

Good Complexions Depends Upon Cleanliness

LESSONS FROM IRENE HOUGH'S BEAUTY



"I always go to bed with a smile on my face, and I know the smile will be there in the morning."

(By Idah McGlone Gibson.)  
(Copyright, 1914, by Irene Hough.)  
Youth is always beautiful. It has a fascination all its own. And most of that fascination is in its promise.  
The tragedy is not in the number of added years, but in the failure in most of us to redeem the promise of youth. Irene Hough, who was judged the prettiest telephone girl, has either consciously or unconsciously started to make good some of her youthful promises.  
Although she has been at work in a telephone exchange she has kept her rosy complexion, her bright eyes and her wide smile of happiness and good nature.  
So long as she can carry those with

her through the coming years just so long will she be called beautiful. I have already told what Miss Hough does to keep her eyes bright and have given information of the courage, energy and sympathy that hides behind her smile.  
What does she do to preserve her complexion?  
First of all she keeps her face clean. I am astonished in reading the beauty columns at the requests for removing blackheads. There is just one cure and that is cleanliness and care.  
"No matter how tired I am or at what hour I go to bed I always take time to bathe in as hot water as I can stand," said Miss Hough.  
"During this daily bath I pay particular attention to my face and neck. I scrub them with a soft brush and plenty of good suds, covering them with later

as a man does when he is going to shave. Then I rinse my face in several waters, the last one being ice cold. After this I rub some cold cream into the skin of my face and neck afterwards taking off all superfluous grease with a soft cloth. When I have finished my complexion is as soft and pretty as that of my younger sister and it will only need a dash of cold water in the morning to tone it up to resist the ravages of the dust and dirt of the exchange.  
"And, last but not least, I always go to sleep with a pleasant thought in my mind; one that will bring a smile to my face, for I know that if I do this I will find that smile there in the morning."  
Miss Hough posed for a picture that would show what a difference smiles and frowns make in one's good looks.

SEEKING HUSBANDS AMONG THE TROOPS

Deserted Wives and Other Relatives Visit Office of Contingent

London, Dec. 19.—Official instructions under which the Canadian Record Office is precluded from imparting information to the press on this side, bear somewhat hardly upon relatives, in England, of the members of the Canadian contingent. In the case of casualties or accidents, the information must first filter through Ottawa, though if a death be the subject of a coroner's inquest, the fact may be published in local newspapers, while not being officially recognized. With so many members of the contingent belonging to Britain, this arrangement appears to be ill-adapted to the circumstances.  
The Canadian Record Office is kept busy with enquiries from wives who have been deserted by their husbands or from mothers whose sons have not been heard from for years. Cases have occurred where soldiers appearing in snap shots or group photographs published in the illustrated papers have been identified by female relatives who have been looking for them.

STRIKING POINTS IN SPEECHES AT AMHERST

(Continued from preceding page.)  
In Prince Edward Island the clergymen were also farmers, and aimed to be the best farmers in the parish. They were connected with the Farmers' Institutes. Father Gauthier told of one Prince Edward Island parish with a live clergyman who had urged many boys to take the course in agriculture, with the result that the parish had made wonderful progress. In France today Catholic priests were fighting in the trenches with the soldiers, and in doing so they would save France. Had the priests been closer to the people there would have been no French Revolution.  
Father Gauthier declared that it was to the interest of the merchants to cooperate with the farmers. They should, for example, encourage egg-circles, and put a premium on quality. The merchants in Prince Edward Island were not favorable to the egg-circles there, but they were getting over it. When the farmers found they could not get a market for their eggs in Montreal they tried Boston, with the result that Boston wanted all the eggs they could send.  
For a long time there had been too much politics, nationality and even religion keeping people apart in these provinces. There was no time for quarrels. Away with selfishness and encourage co-operation. Referring to the enormous strides made by Denmark under co-operation Father Gauthier concluded: "We also are going some now—let us go faster." His inspiring address was greeted with the most hearty applause.  
(To be continued.)

RECENT WEDDINGS

An interesting event took place yesterday afternoon at the residence of the officiating clergyman, Rev. F. H. Wentworth, when Joey James Allen of the 26th battalion, was united in marriage to Miss Sadie Lobb, daughter of Mr. and Mrs. Gregory Lobb, 188 Brussels street. The bride was supported by her sister Mary, and the groomsmen were Walter Armstrong, also of the 26th.  
An interesting sight one morning was another squirrel hustling along on the sidewalk in Bath, Me., carrying on her back two young squirrels which seemed to be enjoying their ride immensely.

Former Canadian Star and Coach Tells of Interesting Cold Weather Pastime Now Gripping Canadians in Sport



SOCCER IS THE GAME OF THE PROLETARIATE IN ENGLAND.

(By John P. Brady, forward on Galt Canadian Champions, 1905.)  
The game which is bound to be popular in any country is the game which the poor boy can play without great expense. One of these is baseball, another is soccer. Both are open air sports and both require about the same qualities, viz., speed, brains and skill.  
Soccer is the game of the proletariat in England; cricket the game of the wealthy. Soccer has spread to all corners of the earth in the wake of the colonizing Englishman. It has spread all over Europe and the soldiers in the great war play it between battles. It has grown with rapid strides in America until now there are teams here which can put up creditable exhibitions of the sport. Some of the great English teams have been known to come over here and get a set back they no more expected than did the American baseball teams that first went to Cuba and found the islanders could every now and then put one over on them.  
In fact soccer in the United States is about as well played in comparison with that of the old country as is baseball in Cuba in comparison with that of the big leagues. It requires more practice than hockey or lacrosse or baseball as in these games the hands are used most, while in soccer the hands are out of the game. Soccer is a comparatively new game. It is not fifty years old. In the early seventies it was tried in England and an association formed in which the Rugby game was discarded and the players not allowed to handle the ball

with their hands. This football association gave its name to the kicking game as Rugby had therefore been known as football even as it is in the United States.  
Among the American and Canadian born players it is usually referred to this day as association football.  
The southern part of the United States with its mild winters ought to be the ideal country for soccer. The game can be played under weather conditions which would make any other outdoor sport of its kind impossible. The equipment required for each player costs less than that of any other sport and, therefore, no one could be barred on this account.  
The writer coached the University of Chicago soccer team for two years and the authorities there looked upon soccer as a fine training up for football. In fact it has been taken up by baseball managers to help condition their men.  
Soccer is probably destined to be one of the principal sports in America during the next few years. It has all the elements that appeal to red blood without any of the dangers of Rugby.  
But only the comparatively few can play college football and after they are through college they are completely out of it. With soccer, on the other hand, they can play many years after being through college.  
In fact some of the famous foreign players have been in the game for so long as twenty-five years before they were considered to have gone back enough to be second raters.  
"My wife," said the tall lantern-jawed man, "is as womanly a woman as you can find, but she can hammer nails like lightning."  
"Wonderful!" sang the chorus.  
"Lightning!" the tall, lantern-jawed man continued, " seldom strikes twice in the same place."

ENROL BRITISH WOMEN

Will Be Trained for Signaling and Despatch Riding

London, Dec. 19.—At a meeting in the Mansion House in aid of the movement for the formation of a women's volunteer reserve, the object was declared by the Lord Mayor, who presided, to be "to provide a trained and highly efficient body of women whose services can be offered to the state if required."  
Such women, he said, could be trained for signalling, despatch riding, telegraphing, motoring and camp cooking, and thus could replace men who might be more usefully employed on the firing line.  
The Right Henry Chaplin, M. P., explained that the corps was intended to be employed in the event of an invasion of this country "by hordes of German barbarians." It was not proposed to arm women for aggression, he added, but to arm them for their own defence in the last extremity is very different and entirely justifiable.  
Four companies of the women's volunteer reserve have already been formed, with Viscountess Castlereagh as colonel.

An absent-minded husband was asked by his wife to stop in a store on his way downtown and buy her three articles of feminine wear. Of course, when he reached the store he had forgotten what they were. So the young clerk behind the first counter was amazed to hear:  
"Excuse me; my wife told me to come in here and get her some things to wear and I've forgotten what they are. Would you mind naming over a few things?"

HEART WOULD PALPITATE.

HAD WEAK and DIZZY SPELLS.

Palpitation of the heart is one of the most common of all heart troubles. The heart will beat fast for several seconds, then slow, then start to flutter, and a feeling of utter depression will come over the system accompanied by weak and dizzy spells, making you feel that you are surely going to die. When you feel this way what you require is a real good heart and nerve tonic; one that will strengthen the weak heart and build up the nerve system. For this purpose we know of nothing that can equal Milburn's Heart and Nerve Pills.  
Mrs. J. S. Nichols, Listowel, Ont., writes: "I was weak and run down, my heart would palpitate, and I would take weak and dizzy spells. A friend advised me to try your Milburn's Heart and Nerve Pills so I started at once, and found that I felt much stronger, and my heart was ever so much better within a short time. I cannot praise your medicine too highly for it has done me a world of good. My husband has also been bothered with heart trouble ever since childhood and finds great relief in using your valuable pills."  
Milburn's Heart and Nerve Pills are 20 cents per box, 3 boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



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CAPSICUM Vaseline

It does all that a mustard plaster will do. Is cleaner, easier to apply, and will not blister the skin.

There are many other "Vaseline" preparations—simple home remedies that should be in every family—Carbolated "Vaseline", an antiseptic dressing for cuts, insect bites, etc.; White "Vaseline", to prevent redness and roughness of face and hands; pure "Vaseline", for piles, chilblains, etc. and others. Write for our new illustrated booklet describing their many uses.

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SPASMODIC CROUP ASTHMA COUGHS BRONCHITIS CATARRH COLIC  
Vapo-Resolene  
Est. 1873  
A simple, safe and effective treatment avoiding drugs. Vaporized Resolene stops the paroxysms of Whooping Cough and relieves Spasmodic Croup at once. It is a boon to sufferers from Asthma. The carrying the antiseptic vapor inhaled with every breath, soothes the sore throat and stops the cough, assuring restful nights. It is invaluable to mothers with young children. Send us postal for descriptive booklet. Also by envelope VAPOR-RESOLENE CO. Loringville Bldg., Montreal

McAvity's Christmas Suggestions

Any Set in this advertisement sent by Parcel Post, insured, on receipt of price—anywhere in the Maritime Provinces

Scissor and Manicure Cases

We carry a large assortment of these cases in different designs. Fitted with one pair each 3 1/2-inch Lace, 4 1/2-inch and 5 1/2-inch Straight.  
Prices from \$1.00 to \$4.50

Fitted with one pair each 3 1/2 inch Lace, 4-inch, 5-inch and 6-inch Straight Scissors; all of the very best quality steel.  
No. 4498—Leather Case \$3.25  
Other patterns, with 3 and four pair, from \$2.00 to \$4.00

Manicure Cases

Fitted with one Manicure Knife, Nail File, one pair Manicure Nippers, one pair Manicure Scissors, one Cuticle Knife; all of the best quality steel.  
No. 416R—Leather Case \$4.00  
Other styles with 4 and 10 pieces, \$1.50 to \$15.00

Sewing Sets

We are showing a fine assortment of these Sewing Sets in various styles and qualities.  
Our prices range from \$1.00 to \$5.00

Military Brush Cases

Solid Leather Cases, fitted with Comb and pair of Ebonized Back Brushes. Very best quality bristles.  
No. A 156C - - Per Set \$3.00  
No. A 157X - - Per Set 3.75

Dressing Cases Ladies'

Seal Grain Leather, fitted with Ebonized Hair Brush and Mirror, Comb, Tooth Brush, Soap Box and Cutlery.  
No. A 1945 - - \$3.50  
Other styles from \$6.50 to \$20.00

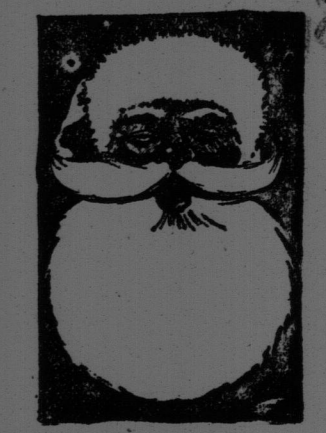
Gentlemen's

Nut Brown Hide, fitted with Ebonized Military Brush, Mirror, Comb, Razor, Strop, Soap Box, two Bottles with Tooth Brush and Shaving Brush, and Scissors.  
No. A 180H - - \$6.00  
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Toilet Sets Electro Plated

In two and three pieces: Beaded Pattern, Green Moreen Cases, lined with best quality Figured Silk.  
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HERE IS A LIST OF A FEW OF OUR MANY CHRISTMAS GIFTS  
MEN'S SWEATERS, From \$1.25 to \$7.50  
BOYS' SWEATERS, From 75c. to \$2.00  
MEN'S GLOVES, From 25c. to \$2.50  
BOYS' GLOVES, From 25c. to \$1.25  
MEN'S TIES—All Boxed, From 25c. to 75c.  
MEN'S BRACES—All Boxed, From 25c. to 75c.  
MEN'S COMBINATION SETS—In Boxes, From 50c. to \$1.25  
MEN'S MUFFLERS, From 25c. to \$2.50  
DRESS SUIT CASES, From \$1.25 to \$9.50  
MEN'S DRESSING CASES, All Prices  
MILITARY SET, All Prices  
MEN'S UMBRELLAS, From 75c. to \$6.50  
SAVING SETS, From \$1.75 to \$8.50  
SHAVING SETS, All Prices  
COMB AND BRUSH SETS, All Prices  
MEN'S FANCY SOX, From 25c. to 75c.  
MEN'S SHIRTS, From 50c. to \$1.50  
MEN'S PANTS, From \$1.25 to \$6.50  
BOYS' SUITS, From \$2.98 to \$12.00  
GREAT BARGAINS IN MEN'S SUITS AND OVERCOATS  
SUITS, . . . . . From \$4.98 to \$22.00  
OVERCOATS, From \$5.00 to \$25.00  
HERE ARE A FEW OF OUR LADIES' GIFTS:  
LADIES' SWEATERS, From \$1.25 to \$5.50  
LADIES' GLOVES, From 25c. to \$3.50  
LADIES' MUFFLERS, From 50c. to \$2.50  
LADIES' UMBRELLAS, From 75c. to \$6.50  
MANICURE SETS, From \$1.00 to \$6.50  
COMB AND BRUSH SETS, From \$1.25 to \$6.50  
JEWEL CASES, From 35c. to \$6.50  
HAND BAGS, From 75c. to \$6.50  
HAND BEADED BAGS, From 75c. to \$6.50  
FANCY COLLARS, From 50c. to \$1.00  
SILK WAISTS, From \$2.49 to \$5.50  
LAWN WAISTS, From 75c. to \$2.50  
LADIES' WHITEWEAR of all kinds, all put in fancy boxes.  
SILK UNDERSKIRTS, From \$1.98 to \$5.50  
MOIRE UNDERSKIRTS, Worth \$2.25, . . . . . For \$1.49  
FANCY COLORED UNDERSKIRTS—Worth \$1.50, . . . . . For 98c.  
GREAT BARGAINS IN LADIES' SUITS, COATS AND DRESSES:  
COATS, . . . . . From \$5.00 to \$25.00  
SUITS, . . . . . From \$9.00 to \$24.00  
SILK DRESSES, From \$7.50 to \$14.00  
SERGE DRESSES, From \$4.98 to \$10.50  
WE HAVE HUNDREDS OF OTHER CHRISTMAS GIFTS TOO NUMEROUS TO MENTION.  
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