

MADE IN CANADA

ROYAL EAST CAN

ROYAL YEARS

ABE LINCOLN SAID

"You can feel all the people some of the time, but you can't feel all the people all the time."

If you apply this to buying Watch Cases, and insist on getting those bearing the *Winged Wheel* trade mark as above, you can't be fooled any of the time.

THE AMERICAN WATCH CASE CO. OF TORONTO, LIMITED

The largest makers of Watch Cases in the British Empire

STOMACH TROUBLES ARE DUE TO ACIDITY

Feels Safe, Certain, Speedy Relief For Acid Indigestion.

So-called stomach troubles, such as indigestion, gas, sourness, etc., and inability to retain food, are in probably nine cases out of ten simply evidence that excessive secretion of acid is taking place in the stomach, causing the formation of gas and acid indigestion.

Gas distends the stomach and causes that full, oppressive, burning feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excessive development of the acid.

To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of Bismarck's, a good and effective corrector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating, or whenever gas, sourness or acidity is felt. This sweetens the stomach and neutralizes the acidity in a few moments, and is a perfectly harmless and inexpensive remedy to use.

An article, such as Bismarck's, which can be obtained from any drugist in either form, in tablet or powder form, enables the stomach to do its work properly without the aid of artificial stimulants. Magnesia comes in several forms, so be certain to ask for and take only Bismarck's Magnesia, which is especially prepared for the above purpose.—Advt.

NOT A PARTICLE OF DANDRUFF OR A FALLING HAIR

Save your hair! Double its beauty in just a few moments.

"Danderine" makes your hair thick, glossy, wavy and beautiful.

Within ten minutes after an application of Danderine you can not find a single trace of dandruff or falling hair, and your scalp will not itch, but what will please you most will be after a few weeks' use, when you will see new hair, fine and downy at first, but really new hair—growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance, an incomparable lustre, softness and luxuriance.

Get a small bottle of Knownit Danderine from any drug store or toilet counter for a few cents and prove that your hair is as pretty and soft as any that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.

Asthma

Asthma and hay fever, even of long standing, and of the most distressing severity, are robbed of their terror by this reliable remedy.

Dr. J.D.

Kellogg's Asthma Remedy

CEETEE

UNDERCLOTHING

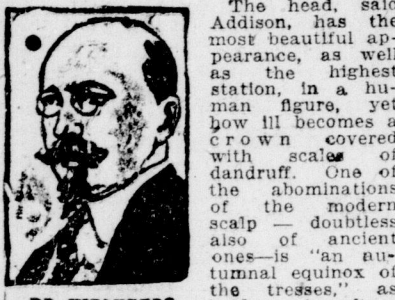
Guaranteed Not To Shrink.

FACE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Dandruff—Its Causes and the Ways It May Be Cured

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D. (Johns Hopkins University.)



DR. HIRSHBERG

Whether there is an infinite variety of dandruff, or whether it is only two kinds, infectious and non-infectious, matters little as far as you are concerned. You like all sensible individuals must behave as if it were always contagious. Thus will you err on the safe side.

Seborrhea is a condition of over-active skin glands. The wax, sebaceous glands which oil the flesh become altered and over-productive, and the fat excreted becomes thick and caked and scaly. The only form is the one which makes greasy, shiny noses, cheeks and scalps. On the scalp of children this may give rise to yellowish scabs, which become the sources of eczema.

The scales of dandruff in adults may be dry and powdery or greasy. Soon or later there appears more or less itching, but this is not always present. Indeed, the only sure sign is the shower of scales which falls from the head on the coat collar and shoulders. Hair falls out at the same time. Dandruff is beyond measure one of the most besetting sources of baldness and premature death.

Lowered Vitality a Cause. The hair normally loses its vigor for want of normal nourishment. Then it dries and withers, curls up and drops out. The hair of the eyebrows, mustache and beard are less susceptible to seborrheic machinations than that of the scalp. The bacteria and microbe associated with dandruff are more open to attack and destruction on the surface of the skin. Sunlight and air here play havoc with them.

Seborrhea dandruff almost invariably has its origin upon the scalp. It, too, is largely confined to that area, whence it spreads, if at all, nevertheless. Any physical state, such as lack of nourishment, want of exercise, need of open air, fever, debility, or any condition of lowered vitality may give rise to dandruff in one form or another, but the majority of persons who are subject to dandruff appear to be in robust health, except perhaps as to the germs and dirt localized in the scalp.

Prevention and Cure. About 50 old germs, bacteria, molds, fungi and granulules have been discovered to be associated with dandruff. Direct infection by trying on hats, using someone else's comb, brushes, towels, linens, or powder hair spreaders, the infection of the scalp that it spreads from some point scratched is probably to be accounted for by direct infection from these and finger nail.

Vigilance is the price and reward of the avoidance and removal of dandruff. Powder and 2½ drams of starch powder, away by washing with soap and water. Salicylic acid, one ounce of each ounce of distilled water, should be rubbed into the scalp gently with a chamois or soft brush. If a sulphur crust forms it must be removed. A good combination for dandruff is 15 grains of salicylic acid, 15 grains of hydrochloric acid, 15 grains of sulphur, 15 grains of boracic acid, 2 drams of talc powder and 2½ drams of starch powder. The given list of these ingredients, emulsified in the form of an ointment or pomade, one dram to the half ounce of vaseline oil and water, will remove the scales and cause the scalp to secrete healthy skin. The pomade and salicylic acid improve the pomade and hasten the result.

Answers to Health Questions

MR. V. S. Q.—Please tell me what is good for falling hair.
A.—Apply a little of the following to the hair about three times a week:
Quinine 1 dram
Pilocarpine 2½ grains
Salicylic acid 15 grains
Lanolin 15 ounces
Petrolatum 15 ounces

MR. R. R. Q.—I have had pimples, but they have disappeared, leaving marks and small scars. Would you kindly give something to remedy this?
A.—Apply a little of the following to the affected parts:
Pink calamine 2½ drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Lime water 2 ounces
Rose water 2 ounces

W. J. C. Q.—What can be done for high blood pressure?
A.—Also for the chest?
A.—Try to get more rest and sleep, and do not over-exert yourself. Keep

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Madge Asked When She Awoke.

"Well, you certainly are the prize trouble-maker of the universe, Madge!" Again it was Lillian's face that met my eyes as I awoke from a long refreshing sleep. This time there was no anxiety in them, and I knew from her words and manner that she would answer the questions I was so anxious to put to her.

My sensations were far different than when I awoke from the terrifying return to life from a long period of unconsciousness. While I realized that I was still unable to resume my usual activities where I had dropped them, yet I felt strong enough to talk with Lillian. Indeed, that was the only wish I had.

Lillian's very presence, the offhand rally which was so characteristic of her, were in themselves a tonic. But they were not the only medicine I had received. Since that first blarney awakening I had been half-conscious of being partly roused a number of times, and I knew that the work designed for them, for I felt their effects in the strength that seemed flowing back to me.

I answered Lillian's rally with a smile, and then my eyes traveled around the room in which I found myself—a pleasant room with open fire, a chifforon and table of spotless white, two or three rockers also of white, and the white iron bed upon which I was lying.

"This is fine."
"I suppose I am in a hospital," I said. "Your suppositions are eminently correct," Lillian replied. "I return to you, and now I'll just hand you another supposition, and that is that you're not back to your normal state yet. Then I'll tell you all—the most approved third-rate fashion."
The door opened and the same sweet-faced nurse whom I had seen with Lillian upon my first awakening, and of whom I had been vaguely conscious during my brief rousings in the night to take the nourishment she offered, came into the room.
"Ah," she said smiling, "this is fine. Now for some breakfast."
I liked her immediately, and the liking wasn't lessened, when, after stepping

the lifeless active. Taproot hot dishes, salt, pepper, condiments, seasoning, rich foods, peas and beans. You should be massaged daily. Drink copiously of water, also lots of fresh milk and cream. Take a bulgar's tablet with your meals, and you might also take a half-grain nitrate of soda in a little water every four hours. This should be taken for three or four days.

2. This is caused by various things. Until that is determined and the trouble, some thing removed, use a vibrator and gentle exercises of a physical culture kind.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally. If a stamped and addressed envelope is inclosed, address all inquiries to Dr. L. K. Hirschberg, in care of this office.

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, MAY 31

The benevolent Jupiter dominates among the planetary forces for this day, nullifying to some extent a strongly adverse position of Mercury, which would otherwise bring disturbing and distracting conditions into business and the professions. As it is, observe due caution in the signing of documents, and the carefulness of the actions, and the speech, and avoid the possibility of scandal and malicious gossip and falsehood. Under the Jupiter transit finances should flourish, and investment and speculation may proceed if good judgment tempers the action. In the pursuit of amusement, pleasure, society and companionship great discretion and moderation should be observed, as a mutual aspect between Venus and Mars conduces to an over-weening tendency in this direction.

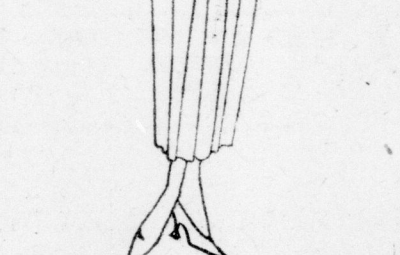
Those whose birthday it is may anticipate a prosperous year, but should be most circumspect in their conduct. A child born on this day will be kind, benevolent and fairly successful, but should be trained to exact statements.

Today's Fashion

By MME. FRANCES

After 50 old germs, bacteria, molds, fungi and granulules have been discovered to be associated with dandruff. Direct infection by trying on hats, using someone else's comb, brushes, towels, linens, or powder hair spreaders, the infection of the scalp that it spreads from some point scratched is probably to be accounted for by direct infection from these and finger nail.

Vigilance is the price and reward of the avoidance and removal of dandruff. Powder and 2½ drams of starch powder, away by washing with soap and water. Salicylic acid, one ounce of each ounce of distilled water, should be rubbed into the scalp gently with a chamois or soft brush. If a sulphur crust forms it must be removed. A good combination for dandruff is 15 grains of salicylic acid, 15 grains of hydrochloric acid, 15 grains of sulphur, 15 grains of boracic acid, 2 drams of talc powder and 2½ drams of starch powder. The given list of these ingredients, emulsified in the form of an ointment or pomade, one dram to the half ounce of vaseline oil and water, will remove the scales and cause the scalp to secrete healthy skin. The pomade and salicylic acid improve the pomade and hasten the result.



Afternoon Frock of Blue Gabardine

This simple afternoon frock is especially charming for the young girl with a beautiful complexion and head and throat as the treatment of the collar is unusual. The gown is of blue gabardine embroidered in magenta colored worsted. The full length panel begins at the back of the collar and comes up front to the belt. There are imitation pockets at the side, lined with magenta satin to match the worsted. The rather light sleeves are embroidered in magenta worsted near the cuff.

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

BY ELOISE FARRINGTON.

How the Queen of Holland, Through Strength of Character, Avoided the German Yoke.

The extension of a nation's influence in days that are happily passed used to be accomplished through the marriage of the sons and daughters of the rulers. With the years this policy has gradually declined in importance, but even so short a time ago as when Wilhelm, the German emperor, was crowned, he was married to a daughter of the Kaiser of Russia.

Now, Queen (Wilhelmina's) mother, Dowager Queen Emma, was born in the little town of Anroden in the southern part of Germany. She was the Princess Emma of Waldeck and Pyrmont, and her marriage to the King of Holland was probably dictated by Bismarck, who desired to have such a hold upon Germany's little neighbor.

Little Wilhelmina early showed that she possessed the strong will of her father, but her mother arranged her training with the aim of correcting this disposition, teaching her the things she must know to make a fine and patient queen. And the little Wilhelmina was wise enough and bright enough to realize that her mother knew what was best for her.

But when the day came when she was to take the oath to the constitution in the Cathedral of Amsterdam, and so to become Queen, the fact was a fact, as well as in name, Wilhelmina showed her decision of character in a remarkable way.

The ministers of the realm had carefully prepared a speech for Wilhelmina to deliver to the people. They submitted the address to her. She read it, then she tore it up. Consternation darkened the eyes of the ministers. "What could this mean?" "This will never do," she cried. "I know what I am to say, and I will say it, and it will be something very different from this rubbish."

HER PROBLEMS

By Annette Bradshaw



IT'S MILITARY, TOO

The long cloak is a happy and useful fashion, and like clouds—even war-clouds—it has a bright lining.

WINIFRED BLACK

Writes About "The Test of a Life."

Copyright, 1918, by Newspaper Feature Service, Inc.

He is rather ill in the big city, the man of affairs, and he knows where to find some of his friends.

The doctor and the man of affairs, and he knows where to find some of his friends. The doctor and the man of affairs, and he knows where to find some of his friends.

There is a Turkish bath group that he is coming in to see him, but they seem to be discouraged now and haven't come for a long time.

The clubmen call up once every so often and one or two then remember to drop in and say: "Well, old man, how is it today?" But even they are very busy now and days slip by so fast he can't blame them if they forget that the man they have never seen anywhere but in a club is still needed by some friends.

Friends? How the people in the little town where the man of affairs was born would stare if they knew he needed a doctor, and he knows where to find some of his friends.

Why, he belongs to eight different clubs, two in New York—no, it's four in New York—one in Washington, a couple in London, one in Paris, and he knows a dozen men in Cairo by their first names, and in Nagasaki there are at least a dozen who call him Jim when he is giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

He has a country house in the mountains and a house on the bay out West, and what parties he does give when he gives them. Just now he isn't giving parties. He isn't even a member of them, but he knows them, and he knows where to find some of his friends.

TO REMAIN YOUNG Flush the bowels regularly with

"RIGA"

PURGATIVE WATER.
A mild but sure saline purgative, which softens the contents of the intestines and facilitates their expulsion without causing colic, cramps or discomfort.
On sale everywhere, 25 cents the bottle.
RIGA PURGATIVE WATER COMPANY. MONTREAL.

DRINK **DALEY** COFFEE

DRINK DALEY COFFEE

The Most Delicious Drink

Now you may make at home coffee with a better flavor—richer, more fragrant, more delicious.

Buy DALEY COFFEE in air-tight tins. Follow directions for making on the label, then you will delight the family with—"The Most Delicious Drink" morning, noon or night.

The finest coffees grown in South American Countries and the Orient—specially blended, and roasted by our improved process.

Identified by this Mark of Quality
DALEY COFFEE
DALEY BAKING POWDER
DALEY FLAVORING
DALEY MUSTARD
DALEY DRESSING

DALEY COFFEE

20 MILLION PEOPLE USE CASCARETS—WHY?

Only True Tonic for Liver and Bowels Costs 10 Cents a Box.

Cascarets are a treat! They live your liver, clean your thirty feet of bowels and sweeten your stomach. You eat one or two Cascarets like candy before going to bed and in the morning your head is clear, tongue is clean, stomach sweet, breath right, and cold gone and you feel grand.

Get a 10 or 25 cent box at any drug store and enjoy the nicest, easiest and most effective way of keeping your bowels clean and your stomach sweet. Stop sick headaches, bilious spells, indigestion, furred tongue, flatulence, constipation. Mothers should give their children Cascarets. You should give your whole family a box of Cascarets every day.

Cascarets are a treat! They live your liver, clean your thirty feet of bowels and sweeten your stomach. You eat one or two Cascarets like candy before going to bed and in the morning your head is clear, tongue is clean, stomach sweet, breath right, and cold gone and you feel grand.

Get a 10 or 25 cent box at any drug store and enjoy the nicest, easiest and most effective way of keeping your bowels clean and your stomach sweet. Stop sick headaches, bilious spells, indigestion, furred tongue, flatulence, constipation. Mothers should give their children Cascarets. You should give your whole family a box of Cascarets every day.

HOTEL SEVILLE

Fifth Ave. & 29th Street, New York City.

Convenient to all best shops. Ideal for Out-of-Town Visitors.
Single Rooms, with Detached Bath, \$2.00 per day.
Single Rooms, with Private Bath, \$2.50 per day upward.
Rooms, with Bath, for Two, \$3 to \$5 per day.
Parlor, Bedroom and Bath, \$5 to \$10 per day.
Descriptive booklet, with menu stating all prices, on request.
JOHN F. GARRITY, Mgr.

27th to June 16

THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

EDDY'S SILENT 500's

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market. War-time economy and your own good sense, will urge the necessity of buying but EDDY'S MATCHES.

voice and Cheery Cricket hopped up beside Doris. "If you were pleasanter, the day would be lovely," Doris said. "Why, we never waste anything like that in this house, especially in wartime. Mother uses the best of them for dishcloths, attaching them around on the machine. They don't ravel or get lint in the drains and are splendid for dish-washing. Those that are beyond such uses are snipped for comfort pillows and make excellent ones to be used by the workers for the use of children who need them."

"But I see the sunshine. I know the day is a pretty one, and yet it doesn't make me feel like singing," pouted Doris.

"All because you're looking through smoked glasses," laughed Cheery Cricket. "We would all be very unhappy if we sat around like you are, thinking of the terrible things that might happen. Cheer up, laugh and be merry and the smoke will fly off your glasses and you'll be just like a mirror yourself, reflecting each tiny sunbeam."

Then with a merry chirp, Cheery Cricket disappeared in the grasses. Doris smiled. The world had grown a wee bit brighter, and by the time the sun went down behind the hills Doris was singing with the birds.

When her tired little mother asked what had made her so happy, Doris replied as the meadow-folk had done. "How could one help being happy on such a glorious day?"

"You're right, dear," she said with a happy sigh. "It depends upon us whether our days are beautiful or not." And before long the little mother had forgotten her own weariness and she, too, was humming.

"Let's Ask Mother"

"I have a pile of old white stockings at my house which have been mended until they're beyond their original use."

The Origin of Famous Sayings

Edmund Gosse, 1830—
Canst thou not wait for Love one flying hour
O heart of little faith?
—Sonnet, Dejection and Delay.

Try TETROL, 25c

To clean spots, white kid shoes, gloves, etc. You will be surprised.
BRUCE WALLACE
419 RICHMOND STREET.