WOMENS ONEWS. OF SPECIAL INTERESTATO

PEACE TATTOO **GREAT FEATURE**

Fine Spectacle and Musical Treat on Program of Exhibition.

The International Peace Tattoo, the big musical number of this year's Canadian National Exhibition will be conducted along entirely original lines. The bands will represent the different nationalities that figured prominently in the last unpleasantness with our neighbours to the south, viz., British, French, American and Canadian. It should be an inspiring sight as

It should be an inspiring sight as the bands swing into the arena clad in the uniforms of a hundred years ago and playing the airs that have breathed patriotism for a century and more. You can picture them to yourself. The French band swinging along to the "Marsellaise," the British Stepping smartly to the "British Grenadiers," the Americans proudly march. diers," the Americans proudly marching to "The Star Spangled Banner,"

Dominion Government Issues List of Unclaimed Bank Balances Yearly.

Every year the Dominion Government prints a blue book containing the names of all the people with unclaimed balances in the banks, and the amount in each case. If you have a balance in a bank, and the bank has not heard anything of you for five years and is without information as to your whereabouts, your name and your balance go into that blue book, for the information of the public in general and of anybody in particular who has a claim on that balance, in-cluding in latter class of persons, of course, yourself. The latest issue of this blue book, just to hand, contains 1100 pages. Many of the items are not worth printing. For example, it is published year after year that H. A. Smith of Lucan, Ont., has had one cent to his credit since 1868 in the Bank of British North America. With accrued interest, it must amount to several cents by this time. But it own books. Not by reason of selfish-

GRAND OPPORTUNITY FOR CIVIC Story of Goldilocks: "Somebody has been sitting in my chair!" The importance of these trifles is in the fact that serious disconstants.

opportunity of this kind comes but sult is perplexity and annoyance and seldom, why not grasp it and make exasperation. Domestic life proceeds your Civic Holiday one to be long remontered. Week-end fares in effect nition of individual rights, by keeping to all points on the beautiful Muskoka
Lakes. Train No. 3, leaving Toronto
5.55 p.m. daily, is now regular flag
stop at Bala. Full particulars from C.P.R. Ticket Agents, City Office, cor. King and Yonge streets.

TYPEWRITING BY TELEPHONE

demonstrated to the minister of to be in one direction. Neither must posts and telegraphs in Paris. The new instrument, which in appearance is similar to a typewriter, enables a sister who stands aside unselfishly, that she may not be found in the light is similar to a typewriter, enables 2 person telephoning to transmit a typed message should the person to whom he is telephoning be away.

A Easy Way to

Good Advice for Thin Folks

wish to gain weight is that they insist on drugging their stomach or stuffing it with greasy foods, rubbing on useless "flesh creams," or following some foolish physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the real cause of the physical culture stunt while the physical culture stunt while the real cause of the physical culture stunt while the physical culture stunt while the physical culture stund while the physical culture stunt while the physical culture stunt while the phys thinness goes untouched. You cannot get of more than five tons, and this fat until your digestive tract assimilates strength can be increased one-third

greatest of flesh-builders. Sargol aims through its regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening. powers to coax the stomach and intestines to literally soak up the fattening elements of your food, and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body. You can readily picture the result when this amazing transformation has taken place and you notice how your cheeks fill out, hollows about your neck, shoulders and bust disappear, and you take on from 10 to 20 pounds of solid, healthy flesh. Sargol is absolutely harmless, inexpensive, efficient, Leading druggists of Toronto and visinity have it and will refund your viginity have it and will refund your money if you are not satisfied, as per the guarantee found in every package.

Caution:—While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach troubles it should not be taken by those who do not wish to gain ten pounds or more.

Lines. To Niagara Falls and Buffalo low rates, good going Aug. 1, 2 and 3; good to return Aug. 4, Six trips daily, including Sunday. Unexcelled steamer service to Hamilton, Olcott Beach and Grimsby, with low rates to all points. Ticket office, 46 Yonge street, or Yonge street dock.

Why Not a Home Efficiency Week?

WE are having various kinds of "weeks" in various cities—weeks when the housewife is exhorted to do this or that, in a concentrated dose. I want to make a plea for an "efficiency week"—a week when we shall take every short cut possible, and prove to ourselves that work can be done quicker and more easily.

I think summer is just the time to begin such an idea, if we already have not; because if we are not efficient in hot weather we will surely suffer the consequences. It may be all right to dawdle and fuss and fret in winter, when the cold weather may permit nerves to stand it, but hot weather relaxed vi-

the cold weather may permit nerves to stand it, but hot weather relaxed vi-

the cold weather may permit nerves to stand it, but hot weather relaxed vitality will not endure overwork.

I hear a great deal of criticism about this new housekeeping, this home efficiency idea. After talking with such and such a person, and listening to why she doesn't agree that short cuts and easier methods can be taken, I find, at last, that my criticiser has never tried any of these ideas out—she only thinks they won't work!

Now, I am open to any new viewpoint, and am willing to admit anything that can be proved to me. But I refuse to accept criticism based on theory. If any woman can show why such and such plans won't work, I'll believe her; otherwise I'll stay firm in my belief that they will work.

The first thing in starting the new idea is to consider carefully all the conditions of your particular home management. What meals must you get? How many in the family? When to do the marketing? What could make the laundry work easier? What problem in my own home seems hardest, and how can I solve it?

cleaning? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make total of four hundred musicians, will give a short program. Dr. Williams of the Grenadier Guards Band conducting. And then in on instant appears an illuminated Enion Jack and at the other end a Stars and Stripes. The bands play "Peace, Perfect Peace," and a huge dove of peace settles down over the sister flags.

IS YOUR NAME IN

TH BLUE BOOK?

Cleaning? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, make the laundry work easier? What problem in my own home seems hardest, and how can it solve it?

These and other questions will come up. Try your best to answer them and other questions will come up. Try your best to answer them and how can it solve it?

These and other questions will come up. Try your best to answer them and how can it solve it?

These and other questions will come up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and other up. Try your best to answer them and othe



Give, Take and Borrow

ess we make a bargain to the contrary. A great part of the entangle-ment of domestic life arises from the several cents by this time. But it ness, but for the sake of order and hardly seems probable that Mr. Smith, or, if he be dead, his heirs, will ever claim that money now.

Solution in the sake of order and the sake of order and convenience. When I find my things showing the marks of somebody's else handling I feel like all the bears in the hardly seems probable that Mr. Smith, ness, but for the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the Gaillardias are among our very best, Gaillardias are among our very best, and the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the Gaillardias are among our very best, and the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody's else handling I feel like all the bears in the sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody is a sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody is a sake of order and headed chrysanthemum on the other, have been reveling in the intense and showing the marks of somebody is a sake of order and headed chrysanthemum on the other, have been revelled the sake of order and headed chrysanthemum on the o

C.P.R., BALA WEEK-END TRIP.

For the convenience of those wishing to spend the holiday at Bala and other Muskoka Lake Resorts the Bala week-end train will be operated as follows: Leave Toronto 1 p.m. Saturweek-end train will be operated as follows: Leave Toronto 1 p.m. Saturday, August 1st, arrive Bala 4.35 p.m. Monday, August 3rd, Civic Holiday, arrive day, August 3rd, Civic Holiday, arrive Toronto 1.30 p.m.

to disregard the courtesies of ownership. Youth is naturally communistic, as is seen in the dormitories of every college. When Henry misses his hat he hunts for it in John's room, and when Mary looks for her gloves she have a constructive of the courtesies of ownership. Just think what an opportunity this is for a holiday trip—two whole days and a half at one of the grandest beauty spots in America without the loss of one single business hour. An expectantity of this kind comes but suit is perjectly and annovance and

sisters growing up together as the best The invention of a novel typewriting machine by M. S. Cerebotani, which enables messages to be typed over the telephone line, was recently demonstrated to the ministers. of the other's happiness, is sometimes unthinkingly permitted to renounce, and her sacrifice is taken for granted. Sometimes it is not seen until too late how she has continually robbed and ADVERTISEMENT.

y Way to
Increase Weight

now she has continually robbed and imposerished her own life by the unproclaimed renunciation. The younger sister should not accept all the elder has to give, without giving in her turn all that she can. Life is made up not alone of taking, but of giving and taking.

STRENGTH OF HAIR.

A human hair of average thickness The trouble with most thin folks who is to gain weight is that they insist on can support a load of 6 % ozs., and the food you eat.

Thanks to a remarkable new scientific discovery, it is now possible to combine into simple form the very elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This master-stroke of modern chemistry is called Sargol and has been termed the free women of Carthage offered their greatest of flesh-builders. Sargol aims.

C.P.R. No. 3 Now Stops at Bala. Canadian Pacific Fast Vancouver Is Flora Dora Express, leaving Toronto 5.55 p.m daily, is now regular flag stop at Bala

Attractive Boat Trips Civic Holiday.

A delightful variety is offered by
the comfortable and commodious steamers of the Canada Steamship Lines. To Niagara Falls and Buffalo

The Blanket Flower or

Gaillardia

Perhaps no other popular perennial runs the wallflowers so close a race in the matter of barbaric colorings as

do these same gaillardias.

For the last four weeks these tall blossoms, cousin to the marguerite daisy on one hand, and to the towsy-headed chrysanthemum on the other, one with their luxuriance of blossoms.

a good harvest from July or. The perennial sorts need a second year to growing in front of them.

Plants set in rich soil will amaze one with their luxuriance of blossoms.

Gaillardias are among our very best, nost useful and varied garden plants. Producing countless scores of lovely brilliant blossoms, healthy and large but never vulgar in appearance, these gray-green-leaved annuals take a place in the garden that no other plant can fill.

Careless, apparently, as to heat or cold, burning winds or cold and nip-ping blasts, the flower disks of orange and brown, and yellow and bronze, and crimson and vermillion, and every other startling color that can be called to mind—these great flower disks give a glittering effect little short of startling.

The heads are ever erect, never drooping; the colors do not fade as do the bright colors of many annuals: blossoms last long as cut flowers, It is always beautiful to see two any garden.

These gaillardia are not susceptible.

of friends—the younger relying upon the judgment and wise counsel of the elder shielding and protections here where limited are not susceptible, as a rule, to the attacks of any vermin. No mold or blight comes usually to mar the exquisite beauty of the soft-toned leaves that form such relieving note to the metallic hues of the wonderful blossoms. Seeds sown in early spring will give

OOPS



Flora D. Parapet

To young for music lessons yet, Parapet: But old enough to make a noise

no one else but her enjoys; For there are few worse Goops than these-The ones that pound

piano keys!

Don't Be A Goop!

Normal School Entrance and Faculty of Education Examinations

Candidates who have passed the middle school examination for entrance into the normal schools include the

bring them to their real beauty time.

Plants set in rich soil will amaze one with their luxuriance of blossom and color. Yet fair soil, with fair situations, give splendid plants as well.

When choosing your new stock, remember that the large flowered variety is the best of the perennial species. These send out blossoms with rich, warm, dark-brown centres; the petals, in single and double rows, are marked with bands and bars or orange and crimson and bronze.

Since the perennial species reach two feet in height, and occasionally almost three feet, the middle of the herbaceous border is about the most suitable spot for them, since they stand out well from a dark background

Don't be a "Half-Portion"

Be a "full portion," perfectly developed, full-rounded man by doing a man's work

is the perfect food for men and women who

do things with hand or brain. It supplies

all the body-building material in the whole wheat grain in digestible form. A food for

the outdoor man and the indoor man, for

youngsters and grown-ups, for athletes and

invalids, for any meal in any season. Ask

Always heat the Biscuit in oven to restore crispness; then pour over it milk or cream, adding salt or sugar to suit the taste. Deliciously nourishing for any meal in combination with berries or other fruits of any kind. Try toasted Triscuit, the Shredded Wheat Wafer, for luncheon with butter, cheese or marmalades.

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ontario

Toronto Office: 49 Wellington St. East

and eating a man's food.

your grocer.



How Would You Break a Man's Nerve With a Playing Card?

He'd office, he we of wei just w absorb that I trocked work is the factory I knew man's that I Foote's not kee One n the boo

JUDGE discon Judge ried alm what the

is going

the necl proper p account

"This

decade of

Endicott

in the n

evils of t

ing-but

up the

corporation who smol

to smoke

structors

their wiv

the churc

back."

"Men

And th

who thin!

Men ar

Fifty 3 much one that, they

Employer

will not li

simply a drinks wi

how long could set follow it? thing, and your fami

You har

modesty, I

More ti

And as

There's

Alaric Trine sought his revenge armed with a single playing card.

He broke Alan Law's nerve and nearly wrecked the happiness of his own daughter.

His other child---but you'd better read the story.

The Trey O'Hearts

By Louis Joseph Vance

Author of The Fortune Hunter-The Black Bag -The Lone Wolf-Etc.

Read the Story in

The Sunday World

See the Pictures

At Your Favorite Moving Picture Theatre

UNIVERSAL FILM MFG. CO.

Produced by the