
to write anything besides your answer to the puzzle
use a separate sheet of paper. Be neat and careful
because in case of ties the prizes will go to the boys and
girls whose answers are neatest and best written. Proper
spelling and punctuation will also count. 25 Extra Cash Prizes of \$1.00 each What Others Have Done You Can Do

THE PRIZES

1st Prize Beautiful

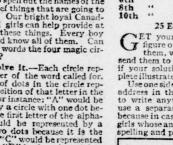
Here are the names of only a few of the boys and girls to whom we have recently awarded big prizes.

Shetland Pony and Cart, Helen Smith Edmonton.

Shetland Pony-Beatrice Hughes, Hazemore, Sask.
\$100.00 Cash, Lyle Benson, Hamilton, Ont.
\$50.00 "Helen Benesch, Junkins, Alta,
\$25.00 "Florence Nesbitt, Arnprior, Ont.







on. You must correcty count the dots in each circle, figure out the letter represented by its position in the alphabet and when you have them all figured out put them into proper rotation to spell the name wanted. It's not an easy puzzle but if you can solve it correctly you may win this lovely shetland pony or one of the grand Cash prizes above.

