

HER LIFE TO "TIVES"

Both Stomach Trouble and Headaches

ross, Ont., June 20th, 1913. I believe that I owe my life to "fruit-a-tives". Ever since childhood I have been under the care of "fruit-a-tives". I was so sick and worn people on the street often if I thought I could get about help. The same old trouble and distressing illness nearly drove me wild. I got a box of "Fruit-a-tives" and the first box did me good. I was delighted and admiration of their use. I am feeling fine, and a meeting me on the street, I improved appearance and reason. I replied, "I am fruit-a-tives". He said, "Well, fruit-a-tives are making you look so ahead and take them. They more for you than I can". Mrs. H. S. WILLIAMS.

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Fancies of Fashion

Week-End Summer Time Costume Hints

By Madge Marvel

WHAT COULD I shall I take for the week-end visit? Shall I take a trunk? These two questions perplex many feminine minds during the summer months, when the week-end party is the favored form of entertainment. The average guest arrives at her destination by the late train Friday afternoon or the early one of Saturday morning. She leaves Monday. She will not need a trunk. There are suitcases and bags with capacity for all needed garments. The clothes required will depend entirely upon the manner of life in the house where you are a guest. In planning the costume the wise woman has this in mind, and tries to make her clothes fit perfectly into the picture. If you arrive Friday night, there are three evenings to consider. There will be need for some attractive dinner gown, an evening gown, if there is the usual dance on Saturday, and a suitable evening wrap, shoes and all the accessories. There should be a smart sports costume for Saturday morning, which will be suitable for tennis, golf, or tramping. Also provision should be made for the motor trip, and a motor bonnet and veil takes little room. Saturday afternoon there will undoubtedly be a light-reception room, which will grace the tea-dance, the lawn party or any similar occasion. A gown suitable for church wear should be taken for Sunday. To specify: The travelling gown may be of taffeta in some dark shade, in plaid or stripe or check, with fresh, crisp organdy collar, which will be correct for Sunday morning. With this may be worn a cape-coat, which will serve for the motor trip or any similar occasion. On Saturday for Friday night's dinner may be made to serve for Saturday's dance. If white lace be chosen, the undershirt may be worn Friday with a tulle bodice of pale blue or pink taffeta or charmeuse with a rose in contrasting color stuck in the girle. On Saturday night, the tulle and bodice may be of the lace with a girle of yellow or mauve. Saturday afternoon's frock will probably be some simple voile or batiste, and with it will be worn a large hat with flat trimming, which can be easily packed. Saturday morning's costume may consist of a blouse-shirt and tailored blouse of linen or cotton, with a girle of white or color of pique. It will be quite permissible to wear the same gown of Saturday afternoon or evening for Sunday night, depending upon the program arranged. Three pairs of shoes will be required. Black shall do for travelling shoes for Sunday and for Saturday afternoon, some lighter dancing shoes for evening wear and a heavy pair of white duck or canvas for Saturday morning. The evening wrap may be simple, a cape of charmeuse or a voluminous scarf being all that is needed.

TALES OF THE SEA

By Michelson



SAILOR MEN are notorious for tall yarns, so that it would be quite in good form that tales which might be told by any temporary sailor to any temporary sailor-ess should be regarded leniently. But you will say after a single glance that the tale that is being told in this case is not one that is at all in the sea-yarn class. Something SERIOUS is being said.

SHE is serious, too, and when you can get a girl in a lonesome corner of a big ship to listen to you seriously you have an important matter on your hands. Only the vagrant birds of the blue-green highway are noticing. No one else cares, because it happens every day. What a difference it makes when tales of the sea are not ABOUT the sea at all!

Secrets of Health and Happiness

How Coffee May Aid You and Harm Someone Else

By Dr. LEONARD KEENE HIRSHBERG

A PRIOR of a monastery in Arabia discovered coffee as a beverage. This monastery was situated in a sylvan dell where coffee grows. The worthy father observed that the goats who ate the coffee plants became brisk and alert, so he determined that his monks, who were more lethargic than they might be, should try it. The experiment was successful, and coffee as a beverage came into general use. Despite prejudices and opinions to the contrary, coffee puts both vigor and valor into a healthful man's muscles. The non-nervous individual, who drinks wisely and well of it, may smite the inert world as Moses did the rock, to see rich fluids gush forth. Excess of coffee, to be sure, like too much meat or oatmeal, carries dire destruction with it. To grind gold, to paint the lily, to fight the sun or add cerise to the spectrum, is to destroy each of these several effects. So with coffee. An intelligent drink, temperately and sanely taken, this bean of Arabia can upon occasion play havoc and high links. Certain Concrete Facts. Violent cravings lead to eruptive ends, as the electric spark explodes the harmless gases hydrogen and oxygen. Too much honey falls upon the lips and many cooks spoil the broth. Prof. Hollingsworth, the far-famed psychologist of Columbia University, at great expense and trouble, last year subjected a squad of fellow-observers to a series of brilliant experiments with coffee. Without, as some ungracious doctors do, admonishing a steep and thorny road to coffee heaven, while like a puffed and reckless libertine he trod the liquorish path of primrose dalliance, Dr. Hollingsworth obtained certain, indisputable concrete facts about coffee. In well persons who do not indulge in self-pity, who are not inclined to be nervous, sensitive and suspicious, he and his fellow-observers discovered that one grain of caffeine—much as in a good strong cup of coffee—increases the power of exertion. It adds to the strength and muscular skill. Physical capacity is augmented, thought is stimulated, the senses are more alert and the ability to associate objects with ideas, memory with things, words with meanings, are all conclusively improved. Moreover, the endurance of the individual shows a pronounced excellence for an hour or so after a strong cup of coffee is taken. The Danger Line. When, however, two cups, or more than a grain and a half of caffeine are swallowed, Bedlam breaks loose in the candidate's senses. Trembling, sweating, shivers and shakes which last longer than those of a pneumonia victim, seize the teller just after breakfast, in time, the foolish person, who drinks two or more cups of strong coffee at a time, is in a fair way to travel here and into an asylum. A surfeit of the sweetest things of life, the delectable of the stomach brings. From all these experiments it may be plain that coffee, unlike learning, is

Answers to Health Questions

Q. W. R. J.—What will remove warts on the hands? A.—Bathe the hands in hot vinegar two or three times a day, and paint colloidion on the warts at night. To one ounce of colloidion there should be added 10 grams of salicylic acid. Q. K. B. R.—What will remove growth of hair on neck and chin? A.—A shaving powder which is made in the South will remove the hair. Apply this once a week for one minute. The electric needle is O. K. If there are not too many hairs. H. E. W.—Am very constipated. What will help? A.—Am an awful tobeast. Chew gum after breakfast until I go to bed. When I stop for an hour I feel dopey. Q.—You should eat lots of stewed fruits, drink about 15 glasses of water daily, eat plenty of bran bread and bran biscuits. Walk a good bit. Q.—Try chewing gum until you break yourself of the chewing habit. The fact that you feel dopey isn't because you stop chewing tobacco, but because you have chewed too much. Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

The Good Night Story

Princess Tabby Cat—By VERNON MERRY

ONCE in the long ago there was a boy named Fred, who was the youngest son of a man that loved fine horses. His father owned a great farm, but was undecided to which one of his sons he should leave it. So one morning, he called his three boys into the study and told them that the one who brought him the finest horse should be his heir. That afternoon Fred and his two brothers set out on their search. When they were out of sight of the house, they tried to run away from Fred, but Fred kept up with them. Next morning they succeeded, because they all slept in a cave and they got up long before Fred was awake. Fred felt very badly about being left all alone in the great woods. He did not know which way to go to find a horse. But, as he was walking near a brook, a Tabby cat ran up to him and said: "Hello, Fred, you haven't found your horse, yet, have you?" Naturally Fred was surprised to have a cat speak to him, particularly as that cat knew all about him without having to be told. Yet it was such a friendly Tabby that Fred stroked its fur and talked to it. After a while the cat said: "Fred, if you'll come with me and serve me willingly for seven years, I'll give you the finest horse in the world. Is it a bargain?" Fred did not know how else to get a fine horse, so he agreed. Then Tabby led him to an enchanted castle, where all the servants were cats and all the decorations were gold and silver. For a long time Fred had nothing to do except enjoy himself, but one day Tabby smiled and asked him to take a gold sceptre and a silver rake and go out in the fields and cut the catnip hay. She said he must be careful not to lose the precious tools. So Fred went out and cut the catnip and stacked it up in little piles for the cats to carry to the castle. Then Fred gathered up his tools and brought them back safe to good-natured Tabby, who was very much pleased. But she did not then give Fred the horse, and Fred did not say anything about it. After a few years had gone by Tabby asked Fred to take some gold tools that she gave him and to go out where the lumber was piled up and to take that lumber and build her a house. So Fred went out to the lumber pile and worked very hard for a whole year building the house. When it was finished all the cats came out with Tabby and told Fred that it was the nicest house they had ever seen. As the seven years were now up, Tabby gave Fred the finest horse in the world and ordered the cats to get the state coach ready to take Fred home. When Fred stepped into that wonderful coach he found a beautiful princess waiting for him. It was Tabby, released from a wicked spell by Fred's seven years of willing service. Together they drove back to the farm, with presents for Fred's father, and Fred's brothers were sorry they had treated him so badly. Of course, his father had to give Fred the farm, for his horse was the best in the world, but Fred gave it to his brothers. You see, Fred had everything that he wanted in all the world. He also had a kind heart, which is much better than riches.

Peter's Adventures in Matrimony

By LEONA DALRYMPLE

The truth about "the girl in the case" distinguishes this new series by Miss Dalrymple. Her character studies will not appear unfamiliar to the majority of readers, who will follow the fortunes of "Peter" with interest. No. 122. Art and Dept.

"I'm sorry," I said, after an electric interval, "but Mary, I am not going to use this \$250 for anything so foolish as an apartment. You can do very nicely without it. I'll think that's perfectly horrid," said Mary, almost in tears. "I'll never know whether I have any money or not." "I never know now," I suggested grimly. "And I do all the worrying. I'm through with that. I've asked you to economize, and you can't seem to swing it. When I give you money to put aside for anything it just sort of filters through your fingers." "But—but it comes out all right," put in Mary eagerly. "Didn't I use up the payment on your father's note for salary was always gone so long before I drew it that it was silly to put it in the bank." "What do you mean?" asked Mary. "I don't understand your horrid old banking terms, Peter." "I mean," I said, "that I shall deposit every single check in the bank. I mean that I shall put into execution a pet stunt of mine, that I've had ever since I discovered that money gets away from you so easily. Each month I shall give you \$25 for yourself. No, on second thought, I can't do that, either. I shall do this: I personally will pay every household bill by check—it's an automatic system of book-keeping, anyway—and, then, whatever money is left, at the end of the month, after every single bill is paid, you and I will divide evenly. That's fair enough, I'm sure." "But—but," protested Mary, "suppose there isn't anything left? What then?" "Well," said I, "in that case you'll do without it, and so will I. One won't suffer any more than the other." "I—I think that's perfectly horrid," said Mary, almost in tears. "I'll never know whether I have any money or not." "I never know now," I suggested grimly. "And I do all the worrying. I'm through with that. I've asked you to economize, and you can't seem to swing it. When I give you money to put aside for anything it just sort of filters through your fingers." "But—but it comes out all right," put in Mary eagerly. "Didn't I use up the payment on your father's note for salary was always gone so long before I gave you the whole \$250 for a gift. That's an awful lot of money." "It's a lot of money," I agreed, "as long as you don't have your pretty fingers on it. Once you touch it—it somehow won't seem so much. No, I don't mean to be disagreeable, Mary. We've literally come to the end of the rope. I can't, and won't, have Dad putting his hand in his pocket to rescue me from the mistakes that I ought to have sense enough to keep out of. I make an excellent salary. My father and mother, and your father and mother began on half as much and got along beautifully. Why we can't do it is a mystery to me, but for a time, at least, I'm going to manage the purse strings and see how we come out. We made our biggest mistake when we took an apartment as fashionable as this, and we made a big mistake when we got the social bee in our bonnets." I said "we" merely out of politeness. I've never had the social bee to any violent extent. Mary has it badly, and she drags me with her. But Mary wasn't listening to my lecture. She was yawning at her mother, who had appeared in her front window across the street. "Mother's yawning a yellow back," exclaimed Mary radiantly. "Likely Dad's given it to her for Christmas— isn't he good?" "It may have been a reproach, and it may not—I don't know and I don't care. I'm getting a hardened soul. It's not merely so sensitive as it was a few months ago."

CURIOUS ANIMAL SUPERSTITIONS

The early woodsmen of America devoutly believed that a she bear licked her cubs into shape, these being supposed to be born almost shapeless. In Holland and Belgium to kill a stork is considered one of the greatest misfortunes that can happen to a man. Ill-luck is certain to follow him through life. In some southern localities the colored people believe that if a crow creaks an odd number of times, foul weather will follow; if even, the day will be fine. In many countries there is a superstition that when ants are unusually active, signaling to and fro about their nests, foul weather is sure to occur in a very short time. In almost every country the howling of a dog is regarded as a bad omen, the man sees the wolf, the man will be struck dumb, and remain so as long as the wolf lives. In Sicily it is devoutly believed, that a scorpion included in a bottle or in some situation from which it cannot escape will sting itself to death. In the Ural mountains the peasantry believe that if a wolf sees a man before the man sees the wolf, the man will be struck dumb, and remain so as long as the wolf lives. Several ancient authors narrate the superstition common in both Greece and Rome that the basilisk can throw its paroxysm to a considerable distance, and thus slay its victims.

Useful Hints for the Housewife

By Ann Marie Lloyd

BANANAS form so important a portion of the average diet it is well to know some of the various ways of serving this delicious and valuable fruit. In addition to its other qualifications, the banana is one of the foodstuffs which is usually within the reach of every one, for the price does not fluctuate, and is seldom prohibitive. Banana salad is a favorite with many who like fruit salads. It is simply prepared. Peel the bananas, removing all the inner white thick skin, and slice them lengthwise, roll them in ground walnuts or peanuts, and serve with mayonnaise dressing on lettuce leaves. Banana sandwiches are always a welcome delicacy with children. Slice the fruit in thin rounds, add a dash of salt, a sprinkle of sugar and a bit of lemon juice, and press between thin slices of buttered bread. When it is desired to serve something out of the ordinary for a vegetable, especially as an accompaniment to broiled chicken, try baked bananas. Allow for each banana one teaspoonful of butter melted in a tablespoonful of water. Arrange the halves of the fruit in a buttered baking dish, and pour the melted butter and water mixture over them. Then sprinkle with sugar and a bit of salt and over all squeeze the juice of half a lemon. Bake for half an hour in a moderate oven. If it is desired to keep the flavor of the banana intact, peel and bake whole, with a little syrup of water and sugar. Banana fritters may be extremely good or they may be utterly impossible as food, according to how they are made. If they are tough and soaked in fat, they are worse than useless. Quarter the bananas by slicing lengthwise through the middle and then cut each half across. Sprinkle them with powdered sugar and lemon juice, and let them stand half an hour. Dip them in fritter batter and fry in deep, hot fat which has been tested. Drain on paper and serve with lemon sauce. Devilish bananas have more flavor than many of the other dishes in which they form the most important part. They are easily prepared in a chafin dish. Melt a tablespoonful of butter, and to it add a tablespoonful of chopped red pepper, half as much chopped pickles, a teaspoonful of Worcestershire sauce and a dash of salt. Then add four bananas which have been peeled and cut into four equal parts, and cook five minutes. Sautéed bananas are simply prepared and excellent to serve with cold meats for luncheon or supper. Peel and quarter four bananas, melt two tablespoonfuls of butter, two tablespoonfuls of sugar and half a cup of sherry. When hot add the bananas and cook until they are tender. Serve very hot.

Advice to Girls

By ANNIE LAURIE

Dear Annie Laurie: I have read with great interest the very valuable advice which you so kindly give to young girls. So would deem it a great favor if you would give some to me. I have a gentleman friend who takes me out a great deal to dances, etc., and pays me a lot of attention. What we are together he seems to think quite a lot of me, but there is one thing which puzzles me greatly. He never asks to come and see me either Saturday or Sunday evenings. Do you think I ought to encourage his attentions? IN DOUBT. W. H. Y., you funny little girl you, now in the world can he ask to coffee and see you. It's your place to ask him. Didn't you know that? If a man is dead in love with you he mustn't speak to you in the street if he's known you for years, unless you speak first, that's the rule. Foolish, well possibly; but not so foolish as it may look to you. It is a woman's place to say "yes," you know, and a man's place to do the asking—even just for a good morning or a good afternoon. The next time you go to a dance with your young man, ask him to come and see you some evening, and see what will happen. Be quite assured of one thing, the ladies will not fall at any rate. Probably the poor thing is wondering and wondering why you treat him so peculiarly, and do not ask him to visit you at your home. Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women, readers of this paper and will reply to them in these columns. They should be addressed to her, care of this office.