

lining and under sleeves can be omitted. Also the collar is optional and it can be made with a square back that reaches to the high waist line or with a shorter square or with a pointed back. The skirt is cut in three pieces, the foundation in two and the closing is made at the side. It can be adjusted at the high or natural waist line.

For the medium size the blouse will require 2 1/2 yards of material 27 inches wide, 2 1/2 yards 36, 2 1/2 yards 44 inches wide with 3/4 yard of all-over lace for collar and cuffs, 1/2 yard of satin and 1 yard 18 inches wide for the under sleeves and chemisette; for the upper portion of the skirt will be needed 3 1/2 yards 27 or 36, 2 1/2 yards 44 and for the foundation 1 1/2 yards 27 or 36 inches wide; for the frills will be needed 10 yards of ribbon.

The May Manton pattern of the blouse, No. 7362, is cut in sizes from 34 to 42 bust, of the skirt, No. 7269, in sizes from 22 to 30 waist. They will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents for each.

A simple and good rule to remember and to follow is to buy nothing in the baking powder line unless all the ingredients are plainly printed in English on the label. This information is stated on every package of Magic Baking Powder. All Grocers sell it.

energy in a large degree, thus enabling you to go about your daily duties or pleasures wholeheartedly. Vibration is worth while.

"Exactly what is vibration?" some one asks. That is a very pertinent question. To be explicit, vibration is an electrical kneading and stroking of the flesh. As a result the circulation is stimulated, contracted muscles relaxed, flabby muscular walls toned up, and the tissues restored to a normal condition.

If you are the little maid with pallid cheeks who likes them not, avail yourself of vibration. It will send the sluggish blood coursing through your veins, racing to all parts of your system. After two, or three brief treatments you will have the exquisite joy of seeing your cheeks one flame of scarlet.

As a wrinkle remover and as an ideal face massage the vibrator is without a peer. Special attachments which can be used for massaging the face, and move gently over the skin in small circles, will drive your wrinkles away in no time.

There is no longer any need to worry when the hair grows scanty and short, as vibration stimulates the circulation in the scalp. It brings new life and energy to the oil ducts that keep the hair in perfect condition—neither too dry nor too oily. If the vibrator is employed correctly it will remove all traces of dandruff and your hair troubles will be at an end forever.

Should your pores be torpid and filled



Bow Falls B.C.

Beauty for All.

By Agnes Chedholm

Did I hear you say you had given up trying to be pretty? Because your eyes are dull, your skin rough and yellow and dotted with pimples and blackheads? That is a formidable list of beauty drawbacks, but if you will promise to give me your undivided attention I will tell you a way to gain the clear skin, glowing with the rosy hue of health, the lustrous eyes, the rosy lips and the contented mind that renders the woman who possesses these attractions beautiful to her friends, her family, and herself.

Here's the secret, maids and matrons—use vibration! Yes, I know you are all surprised, but to use vibration will, in my opinion, put you on that short and narrow path which leads to beautyland. Vibration is so easy to employ, so wonderfully effective, so unexcelled in bringing quick beauty returns that it is a wonder to me that more women do not possess that marvellous little instrument—a vibrator.

Why wander wearily along, with your beauty goal many months away, when by employing vibration you can overcome such defects as a flat bosom, a wrinkled skin, hollow cheeks, a double chin, scanty hair and a host of other beauty ailments, in no time at all, comparatively speaking. A daily treatment from a vibrator will develop your physical and mental

with those little dark specks called blackheads, you can not do better than run a vibrator hither and thither over your face for ten minutes daily, until your skin is painted a deep red and the lazy pores are working overtime, as it were, setting their houses in order. Blackheads cannot exist where the pores are stimulated to do their duty by vibration.

Before applying the vibrator to your face, it would be well to cover the skin with special vibrator cream, as it is of great assistance in this work of freeing the pores from their unsightly contents.

It is most distressing for a woman to have her face or body dotted with pimples, consequently those so afflicted should fly to vibration as a means of delivery from their beauty trouble. In what way does vibration improve the condition of a pimply skin? It causes the blood to circulate rapidly, thus carrying off poisonous deposits; and, applied to the stomach, hips, back, and breast, will be the means of curing constipation, which is the chief cause of blotchy, unsightly skins. This should be good news to those of our readers who are so unfortunate as to have the beauty of their skins marred by ugly eruptions.

The Oil of Power.—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

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I WILL SHOW YOU HOW TO DEVELOP YOUR BUST.



The magnetic charm, and the power to fascinate others to compel admiration and obtain wonderful success in business or society, depend to a great extent upon the possession of a full beautiful bust. No woman can hope to win and hold the attention of others who has a flat, undeveloped bust. If you will spend a few minutes of your time night and morning you can make your bust as large and firm as you desire.

HERE IS MY SECRET

I want to point out the way for you to obtain a beautiful bust, rested nerves and radiant health—I want to send you a free copy of my book "How I obtained a Beautiful Bust by an Accidental Discovery," if you will agree to read it.

This book is a key to this marvellous process which is bound to cause a miraculous transformation in your appearance. You can place yourself in reach of a copy merely by a request. Make it now and learn more about a royal road to perfect development, more beauty and charm. Write me to-day for your free copy, and enclose two 2 cent stamps for reply. Address—

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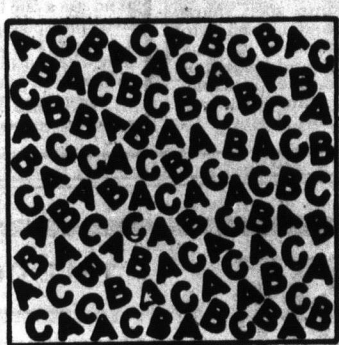
For correct solutions of A.B.C. Puzzle.

Read Carefully if You Wish to Win a Money Prize.

"Simple as A.B.C." the old saying is. This puzzle may look simple, but try it, and you will find it puzzling enough.

The puzzle is to count the number of A's, B's, and C's in the square. State how many of each letter you find.

To the person who sends in the highest correct count we will



give the sum of One Hundred Dollars (\$100.00). To the person who sends in the second highest correct count we will give the sum of Fifty Dollars (\$50.00).

To the person who sends in the third highest correct count we will give the sum of Thirty Dollars (\$30.00). To the person who sends in the

fourth highest correct count we will give the sum of Twenty Dollars (\$20.00).

Should two persons send in equally correct answers for the first prize, the first two prizes will be divided between them, each receiving the sum of Seventy-five Dollars (\$75.00). Should three persons send in equally correct answers, the first three prizes will be divided between them, each receiving the sum of Sixty Dollars (\$60.00). Should four persons send in equally correct answers, the whole sum of Two Hundred Dollars (\$200.00) will be divided between them, each receiving Fifty Dollars (\$50.00). And so on in like proportions.

DO NOT SEND ANY MONEY

We mean exactly what we say. We do not ask you to send us any of your money. There's only one simple condition (which does not involve in the spending of any of your money) to be complied with.

If you think you can correctly count the A. B. C's, write to-day, as this advertisement may not appear again. We will reply at once, saying whether your answer is correct or not and will send you a full prize list, together with particulars of the simple conditions mentioned above.

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