

South, East, West

subject to the numerous ailments caused by irregular action of the organs of digestion and assimilation, and the best preventive of these conditions is given to those who use Beecham's Pills. But thousands have discovered that

Beecham's Pills

Best Sale of Any Medicine in the World. Beecham's Pills are the best preventive of these conditions, more restful sleep, greater strength, and a more cheerful disposition. Beecham's Pills will no doubt help you to try them—for all over the world they

Pronounced Best

Thomas Beecham, St. Helena, Lancashire, England. In Canada and U. S. A., in boxes, 25 cents.

George's

PLUG

10¢

GEORGE NAVY PLUG

SWING TOBACCO

IN A GLASS BY ITSELF!

others in quality and flavour because the

it is made differs from others.—It is deli-

non-irritating.

EVERYWHERE: 10c A PLUG

BACCO Co., Manufacturers, QUEBEC

Here's a delightful type of

old Scotch Whisky, of ex-

cellent bouquet, composed of

a careful selection of the

choicest Scotch Whiskies

Four Crown

possessing a flavor prized by

all lovers of good Scotch

Whisky.

FOSTER & CO., ST. JOHN

Agents for New Brunswick

THE ORIGINAL AND ONLY GENUINE Beware of Imitations Sold on the Merits of Minard's Liniment.

MINARD'S LINIMENT

THE GREAT LINIMENT

25c and 50c

JOHNSON'S

ANODYNE

LINIMENT

Used 102 years for internal and external ills.

A sure relief for

coughs, colds, sore

throat, cramps, chol-

era morbus, diarrhea,

cuts, burns, bruises,

sprains, etc.

Persons' Pills

Relieve Constipation and Colic

25c and 50c

L.S. JOHNSON & CO.

Quebec, Canada

For the cleaner the teeth

are kept, of course the

longer they will last and

the better they will look.

Time spent using

Calver's

Tooth Powder

is time spent well.

For the cleaner the teeth

are kept, of course the

Cravenette

Coats—in the New Styles for Men, Women and Children

"Cravenette" (Regd) Shower-proofed Coats are for everybody who wants to be dry and comfortable on wet days. They are shower-proof, yet light and porous.

"Cravenette" is not a fabric, but a process by which the cloth is made shower-proof.

Your dealer will show you the genuine "Cravenette" (Regd) Shower-proofed Coats in attractive styles, and in a variety of patterns.

Or—you can obtain the genuine "Cravenette" (Regd) Shower-proofed Cloth by the yard and have garments made to your individual measure.

The "Cravenette" (Regd) trademark is stamped on every yard of this cloth, and inside the collar of these shower-proof garments, as shown below.

If you cannot obtain goods, write Cravenette Co., P. O. Box 1884, MONTREAL, P. Q.

Facsimile of stamp on genuine "Cravenette" Shower-proofed Goods. 33

The best time to take WINGARINIS

"Wingarinis" is whenever you feel below your usual standard of health and fitness, but for those requiring a course of treatment, there are certain times of the day when there is an extra need for it.

Morning: Many people, especially those with a poor appetite for breakfast, find it necessary to take a "pick-me-up" during the morning. A glass of "Wingarinis" at eleven o'clock will dispel fatigue, brace you up, and give you renewed strength for the morning's work.

Afternoon: One glass of "Wingarinis" during the afternoon will banish headache or fatigue brought on through over-exertion, whilst shopping, travelling, walking, or through household work. "Wingarinis" not only refreshes and revives, but gives permanent energy for the rest of day.

Evening: If you take a glass of "Wingarinis" before retiring for the night, you will be protected from the risk of colds and chills on leaving a warm room for a cold one. You will also be assured a sound night's rest, and will give permanent energy for the morning's work.

These are particular times when thousands of people take "Wingarinis" regularly with the best possible results, but you can take "Wingarinis" at any time, in any circumstances, with safety and benefit.

"Wingarinis" can be obtained from all leading Stores, Chemists and Wine Merchants.

New Perfection Oil Cook-stove

Don't Break Your Back To Baste Your Bird

The New Perfection Stove with the New Perfection oven is just the convenient height. Everything about this new stove is just right. It bakes, roasts, broils and toasts to perfection, and it does not heat up the kitchen.

Made with 1, 2 and 3 burners. Stocks carried at all chief points.

THE IMPERIAL OIL COMPANY Limited

Winnipeg, Montreal, Toronto, Vancouver, Halifax, St. John

Regalite Oil is the best basting oil for all stoves and lamps.

Time spent using Calver'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.

CREAM OF ASPARAGUS SOUP. The asparagus soup is made from the trimming of asparagus, which is added to the stock in which the asparagus tips were boiled. Three cups stock, asparagus stock, one cup of milk, one teaspoon butter, one teaspoon flour, a little pepper. Put the stock and trimmings of the asparagus on and boil until tender; drain and mash through strainer; add the hot milk, butter and flour rubbed together and boil three minutes; add the pepper. The asparagus should be added.

FLUFF DUMPLINGS. One cup flour, one teaspoon baking powder, one-half teaspoon salt, one teaspoon lard. Sift the flour, baking powder, salt, one eighth teaspoon

OF INTEREST TO WOMEN

WAXING A FLOOR SO THAT POLISH WILL LAST WELL

The waxing of a floor is always more or less tedious, but if carefully done, and not overwaxed, the floor will last for months with only an occasional rubbing over with the weighted brush after dusting. A mixture of wax and turpentine can be rather rapidly rubbed all over the floor with a wooden cloth, and left over night to dry before polishing with the brush. Floors cared for in this way are beautiful to look at, stand good service, and are a fitting reward for the amount of time and labor spent on them, says Mothers Magazine. The care of the kitchen floor is always a perplexing question. Water, grease and soot falling on it, necessitate continual scrubbing. The only good floor for any kitchen is one of plain, uncovered boards which can always be reached with soap and water. Floors of this kind are usually of pine, which, if waxed, would turn white and dull with water constantly dripping on them. A good thing to do with such floors is first to treat them with turpentine and oil, allowing that to dry, and then saturate them with paraffin by melting it with hot iron. Cakes of paraffin may be purchased at the large grocery stores, scraped off onto the floor with a knife and then melted onto the boards with the hot iron. Such a floor will then never absorb water or dirt and can be kept clean with wet cloths. To preserve the good appearance of finished woodwork, one of the most essential things is constant and systematic dusting; for no matter how good the quality of the wood or the finish, dust and mold are bound to collect, and, in time, form a hard deposit in the joints and on the smooth, polished surfaces. If spots occur, a damp cloth may be

AS TO BECOMING COLORS

contrast to the fairness of the complexion that they neutralize to a great degree their influence for good.

A green hat is suitable, and if the rest of the costume is green great care must be taken to select a tone belonging to the same scale.

"When there is no green in the dress taste may be freely exercised in the selection of the hue of green for the head-dress.

"It may have a small proportion of rose-color for the trimmings, associated with white, and a white feather. Too much white, however, with green produces a cold and poor effect. Blue is highly favorable to the blond woman, as it imparts that delicate tint of orange which combines with the natural white and rose of the complexion. The blue must be light and not too positive.

"As blue is the perfect contrast of orange, it harmonizes well with golden hair; while by simultaneous contrast, it enriches all varieties of flaxen hair. By positive reflection it adds richness to blue eyes.

"Dark blue, while by no means objectionable, is not so suitable for the blue type of the fair blonde, on account, chiefly, of its bleaching effect upon the complexion by extreme contrast.

"Blue of an ultramarine character, inclining towards the purple shade, should never be worn by fair women. The colors to be avoided are red, orange, yellow, purple and brown, in practically all their hues and tones.

"As a rule the ruddy blonde may use freer selection of colors and hues than her fairer sister, her complexion not being of so delicate a character is not so sensitive.

"The true type of the fair blonde, the blond type, is the medium between orange and black, and that the tints of the skin are high and locally positive, moderately dark colors in dress are to be recommended.

"As in the case of the fair blonde, green is one of the colors favorable to the ruddy blonde, but, in this case, be continued. If the hair persists in returning. The electric needle is the safest and most reliable way of removing superfluous hair.

Tonic for Eyebrows. One of the best things I know of to increase the growth of the eyebrows and eyelashes is red vaseline. Apply with a small brush, and do not get in the eyes.

See above for increasing the growth of the eyebrows. If you wish a more elaborate formula, send stamped addressed envelope. The care of the skin is too detailed to discuss in this short space.

Falling Hair. If the hair is falling out, massage the scalp at night, with the following formula: White vaseline, 3 ounces; castor oil, 1 1/2 ounces; gaulic acid, 1-34 ounces; oil of lavender, 20 drops.

For more detailed advice on the care of the hair, send stamped addressed envelope.

BEAUTY HINTS FOR MIDSUMMER

During the season of cool, low necked dresses, the care of the neck is most important. After a hot windy day there may be dark rings around the neck. To keep this ring from becoming permanent, rub a good cleansing cream on a cloth that has been dipped into hot water, and rub the cream thoroughly into the skin, wiping off with a dry cloth, and following by a wash in good soap and water. When taking a hot bath, see that the neck is not chafed out of the soaking it needs to keep it soft. After cleansing on above suggested, the juice of lemon, mixed with juice of a cucumber, makes a splendid bleach. The cucumbers should be sliced, peeled and all, and cooked in a double boiler, until the juice can be poured through a coarse cloth.

The girl with the long face and neck should choose the square or round necked dresses, and the round faced girl can wear the V-shaped neck more becomingly.

If the neck and shoulders are thin and bony, massage every evening with cocoa butter. This will not fail to fatten them out in a few weeks.

The neck should be the same color as the face is. If the neck is yellow, apply a lotion made as follows: Four ounces of alcohol, two ounces of rose-water, fifteen drops of tincture of benzoin.

Of course the carriage of the head has much to do with the lines of the neck. A drooping, sagging chin can give pretty lines to the neck. Hold your chin straight, neither tilted forward or backward. Hold the shoulders straight, but not high. A beautiful neck and shoulders are as attractive as a beautiful face, and are easier gained, with only a little effort.

Superfluous Hair. For superfluous hair, take enough pure peroxide of hydrogen to wet the hair, add a few drops of ammonia. Do not use household ammonia, but what is termed by druggists as 4-F ammonia. This is not a permanent cure and must be continued. If the hair persists in returning. The electric needle is the safest and most reliable way of removing superfluous hair.

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HOUSEHOLD SUGGESTIONS

When cutting fur never use scissors, use a razor or very sharp penknife to cut through the skin at the back.

Put raisins and other small fruits in a corn popper when you want to wash them. Put them in it under the faucet.

Put a little salt in the starch and it will not "freeze" out of the clothes when they are hung out to dry in cold weather.

All milk puddings intended to be eaten at luncheon should be prepared as soon as breakfast things are cleared away.

Put pieces of heavy cardboard, cut to fit, into the heels of rubbers, if you would save them from wearing out quickly.

For pumpkin pie use one egg and three tablespoons of fine cracker crumbs to a pint of milk. It better than when more eggs are used.

When the hemstitching on bed linen breaks apart, cover it with a row of feather-stitched braid, neatly stitched on at each side.

To get rid of mice, hunt out their entrances to cupboard or pantry and plaster them with mixture of soft laundry soap and red pepper.

When children's shoes are wet, dry them and apply a little glycerine with a bit of absorbent cotton. They will be quite soft in the morning.

When it is hard to get bread to rise in cold weather, put a hot water

bag filled with hot water on top of the carefully covered bread pan.

Soups and stews should be planned at least a day before they are wanted, and the soups should not be thickened till just before they are used.

Scour kitchen boards and tables with paste made of 1/2 lb. soft soap and 1-4 lb. lime. Use as you would soap and wash the wood with plenty of water.

To clean white wool yarn, sift warm cornstarch through it and roll in a towel. In two days shake the starch out and it will be perfectly white.

A cutlery holder of strong denim, with neck stitched into it to hold the variously sized knives and forks, is a handy thing to tack above the kitchen table.

10¢ IS THE PRICE OF Kellogg's CORN FLAKES

Wholesome TOASTED CORN FLAKES Appetising

AT YOUR GROCER'S

There are the golden crusted leaves that fill the kitchen with the aroma of fresh-baked hickory nuts—See the eager kiddies follow their noses to table. To-day—Bake with Five Roses Flour.

Five Roses

Not Bleached Not Blended

MADE BY THE FIVE ROSES FLOUR CO., LIMITED, CANADA

Old Dutch Cleanser

WOMAN SICK FOURTEEN YEARS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.: "I suffered for fourteen years from organic inflammation, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to try Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me.

"If these lines will be of any benefit you have my permission to publish them."—Mrs. SADIE WILLIAMS, 455 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

HARRIS is true to its reputation as the HEAVY Best Babbit Metal PRESSURE for all general machinery bearings THE CANADA METAL CO., Ltd. Fraser Ave. Toronto.

For the Bride

No gift is more acceptable than beautiful, durable silverware. Remember that 1847 ROGERS BROS. is the original "Rogers." It is "Silver Plate that Wears."

Made in the heaviest grade of plate, and ranks first in quality.

Sold by Leading Dealers

CATARRH and DISCHARGES Relieved in 24 Hours SANTAL MIDY Each Capsule bears the MIDY Brand