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NCERNING HEALTH and BEAUTY By Mrs. Henry Symes

Nourishment for the Tissues

an important part clive oil plays in the meking of palatiable sainds but many are unture of the value of olive oil from health and beauty point of view. The oil can be taken internally for many ills. Some most distressing asea of indigentian have been dured by it. A mibbespoonful should be taken for each meal. If the table is un-

THURSDAY, DECEMBER 11, 1913.

the property of the tasts is unpersent to the property of the paint of

offee and nervous trouble may cause all the trouble with the digestive of

One should never delay the search for a remedy for indigestion. When the trouble becomes chronic it is a serious matter. Attend to the trou-ble as soon as you feel the first symptoms if you wish to be saved future olive oil mixed with quinine is a

valuable remedy in the case of a cold. The mixture should be rubbed into the back and chest until the pores have absorbed the greater part of it. After applying the remedy, place a piece of oiled silk over the skin, so that the clothing will not be greased.

Camphor combined with olive oil and rubbed on the throat will relieve sore-

I am afraid that a great many persons treat colds and sore phroats too ightly. No one cares to be associated with the person who exaggerates his condition; but yet it is a risk for one to consider a cold a light aliment and allow it to go on in its own way, thus weakening the tissues and putting the system in such a position that it would not be able to resist any great attack niade on it. It is very important that the nose and throat be kept in a healthy condition, for they are the gates to the bronchial tubes and lungs. If the mucous membranes of these are

One should avoid exposure to wet and cold. A very bad habit, which inever it is necessary to go out in the rain, do try to remove the damp clothing as soon as possible after you enter the house. Persons in the business world should make it a point to at least have an extra pair of shoes and stockings in the shop office or store where they are engaged, so that they may change the damp ones as soon as they arrive.

The individual suffering from a cold should make it his or her gulty to have the system toned up by taking a good. variably results in a

instant relief and will often prevent a scar. Do not fall to have a supply of oll on hand, for there is no telling when het water or fire may inflame the skin Should you fail to have any oil on hand, apply salted butters This will take all of the fire out of the burn

and will prove most soothing. As a flesh builder olive oil has won a great reputation. When used ex-ternally it should be applied once a day. The arms, neck and face are parts that frequently need to be built up. rotary motion.
The oil used internally will increase

one's weight if a tablespoonful of it is taken four times a day. Another use for office oil is to vent callous spots. Very often the soles of the feet become hard and sore.
This can be avoided if oil is applied the company of the frequently. Persons thus should avoid wearing shoes which have

diseased, the germs cannot help but continue their way to the lungs. very thin soles. Bathe the feet in warm water before applying the oil, so that the skin will be in a condition to

In Indigestion Cuse face powder mix one ounce of the boric acid to nine ounces of talcum powder and you will have an agreeable powder for the skin.

After Pimples Disappear

To Develop the Bust

Moles Moles Dear Mrs. Symes.
Is there anything hesides the electric needle that will remove moles?
ANKIOUS.
There are many preparations offered for this purpose, but I advise you to go to a reliable operator and have the moles removed by him.

Dear Mrs. Symes.

The data when I am at bome and among friends I can talk freely, but when I get out in company it seems as though I cannot find a subject to discuss. Please advise me what to do, or how can I overcome this partial religing?

I suffer a great del with headache. What can be the chase of this? I wear glasses.

Try not to think of the opinion they are forming of you, but keep your mind on your subject. Surely, the daily papers, the newest magazines and the many, many books, etc., will furnish you with a topic for conversation.

Manicuring the Nails

ATRelief for

SoreThroat

If you take the trouble to look for something that will be cause for gratitude, you will find it.

Mrs Chester Adams

ARE YOU THANKFUL?

country unite in the expression of gratitude for the good things of the

ear. I think that I hear some of my

the nation because they have found

readers say, "What have I to be thankful for?" It is not unusual to hear pessimists refuse to join in the thanks

ERY soon there will be observed our national day of Thanksgiving.

when all the people of our great

something that will be cause for gratitude, you will find it.

Suppose that you are very uncertain
about the richness that your life holds
for you. Suppose that you are in danger
of becoming a pessimist. Let us look
into the conditions that are making
you unhappy and let us try to find
something for which you can be grateful.

You surely have a friend who can
appreciate a book, a bit of blue sky, a
beautiful some, or the wonder of a
thunderstorm? Friendsing is one of the
most precious of life's gifts, and if you
have not one congenial friend, do not
pity yourself, but investigate. It may
be your fault. Be thankful for one
friend.

The very gift of life, with its opportunities to do something before you
pass on your journey, is something that
should make you kneel with the millions
in thanks. Life means so much to us
in this country. This land is the best
country in the world because it is the
land of opportunity. If you have the
wish to do something and the determination to accomplish your end there
will be a way opened for you. Education, comfort prestige in all fields, any
goal that lies within reasonable bounds,
can be made your own. Look around
you to see what others have done. It
can again.

If you are friendless, without a family, there are still some rare couls with
whom you can commune. Through the
books that are within reach you can
speak with the master minds of all
time. Libraries are free in this country, and I am sorry for the woman who
has not enjoyed the solitude of books.
Through them any one who wishes san
acquire wiscom, poise, experience, and
can laugh and cry with human beings.

Mother Nature is a great comforter.

Have you ever tried to let her speak

to you when things go wrong? Take a look at the blue sky or the green trees; let the white snow or the brown swallow prove to you that there is a grand scheme in the world and that there is a balance, a compensation that is comforting. And that reminds me that if you are very rebellious the essay on compensation by Emerson will bring you to a frame of mind

Mixed With Quinine for Colds

that will make you happy.

The power to think, to act, to take part in the everyday affairs, is a great gift. Be thankful that you are not living in a time when a woman was burned for daring to think or to act except along prescribed lines. The concession that women are human and worthy of regard and respect is worth our thanks.

Be glad that you can laugh and cry;

that you can feel sorry and disturbed; that your opinion and work, no mat-ter how inconsequential, is heeded by some one, and that you are a little ore experienced and a little more worth while than you were this time

Be thankful that you can express your gratitude. So long as this is so there is some good in you and there is hope for your life's fitting in with the pattern that is being woren each day by countless weavers all around you.

Solutions to Social Problems

After a Long Time.

During the summer I attended a tea given by a woman and her daughter on board their new yacht. I am only slightly acquainted with lowing their entertainment we left town for a long trip, and have just returned. As they have never called upon us, I am at a loss to know what to do.

If was an unusual thing for the mother and daughter to invite you to an entertainment when they never called upon you. However, if you wish to be friendly with them, I suggest that you call and leave your cards, so that they may know that you are in town for the season.

A Fee to Be Paid Dear Mrs. Adams.

Will you kindly inform me if it is proper when a young woman receives an invitation to a private party at which a fee is to be paid to have the young man she is to invite pay the fee, or should she pay it.

I think it would be less embarrassing to both parties to have the woman pay the fee. If the hostess had sent the invitation direct to the man, that would have been a different matter.

The Man's Dress Dear Mrs. Adams.

Does a man wear a full dress suit at an afternoon wedding which is held at the bride's home?

No! He should wear a cutaway frock coat; white, pearl, gray silk or linen valistocat or one to match coat; gray tousers, or those to match the coat; white linen and a pearl or light-colored Ascot or four-in-hand tie.

Who Speaks First?

Dear Mrs. Adams.

1. When a boy and girl meet on the street, who should speak first?

2. Is it right for a girl to speak to a boy whom she has never met, but MNXIOUS.

1. The girl.

2. It would be better to wait until he has been introduced.

Doilies Dear Mrs. Adams.
Should dollies for the bread-and-butter plates be included in a luncheon set? There plates be included in a luncheon set? There are none with the one I am makins. I have seen what they call three-in-one sets. These have one large doily, which extends beyond the plate far enough to accommodate the tumbler and bread-and-butter plate.

As a rule, the bread and butter plate dollies are included with the luncheon set. However, in the case you mention it would not be necessary to have them.

Would not be necessary to have them.

A Theater Party

Dear Mrs. Adams.

I wish to give a theater party, and would like to know how the invitation is to be extended to the men and women. Do the people meet at the theater, or am I supposed to secure the vehicle and call for them? Is it necessary to give a innehear after the theater party? PERPLIXED SARAH.

Your letter did not reach me in time for its answer to be published on the date you mentioned. However, I shall answer it now, for it may help other readers.

Sand informal notes to your friends inviting them to the theater and state the night and hour and the character of the performance and where you wish them to meet you.

If you are financially able, send a vehicle for your friends. It this is not convenient, make arrangements to meet your guests in the theater lobby, or

ADVICE ON SOCIAL CUSTOMS send the tickets to them and let them find their way to their seats. As the guests appear the hostess should rise to offer greetings.

A dinner served before the theater or a supper after the performance always adds to the occasion. Of course,

Dear Mrs. Adams.

I am engaged to be married to a young man, and should like to know what I may give him for his birthday. I cannot afford anything expensive.

It is always rather difficult to suggest a gift for a man without knowing his likes and dislikes. However, I shall make a few suggestions which may help you out. A book, a subscription to a magazine, a fountain pen, an article for his desk or handker-chiefs on which you have embroidered his initials, may appeal to the young man you have in mind.

Thanking for Gifts

The Proper Reply A written reply is not necessary. If you purpose to attend, your presence serves as an acceptance. If you can not attend, you should send your cards to the parents of the bride so that they reach them the day of the reception.

Leaving Cards at the servant who spens the door the sand, and the servant who servant who

The Way to Tell Dear Mrs. Adams.
When attending a home dinner, how is a man to know what woman he is to escort into the dining room?

As the guests assemble the hostess will tell each man which woman he is to escort. If she is a stranger to him the dostess will proceed to introduce him. him.

Another plan and one which is generally adopted now is to prepare place cards. In such a case, the guests can go into the dining room in a group and then find their places by the cards on the table.

What to Reply

Dear Mrs. Adams.
What should a man reply when he is introduced to a young woman?
He may say, "I am very happy to meet you, Miss Brown," or "How do you do, Miss Brown?"

After a Death

Dear Mrs. Adams.

Will you please tell me what is the proper thing for a woman to do when learning of the death in a family where only a calling the death in a family where only a READER. acquaintance is kept up? A READER. acquaintance is kept up? A recommendately
In such a case one calls immediately
to leave her cards for the various members of the bereaved family. Not Necessary

Dear Mrs. Adams.

Will you kindly tell me if it is necessary to have a platform built for the bridal party when the wedding is to be held very quietly at home?

It is not necessary to do so. A background of green plants will prove all-sufficient.

ground of green plants will prove allsufficient.

At a Morning Wedding

Dear Mrs. Adams.
I expect to be married at 10 o'clock in
the morning. Will you kindly tell me how
the groom should dress for a wedding at
this hour? Also should the bride wear hish
neck and long sleeves and gloves, or can
abe wear short sleeves and gloves, or can
iow neck?

The proper dress for the groom, consists a black or dark blue frock
coat, white vest or one that matches
the coat in texture, gray or dark
trousers, white linen, pearl or lightcolored Ascot or four-in-hand tie
and gray gloves.
The bride is at liberty to wear high
or low neck and short or long sleeves.
If she is married at home, she need
not wear gloves unless she wishes to
do so; but at church they are necessary.

What Color Gloves? For morning or business journeys, tan, black or gray kid gloves are worn. For calls, afternoon entertainments, etc., white kid gloves are worn.

BEAUTY QUERIES ANSWERED

REPLIES to letters to the writer of this department will be printed in regular order; but no replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

To Darken Eyebrows

Dear Mrs. Symes.

1. Will you please tall me of something that will darken the eyebrows? Does an eyebrow pencil harm the eyebrows?

2. Will glycerin and rosswater whiten the hands?

3. What could 1 do for a shiny nose and forehead? Do you think it is the soap that I use that makes the skin shine?

1. The eyebrow pencil is the most satisfactory thing to use to darken the eyebrows. It will not harm them.

2. Yes. A little benzoin added to them will increase the whitening qualities of the lotion.

of the lotion.

3. Failure to rinse the soap well from the skin with cold water will cause the skin to shine. After rinsing the face, apply witch hazel to it. Dislikes Her Nails

To I. L. H.—I cannot retrain from saying that you are a very feelish girl to put so much importance on the appearance of your nails. Do not let their condition prevent you from taking up this course you suggested in your letter. An employer, while he expects personal neatness, will not let the matter you refer to keep you out of a position if your work is worth while. I advise you to go once or twice to a reliable manicure and have your nails put in good shape. Watch her proceedings and then you will be able to care for them yourself.

Too Stout Dear Mrs. Symms.

1.7 am 17 years old and extremely stoul. Please tell me what I should do to reduce sekbones are very prominent.

2. Mrs. 11 wear my hair to make them less neticeable?

Why hands are very usty. The nails are brittle and the pores are very large. How ean I make my inners saper?

4. I have a mole on my right chaek.

What can I do for it?

Unit was promitted that you. like many other What can I do for 4t. DULU W.

1. I presume that you, like many other young girls, are very fond of sweets, such as candy ice cream, cake and rich pastries. If you will refrain from eating any of these things and all foods which contain a great deal of starch, such as potatoes, beans, corn, bread, etc., you will soon lose the superfluous weight. It is also advisable for you to take part in vigorous exercises. Swimming, rapid walking,

dancing, etc., all tend to reduce the weight.

2 The side part of a soft pompadour may be becoming to you. Arrange your hair in several styles and then select the one which suits your features.

3 To make your nails less brittle you should hold them in warm olive oil for ten minutes every day, and at night apply a liberal quantity of cold cream to them. To prevent enlarged pores you should be sufe to rinse the hands in cold water after they have been in warm water. Massage will help to taper your fingers.

4. The safest way to have a mole removed is to go to a reliable operator, and have electricity applied.

Superfluous Hoirs

Dear Mrs. Symes.
Will you kindly tell me if a scar is left after superfluous hairs are removed?
A READER.

Not if the work is done by a reliable

Dear Mrs. Symes.
Please tell me if buttermilk is fattening. Is it good for the complexion?

Buttermilk is nourishing but not fattening. It is a splendid thing for the stout person to take instead of fattermilk fords. Many persons have greatly reduced their weight by taking nothing but buttermilk for a week of more. Of course, when such a strict diet is followed it is not wise for the patient to undertake any strenuous physical or mental work.

The infernal and external use of buttermilk is very good for the complexion. It bleaches and softens the skin.

To Whiten the Elbows Dear Mrs. Smes.
What will make my elbows white? They are so yellow and mattractive. Is olive off good for the face and does it eaue hair to grow and mattractive that the mode and good as a substitute for powder of does it harm the skin? BEAUTY SEEKER.

To whiten the elbows and Improve them generally, you should cleanes them with scap and water and a complexion brush. Rinse them with clean, warm water and atter drying the skin apply cocoa butter, or the cream for which I am giving the recipe:

cocca butter of the redipe:

Landin syeins the redipe:

Landin 6 drams

Spermacti 8 drams

White vascing 25 ounces

Coccamb cold 25 ounces

Coccamb cold 25 ounces

Sweat sheard of 5 ounces

Tincture of sensoin 15 dram

Well the first five ingredients togethe and
heat until the mass concrites, adding the ben
cold drop by drop during this process

Extract of viniet or any perfume may be added
if agreeable.

Olive oil is very good for softening

and nourishing the skin. It will not

cause suberfluous hairs to grow.

It is not advisable to use boric acid

steadily. If you wish to use it as a

To Gain Weight Dear Mrs. Symes.

I am 25 years of age and measure 5 feet
3½ inches in height. My weight is 95
pounds. Will you please tell what I
can do to gain weight? My health seems
to be good.

If you are anxious to gain weight,
you must live in the open air and exercise for an hour or more every day.
Secure sufficient sleep, eat nourishing food and be very careful to masticate thoroughly. Substitute milk for
tea and coffee. If you are inclined to
be nervous, try to calm yourself, for
none of the above rules will do you
any good if you keep yourself keyed
up to a nervous pitch all the time.

Dear Mrs. Symes.

Please give me the recipe for a saive
or lotion to remove scars left by pimples
DISCOURAGED. The application of a solution of boracic acid will help to heal the skin which has been broken and affected by pimples.

Dear Mrs. Symes.

Will you please tell me what I can do to develop the bust? I do not care to use anything internally.

Following is the recipe for a very good massage cream which will oring the results you desire:

Lanolin.

Cocca batter.

I cunce Sweet almond off.

I cunce Sweet almond off.

I cunce Sweet almond off.

The many control of the contr

sation.

It may be that your glasses are not properly suited to your eyes. I advise you to consult your oculist; or, if you are not satisfied with him, go to a new one.

Manicuring the Nails

Dear Mrs. Symes.

Please publish the process of manicuring the nails. Also tell me of a good nail bleach. How and for what purposes the pumice stone used?

First of all, file the nails to the desired shape. Then hold the finger tips in warm, soapy water until the cutiele is somewhat softened. Dry the fingers and push back the outicle with the apade-like end of an orangewood shield. A very good bleach is peroxide. Wrap some absorbent cotton around the pointed end of the stick, and then use it beneath the nail. Pumice stone in powdered form is used to remove obstinate stains. After removing the stains dip the finger tips into the stains dip the finge To Whiten the Hands