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present stock of used cars. We

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Five Roses Flour

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PIPING HOT. SUCH FAT ROUNDED SUBSTANTIAL LOAVES RICH WITH CREAMY NUTRIMENT.

Time spent using

Calvert's Tooth Powder

is time spent well.

For the cleaner the teeth are kept, of course the longer they will last and the better they will look.

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It's no wonder Maple Buds taste good, and it's no wonder mothers everywhere are encouraging the little folks to spend their pennies for them.

Maple Buds are nothing more than the best of chocolate, pure milk and sugar—things the doctor would recommend to build up a sickly child. The most delicate child can digest them.

The distinctive flavor of Maple Buds is entirely due to the use of only the best chocolate. The fine velvety texture comes from grinding and grinding through innumerable steel rollers.

COWAN'S MAPLE BUDS

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The Cowan Co., Limited
Toronto Ontario

OF INTEREST TO WOMEN

WHAT ONE MAY GIVE THE BRIDE.

Things That Come Within the \$5.00 Limit.

Unless one limits the price paid for wedding gifts to a certain amount, one is likely to be carried away by enthusiasm from time to time, to the tune of a good many generously spent dollars.

There are many beautiful and useful and distinctive gifts which can be bought under the \$5. limit. If the bride is of a sentimental turn of mind and dislikes exchanging her gifts, try to choose something which will not be duplicated or which, if duplicated, will still be useful. And always choose the present with some knowledge of the bride's tastes and needs in view.

If you are willing to have your gift exchanged, make sure beforehand that there is no reason to prevent an easy and satisfactory exchange, both to the shopkeeper and the bride.

As for choosing something which the bride is sure to like, that is sometimes difficult. Some young women with strong opinions and a distinct idea of what they want their house to look like after they have settled it have been really made miserable by the necessary presence of some kindly gift in their living room. If the giver avoids certain things she runs little risk of giving anything which will be really disliked.

The shades are faced with silk or cretonne, which gives the lamp a delicate color value, so know something about the color scheme for the house you are helping to furnish before you send the lamp. A white enameled one with cretonne of blue, pink, green or yellow, as the case might be, would be lovely in almost any house, for almost every house has a bedroom with white enameled woodwork and hangings.

Pictures, for instance, are a bad choice unless something really wonderful can be given. For \$5, of course, a very good carbon print of some standard work of art could be bought and well framed. But perhaps the bride does not like the "Age of Innocence," or Whistler's famous mother or any other choice which you might make. Among the suitable \$5 limit gifts are any of the attractive wicker lamps in the shops. Occasionally, at a sale, a \$5 lamp large enough to serve in living room or sitting room, can be found; one for a dressing table or bedroom stand can always be had for \$4. These lamps are finished in mahogany and some of them have mahogany bases; they are also finished in various shades of brown and green enamel and stain and some are enameled white.

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Books are a good choice only if you know the deficiencies in the bride's library and know her tastes; an electric flatiron or toaster is a labor-saving gift of value which comes within the limit; a card case, fan or change purse would make an acceptable personal gift, and there are many other interesting and attractive articles which come within the limits of the \$5 gift.

GRADUATION COSTUME SIMPLE

Fortunately for the girl—and her mother—who must economize, the elaborate graduation costume has gone out of fashion. It is no longer considered good taste for a young girl to splurge out on her commencement morning in silks and satins and be decked with jewels and real lace. Simple frocks in girlish style are encouraged, says the Cleveland Plain Dealer.

In some of the largest schools in New York and vicinity, the young graduates themselves have established the under \$5 frock rule. No girl may appear on commencement evening in a costume costing over \$5, and the dressy frock she wears must have been made by her own hands. This excellent rule gives scope for originality, taste and needlework.

Sometimes a class color is adopted with the white costumes and is worn in the form of a sash or knot of flowers; but the all-white graduation dress is invariably the prettiest and the most effective. It is best to have the footwear white also, although this is not imperative. In any case the footwear of the whole class should correspond in color as a mixture of black and white feet crossing the platform is very displeasing from the point of view of the audience. By the same token, the footwear should be new and dainty-fitting, for the girl graduate's feet will be prominent when she stands high above the audience on the platform to receive her diploma. Sometimes the whole graduating class, sits on a raised platform, and then the footwear question is an exceedingly important one, and if all the girls' feet are shod alike the effect will be most pleasing.

White buckskin colonial pumps, or black patent leather pumps should accompany the graduation frock of airy character. Dresses of white crepe, heavy machine embroidery or ruffled, buttoned boots of white buckskin, but buttoned boots of black leather, though so fashionable with street costumes, should not be worn with a thin white frock, unless in the case of a little girl whose skirt falls well above her boots. Tan footwear should of course never be worn with the white graduation costume, and satin slippers with French heels are in equally poor taste.

Girl graduates are of so many ages and sizes that it would be impossible to set any definite rule for the length of the commencement frock. Generally speaking, it should not fall below the ankle nor rise more than five inches above the top of the buttoned boot. Ankle-length is girlish and graceful and is suitable for all well grown girls of 16 or over. If the hair is worn down, in a braid or ribbon-tied cluster of curls, the edges of the skirt should swing clear of the ankles by two or three inches at least, even if the girl has reached the 16-year age. The little grammar school graduate of course wears a shorter frock, in keeping with her 13 or 14 years of age.

The commencement costume of the girl approaching womanhood will naturally conform more definitely to the current modes in women's dress, but though its first intention, girlish simplicity, should never be lost sight of. Silk and satin gowns are now reserved for the wedding day and the graduation gown is of sheer tub material combined with lace and embroidery, or of chiffon, lace or net dropped over a slip of thinnest silk.

WHY WOMEN SELDOM CLOSE THEIR EYES IN CHURCH.

Why do men fall asleep in church, and why is it that women are seldom seen to close their eyes? This is a question that has received a good deal of comment and strong arguments have been put up by both sides.

If you have ever taken notice in church of those of the congregation who do not drowsily or even go to sleep you will have found that it is the men who do so. Indeed it is doubtful if one woman to a thousand men go to sleep in church. People are long held in the power of the impression of this, according to a statement made recently by a prominent local physician.

It has been said that men are more stupid, that they do not pay enough attention to the sermon, or do not comprehend it sufficiently to retain their interest and hence get sleepy. It has also been said that women are brighter, quicker to understand, and have more self-control and so do not lose interest and close their eyes in church while the minister is speaking.

All this is wrong. A local surgeon who has been making a study of this declares that men fall asleep in church because they pay more attention to the sermon than do the women. Further, he declares the average woman does not grasp the purport of the sermon, that she is slower of understanding than man. The man will watch the minister every minute; he will concentrate all his mind upon the preacher and what he is saying; he will watch his every gesture on every motion of his lips, and listen to every word until finally he drops off to sleep simply because he has watched so steadily, gazed so intently that he has actually hypnotized himself.

If a woman does not grasp the meaning of the sermon so readily, if her mentality is not so quick and keen one would think she would fall asleep but the fact remains that she has plenty to interest her. A man cannot look about the church and be interested in John Jones' cravat, or William Smith's vest, or Sam White's cuff buttons. He does not care anything about them. "At a woman will sit quietly in church, she will hear what the minister is saying, without giving much thought to it, but she will be interested in everything, every other word he is uttering, from the flowers and ribbons and buckles and feathers of her hats to their dresses and laces and jewelry, and fur and trimmings and lace and frills, and there is enough to keep her just moderately entertained and wide awake.

A wife should not blame her husband for being dull and drowsy and falling asleep; she should know it was because he was listening too intently to the sermon and thinking too deeply on it until he fairly worked himself into what appeared a sleep, but was in reality a sort of hypnotic daze.

PINEAPPLE RECIPES TRIED, TESTED AND FOUND GOOD BY CAROLINE COE

Pineapple Pies.

These are especially attractive if baked in small individual pie pans, (remembering to put it on the inverted tin and have a perfectly shaped shell). Bake to a delicate brown. Cut pineapple into small sized pieces.

Allow two-thirds of a cup of sugar to each cup of pineapple and let stand for two hours. Drain all the juice and beat one egg and one teaspoonful of corn starch for each cup of pineapple. Stir it into a cup of the juice and boil, stirring all the time or it will burn. When cool, mix the diced pineapple, fill the shells, putting meringue on top and browning lightly in the oven.

Gelatine Pineapple.

Soak one box of gelatine in one cup of cold water. Shred one pineapple with a fork and add three-quarters of a cup of sugar to each cup. Let it stand for two hours. Turn off a cup of juice. Heat, but do not boil. Turn in the gelatine. Stir until all is dissolved. Now put in one cup of pineapple slices and turn into wet mold. Serve with cream of pineapple juice.

Pineapple Jam.

Put into small dice or pieces. Cook in just enough water to cover until easily pierced with a fork. Take out apple, and add low three-fourths pound of sugar to one pound of fruit. Wet the sugar with the water which the pineapple was boiled. Boil sugar into syrup, put in pineapple and boil for five minutes. Cool a little before putting into jelly glasses. When cold cover with thin coating of paraffin.

Peel three large pineapples, grate them on a coarse grater. To each cup of the grated pineapple allow one-half cup of sugar. Mix thoroughly and put into pint cans and steam for two hours. Cover while hot. This is nice on puddings.

A great many very fine cooks do not use pineapples as much as they might, simply because they imagine they are hard to prepare.

It is not hard to prepare a pineapple, if you know how. Be sure that the fruit is perfectly ripe. Then take a small paring knife and twist it around one of the little cubes which form the apple. After this one is taken out, take a fork and dislodge the others, one at a time. The hard peel can easily be cut off each of these pieces.

This is the way pines are prepared in the south: Cut them down through the middle and cut out the hard pithy part that is in the centre. Then shred them out with a fork. You can do this so there will only be two boat-shaped skins left. Never try to peel a pineapple whole. If you want it cut in round slices, slice it first and then put it on a table and cut round the slice just inside the skin. Now when pineapples are selling for ten cents a piece, they are an economical fruit for the family. This is the time to eat them. Cut them in slices to eat.

Pineapples adds to the flavor of strawberry or cherry jam. Use it in proportion of one-third pineapple to two-thirds of the other fruit.

Kellogg's TOASTED CORN FLAKES

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You See Them Everywhere

Kellogg's CORN FLAKES

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During Change of Life—How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman.

Iola, Kansas.—"During the Change of Life I was sick for two years. Before I took your medicine I could not bear the weight of my clothes and was bloated very badly. I doctored with three doctors but they did me no good. They said nature must have its way. My sister advised me to take Lydia E. Pinkham's Vegetable Compound and I purchased a bottle. Before it was gone the bloating left me and I was not so sore. I continued taking it until I had taken twelve bottles. Now I am stronger than I have been for years and can do all my work, even the washing. Your medicine is worth its weight in gold. I cannot praise it enough. If more women would take your medicine there would be more healthy women. You may use this letter for the good of others."—Mrs. D. H. Brown, 809 N. Walnut St., Iola, Kan.

Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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Silver Spoons

knives, forks and serving pieces, in many exquisite designs, are stamped

1847 ROGERS BROS.

This brand is known as "Silver Plated that Wears" and is made in the heaviest grade of plate. Satisfaction is guaranteed. Sold by Leading Dealers.

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is pure salt—all salt—and nothing but salt. It is the finest, purest, and most economical salt for cooking and baking. For making tasty dishes—you can always get the purest and perfect quality of WINDSOR TABLE SALT.

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FOR WOMEN'S AILMENTS

Dr. Martel's Female Pills have been the standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

APIOL & STEEL'S

"At last things are coming my way."

said the actor as he bolted dripping from the stage.

"Eggs-actly!" responded the stage manager, drily.