

and graceful lines. Satin, crepe de chine or Georgette would be suitable for the blouse, and serge, satin, taffeta, linen or gingham for the skirt. The Blouse is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 3½ yards of 36 inch material. The skirt is cut in 7 sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. Size 24 requires 2½ yards of 54 inch material. Width of skirt at lower edge is about 2¾ yards with plaits extended. This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or 1c. and 2c. stamps.

A Popular Style. 2910—This little suit would develop well in serge, velvet, corduroy, tweed or cheviot. It is also good for wash materials, gingham, chambray, galatia, khaki, drill and linen. The pattern is cut in 4 sizes: 3, 4, 5 and 6 years. Size 4 requires 3 yards of 27 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

A Neat Apron Dress to be slipped over the Head, or closed at the back. 2526—Striped percale, with trimming of white linen, is here shown. This style is also nice for gingham, jean, chambray, lawn, sateen, or alpaca. It is cut in kimono style, and low at the throat, where it may be finished with or without a collar, in sailor style. Generous pockets are added to the front, and the short, loose sleeve is comfortable. The fulness at the waist may be free, or held in place by a belt. The pattern is cut in 4 sizes: Small, 32-34; Medium, 36-38; Large, 40-42. Extra Large, 44-46 inches bust measure. It requires 4¾ yards of 36 inch material for a Medium size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Popular Model. 2739—This pleasing design may be developed in lawn, linen, drill, percale, seersucker, or gingham. The skirt is a four gore model. The

Summer Catarrh

FREE CONSULTATION



CATARRH SPECIALIST SPROULE

(Graduate in Medicine and Surgery, Dublin University, Ireland, formerly Surgeon British Royal Mail Naval Service. Founder and Originator of the Sproule Method of Home Treatment for Catarrh.)

Now is the season for inflammation of the nasal passages, commonly called Summer Catarrh—and it may be deceptive as to its severity.

Perhaps you have it and are making the mistake of thinking it only a stubborn, sneezing, nose-running, head cold—an ailment that comes with midsummer and that you'll be rid of a while later on.

Don't deceive yourself about Summer Catarrh. It's more than a simple ailment. The very fact that it troubles you at all in warm weather proves that the inflammation is deep-seated.

Start to treat it at once! It's one of the best seasons of the year to get rid of it—the season when you can often clear it out of your system with the least time and trouble. Take your Catarrh in hand now for what seems to-day a harmless ailment may be a more serious one when winter sets in. Remember, neglected Summer Catarrh is too often the cause of that run-down, and weakened condition that opens the gate to epidemic troubles.

Don't neglect your Catarrh any longer. Don't meet the cold weather with your system undermined by this insidious, poisonous trouble. Write to-day for a helpful

CONSULTATION FREE

on just what to do for it. Consultation will not cost you a penny and you'll find the information of interest at least and it may be of aid and benefit.

Don't hesitate to ask for help. Through this Method hundreds of people have been happily relieved of Catarrh. Names and addresses of people living near you, can be sent. They were once sufferers but now as grateful friends they will tell you what has been done for them.

DON'T DELAY ANY LONGER! Write about your trouble and without any charge whatever you will be sent after careful study, a diagnosis and a friendly helpful letter that will show why this Method has proven so satisfactory.

Answer the questions yes or no, write your full name and address plainly on the dotted lines, cut out the Free Coupon and mail it without delay.

Address

CATARRH SPECIALIST SPROULE
117 Trade Building
Boston - Mass.

FREE CONSULTATION COUPON

This coupon entitles you to a free consultation on your Catarrh.

Does your nose run?
Do your eyes run water?
Is your nose stopped up?
Do you have to spit often?
Does your nose feel swollen?
Do you feel "all stuffed up"?
Do you have fits of sneezing?
Do you have pains across your forehead?
Do you sometimes have bad headaches?
Do you blow your nose a good deal?
Is there a tickling in your throat?
Does the mucus drop in back of your throat?
Are you losing your sense of smell or taste?

FULL

NAME.....

ADDRESS.....

SUPERFLUOUS HAIR

Can be permanently removed by the proper use of the Electric Needle. A skilled operator will not fail in giving satisfactory results. I have made this work a specialty, and after over twenty years' steady practice in the city of Winnipeg, I am in a position to assure my patrons that they will make no mistake in giving my safe and sure method a trial.

Send for booklet "Health and Beauty" for further particulars.
CONSULTATION FREE

Mrs. COATES COLEMAN

PHONE MAIN 996

224 SMITH STREET

Abolish the Truss Forever

Do Away With Steel and Rubber Bands That Chafe and Pinch

You know by your own experience the truss is a mere makeshift—a false prop against a collapsing wall—and that it is undermining your health. Why, then, continue to wear it?



Stuart's PLAPAO-PADS are different from the truss, being medicine-applicators made self-adhesive purposely to prevent slipping and to hold the distended muscles securely in place. No straps, buckles or springs attached; no "digging in" or grinding pressure. Soft as Velvet—Flexible—Easy to Apply—Inexpensive. Continuous day and night treatment at home. No delay from work. Hundreds of people have gone before an officer qualified to acknowledge oaths, and aware that the PLAPAO-Pads cured their rupture—some of them most aggravated cases of long standing. It is reasonable that they should do the same for you. Give them a chance.

FREE TO THE RUPTURED

Free Trial Plapao and illustrated book on rupture. Learn how to close the hernial opening as nature intended, so the rupture can't come down. No charge for it, now or ever! Nothing to be returned. Write today—NOW. Address, Plapao Co. Block 696 St. Louis, Mo.

Ottawa Ladies' College New Fireproof Building

Academic work up to the first year University. Seven successful applicants for matriculation last term without failure in any subject.

Music, Art and Handicraft, Household Arts, Physical Culture, etc. Ample grounds. The Capital offers exceptional advantages.

For Calendar apply to J. W. H. MILNE, B.A., D.D., President



A Dainty Dress for the Little Miss. 2924—You will like this model for wash fabrics, for silk, serge and gabardine, albatross, plaid suiting and velvet. The trimming yoke has added pocket sections, which may be omitted, together with the trimming. The sleeve is nice—for cool days in wrist length, and very pleasing and comfortable in elbow length. The pattern is cut in 4 sizes: 2, 4, 6 and 8 years. Size 4 will require 2½ yards of 36 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

A Stylish Design. 2920—This dress is good for gingham, chambray, lawn, seersucker, and other cotton fabrics. It may also be developed in silk, satin, gabardine, rajah and shantung silks. Gingham with linen or pique, or foulard and organdy could be combined. Width of skirt at lower edge is about 1½ yards. The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 5¼ yards of 36 inch

waist may be finished with the wrist length sleeve, or with one in elbow length. The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 7½ yards of 27 inch material. Width of skirt is about 2½ yards at the foot, with plaits drawn out. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Splendid Style for the Growing Girl. 2933—This "one-piece" model would develop well in blue or brown serge, or gabardine with braid trimming or embroidery. It is nice also for satin, taffeta, velvet and corduroy. The fronts and back are shaped over the sides, to form pockets. One may finish the sleeve in wrist or elbow length. The pattern is cut in 3 Sizes: 12, 14 and 16 years. Size 14 requires 4¼ yards of 40 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

c. in silver or

—This is a closing. The sleeveband view illustration for percale, tucker, drill, lawn is cut in medium, 36-38; 44-46 inches bust measure. The pattern will require 2½ yards of 36 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

or Best Wear. The pattern is cut in medium, 36-38; 44-46 inches bust measure. The pattern will require 2½ yards of 36 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

2479

2922

Size 10

Service Dress. The pattern is cut in medium, 36-38; 44-46 inches bust measure. The pattern will require 2½ yards of 36 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.

Popular Styles. The pattern is cut in medium, 36-38; 44-46 inches bust measure. The pattern will require 2½ yards of 36 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or 1c. and 2c. stamps.