

Better Than Wealth

is perfect health; but to enjoy good health it is necessary first to get rid of the minor ailments caused by defective or irregular action of the stomach, liver, kidneys and bowels—ailments which spoil life, dull pleasure, and make all sufferers feel tired or good for nothing.

BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World) have proved themselves to be the best corrective or preventive of these troubles. They insure better feelings and those who rely upon them soon find themselves so brisk and strong they are better able to work and enjoy life. For that reason alone, Beecham's Pills are

The Favorite Family Medicine

The directions with every box are very valuable—especially to women. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. Agents. In boxes, 25 cents.

10¢ Packages

DON'T FORGET TO ORDER FROM YOUR GROCER



MAKE SURE OF THE NAME

Kellogg's CORN FLAKES

For Pots & Pans



Old Dutch Cleanser is a wonder-worker. The fine particles cut the grease and the caked dirt, loosen and remove the hardest "burnt-in" food crusts in a jiffy. It's the quickest, easiest, a most sanitary cleanser.

Many other uses and full directions on large Sifter-Can 10¢.

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.

EVERY WOMAN should have a tin of Calvert's Tooth Powder. It is the standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

EVERY WOMAN should have a tin of Calvert's Tooth Powder. It is the standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

OF INTEREST TO WOMEN

Right Flowers In Right Vase

ONE day last September I paid two calls in a little suburban town, writes Ruby Rose Goodnow in the Delinquent. My first hostess ushered me into a very conventional living room. Everything placed just so. There was a tall, cut glass vase of pink carnations on the big table, and my hostess apologized for their faded edges—she hadn't been to the city recently, she said. My second hostess welcomed me in a living room that was as good as woods and gardens, so full was it of outdoors. On her reading table there was a blue ginger jar filled and spilling over with roses—red, white, and hadn't been to the city recently, she said.

I like to call them. The other woman found flowers and leaves and branches of lasting importance. She managed to have them all the time, and she never bought them. She refused to admit useless vases into her rooms, and selected jars and bowls and jugs of quiet tones, to give the flowers a chance. She used all the lowly garden flowers as they came, and when they came no longer she went to the woods for leaves and branches. Certainly her blue bowl of rose berries made ordinary carnations in their cut glass vase seem pretentious and artificial.

I like carnations, but I love their country sisters, clove pinks, better, live in the frizzly garden chrysanthemums better than the handsome forced ones in the florist's shop. If you live in the country you have all outdoors to draw on for flowers and leaves, trailing vines and berries. You can make your vases and jars interesting all the year round. We in the city, who depend upon the occasional day out of town to get flowers, prefer the lasting things; the leaves and twigs that bring the idea of outdoors into the room. When the old-fashioned garden flowers come into the city—the lilacs and daisies and jonquils and stocks—we empty our true and dried leaves and twigs in these sweet smelling, honey flowers.

You can buy better vases and jars at an ordinary crockery shop than you can in the bric-a-brac places. A brown earthenware jar, intended for a bean pot, is a very imposing thing when it is filled with flowers. Remember that the flowers are supposed to be the important things, not the vases. Vases should be of dull-toned pottery or clear glass, or of some definite color of porcelain. For instance, a red jar full of bitersweet (orange and red berries on a twisty brown vine) is a fine spot of color, and a big blue jar of dark green laurel leaves is very restful. A dull green jar is just right for lilacs, and a yellow bowl for daisies. But those silly little vases with small necks painted with stiff, ugly blossoms—they aren't worthy of flowers.

If you must have painted representations of flowers, have pictures of them, and frame them and hang them on your walls. Do not stick slender-stemmed pink roses into an ugly little vase with yellow and red nasturtiums painted on it.

There are many little vases with slender necks that are just right for single roses, or two or three jonquils. But usually the squat jars and vases with openings big enough to admit many flowers are nicer than these slender ones. Like many low, squat vases so that I can fill them full of daisies or asters or clove pinks or jonquils. A brass loving cup, about six inches in diameter, to hold the sprays of plum and cherry blossoms and the indescribably lovely apple blossoms that spring from them. These vases should be straight up and down, with no curves or decorations. In green, gray, or brown earthenware they are perfect for the garden flowers from the fruit trees. Later they will be just as nice for irises and gladioli, and still later for autumn leaves.

How To Have Pretty Arms

THERE is nothing more attractive than a beautiful, rounded arm, dimpled at elbow, and softly curved at the wrist; so begin at once to make yours what it should be. A beautiful arm must be a white arm, and the girl who has allowed herself during the summer months, to be blackened by sunburn, should set to work at once to repair the damage old Sol has wrought. A dainty bleach, which will not only whiten and soften the skin but heal small abrasions and pimples, can be made as follows:

Beat the yolk of one egg until fluffy, then add a teaspoon of olive oil, half a teaspoon of glycerine, and half an ounce of rose-water. Mix with enough flour to make a firm paste, and coat the arms thickly with it at night, winding about them long strips of cheesecloth, the ends of which are fastened securely with safety-pins. Let these bandages remain on until morning, and repeat this treatment nightly until you have arms which can defy criticism. This is one of the methods by which the professional stage beauty secures her perpetually snowy arms.

Constant dipping of the arms in water is ruinous to the texture of the skin, and if you household tasks force you to wet your arms frequently, you should first protect them with a coating of nutron-tallow or olive oil. So sensitive indeed is the skin about the use of ordinary soap leaves them red and blotchy. If your skin comes under this classification, make up some little bran bags and use them instead of soap when bathing your arms. Also, rub the arms twice a day with orange-flower lotion.

Orange-Flower Lotion for Red Arms: Orange-flower water... 12 ounces Pure glycerine... 34 ounces Pulverized borax... 6 drams The very first requisite for a perfect arm is exercise, for there must be a shaping foundation of muscle if the

arm is to present the much-admired curve of beauty. So do you do tomorrow morning and purchase a pair of light Indian clubs. Then begin, without delay, to take the following exercises daily. Be sure not to get heavy clubs, for they will make your muscles thick and knobby like a man's and no girl wants that.

Exercise for Beautiful Arms. Stand erect with arms outstretched before you and clubs pointing down. Describe horizontal circles, counting ten, then describe vertical circles, in like manner. All the motion should come from the wrists, and forearm, the shoulder muscles being perfectly still. This will build up the forearm in a very little while, banishing any flabby folds of fat and replacing them with firm and shapely tissue.

For the shoulders and upper arm, the following exercise is excellent: Stand erect, with arms raised to full height, above the head and clubs point, one upward. Swing the arms down in two circles, letting them cross in lower center front, and return to original position.

After these exercises to make the arms shapely, a few should be practiced to give grace and flexibility to the arm, for the prettiest arm is unattractive if stiffly handed, and it is this matter of moving the arms pliantly that the French woman has so excellently mastered. A famous New York ballet-master in New York employs this movement to train the arms of his pupils into harmonious action:

Stand with arms hanging loosely in front, the fingers just touching, so that a long oval is formed. There should be no break at wrist or elbow. Now, swing the arms apart and upward, until they form the same oval at shoulder height. Swing the arms apart again and form the oval above the head. Now return to the original position, and repeat the oval. This should not be done in three jerky movements, but as one continuous

movement; in ballet training, it is always done to music, so that makes the gesture more rhythmic. Practice this before a mirror, so that no ungraceful gestures can escape your eye; if there is an angle in the oval at wrist or elbow, you have proof positive that your arms need treatment.

The woman with large, fat arms should wear a long-sleeved sweater while exercising, and rub the thin arms should add massage to her daily treatment. Let her begin with a beauty bath to soften and whiten the skin, and make it receptive of the massage. To a basinful of very warm water add two cupsful of oatmeal and few drops of benzoin. Immerse your arms in this making sure that the elbows are well under water, and soak for several minutes; then, with a coarse washcloth, scrub them briskly, until they are a glowing pink. Dry thoroughly, and rub with a piece of lemon, letting the lemon-juice dry on. If your elbows are discolored and rough, rub the very gently with a bit of toilet pumice, and you are ready for the massage proper.

Coat the arms with a flesh-building cold cream, and rub thoroughly into the pores. The wrists should be massaged with a circular movement, paying especial attention to the small joint, which protrudes like an unsightly knob if milady has neglected her arms. For the elbows, rest the offending "funny-bones" in your palm, and anoint it until it feels like satin.

Of course, all this takes a great deal of cream, so I would not advise you to use your expensive face-cream for this purpose. A simple hand-cream will prove equally effective. A certain amount of hair on the arms is natural, and rarely noticed save by the owner, but the girl who has an excessive growth of hair on her arms, should use the French method of bleaching and killing the roots. Cutting the hairs makes them coarser and, hence, more noticeable.

Some September Canning

THE cheap season for apples, plums and grapes, which is now at its height, makes the following recipes timely. Use sterilized glasses into which to pour hot liquids, clean, washed apples into quarters, without peeling; and half as much water, and cook till the apples are soft. Strain the juice through cheesecloth, as long as it will drip, then strain it again through a flannel bag. To every quart of juice add a quart of granulated sugar. Stir over the fire until the sugar is dissolved. Bring to the boiling point, skim; boil again, skim; and repeat a third time.

Beach Plum Jam—This is one of the most appetizing accessories for meat. It is made from the beach plums found growing wild, and is readily tart, with a spicy, unusual flavor. Wash beach plums and stew till tender.

They may then be pitted, or used whole. Add quart for quart of sugar. Put them in layers in the preserving kettle, sprinkling each layer of plums with sugar till all is used. Heat very slowly to boiling point. Stir carefully. Boil ten minutes from the time the fruit begins to bubble.

Plum Conserves—The ingredients are: one pound of pitted plums, three pounds of sugar, one pound of raisins, one pound of walnut meat, three oranges in small pieces, and one-half pound of lemon juice. Cook all until thick—about one and one-half hours—and fill into sterilized glasses. Cover with paraffin when cold.

Grape Jelly—Pit the grapes from the stems, wash them, but do not add water. Put them on the fire and crush slightly to extract the juice. Boil for about half an hour. Drain the juice through cheesecloth or a jelly-bag measure, and add a cupful of sugar for every two quart of juice. Care must be taken not to squeeze the draining-bag or the jelly will be clouded. After putting the juice and sugar back on the fire, boil up and skim three times.

Grape Butter—Save the skimmings when making grape jelly and pour them into a granite pan. Add half a cupful of water and a cupful of sugar. Cook until thick, stirring often.

Grape Marmalade—This can be made of the pulp and skins of the grapes instead of extracting all the juice and throwing the rest away. Add pound for pound of sugar and boil slowly from one to two hours, or until the whole is thick and syrupy. —McCall's Magazine

Cravenette

Plasmite of slump on genuine "Cravenette" Showerproof Goods

If You Are Planning A New Spring Coat

or Suit or Skirt, be sure to have it of "Cravenette" (Regd) Showerproof Cloth.

"Cravenette" (Regd) Showerproof fabrics have two advantages possessed by no other cloth.

First—they are absolutely showerproof—proved by the wonderful "Cravenette" process.

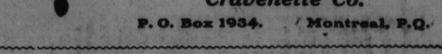
Second—they are light and porous—allowing the air to circulate freely, yet keeping the inner clothing dry on very wet days.

"Cravenette" (Regd) Showerproof garments come in a large variety of attractive patterns and color schemes, suitable for skirts, jackets and coats.

You can get genuine "Cravenette" (Regd) Showerproof garments in the newest styles for men, women and children—or you can buy the showerproof cloth and have garments made at a tailor's.

All genuine "Cravenette" (Regd) Showerproof garments and cloth bear the trademark shown above. Look for it whenever you buy.

If you cannot obtain goods, write Cravenette Co. P. O. Box 1934, Montreal, P. Q.



Crisp and Snappy

Full of "Chews" Full of Nutrimint

TRISCUIT

the Shredded Whole Wheat wafer, which contains all the body-building elements in the whole wheat grain made digestible by being steam-cooked, shredded, compressed into a wafer and baked by electricity crisp and brown—a delicious, wholesome substitute for white flour bread, toast or crackers.

A delicious snack for luncheons, for the bungalow in the woods, for automobile trips, for excursions on land or sea. It should always be heated in the oven to restore crispness and served with butter, soft cheese or marmalades.

MADE IN CANADA A CANADIAN FOOD FOR CANADIANS

The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

771

MOTHER! REGAL FLOUR DID IT

Bread like Mother used to make—light, white and palatable—is easy if you use

REGAL FLOUR

Common sense tells you that it is a hopeless task trying to make good bread of inferior flour. You must have the right basis, or baking day will only produce a batch of failures. Regal Flour is preferred by good housekeepers, everywhere, because its uniformly high quality is a known fact. Get a barrel of Regal from your grocer. If you don't find it all we claim, we'll refund your money.

The St. Lawrence Flour Mills Co., Ltd. Montreal, Canada

Worth Knowing

To renew the luster of morocco, or any other leather, apply the white of an egg with a sponge.

Use a clothespin to screw a small hook into hard wood. It will make it much easier than if the fingers are used.

Window blinds which have become dull and dusty with age may be considerably freshened by means of a coating of linseed oil. An old brush may be used with which to apply it, the blind being first secured with sashpads and then dried before the oil is laid on.

Unused silver will keep bright if laid away in a box of flour.

Varnished wallpaper should be washed with a whitewash brush and warm soapy water. Squeeze the brush lightly after it has been dipped in the water, and work from the ceiling downward, finishing one patch all the way down before starting upon the next. —National Food Magazine.

Nothing Will

MOLASSINE

ROYAL WARRANT ALL HORSE MEN SHOULD HAVE

Molasses Co. of Canada Montreal, Can. Drug Store—We have been number of years as we could keep our horses in proper condition, and have come to can take its place.

A testimonial of that, stating the value of "MOLASSINE" Try it yourself

MOLASSINE

1863—50

THE GOLD

New Brunsw FREDERICTON WILL BE CELEBRATED Sept. 15, 16, The Big Market \$15,000—IN OPEN TO CANADIAN Industrial, Agricultural, Dairy, Fine Art 4 DAYS—RA SENSATIONAL Education and Special Fares on For further information Fredericton, N. B.

LA

ALE --- ST PURE --- PALATABLE FOR SALE BY WINE LOCAL OPTION—Res can legally order for require for personal JOHN LABATT

King George Navy

IS IN A It surpasses all others process by which it is miously sweet and non- SOLD EVERY ROCK CITY TOBACCO