THE EFFICIENT WOMAN

The foundation of efficiency lies in a robust, healthy constitution. When week and suffering from dragging down pains, inflammatory and ulcer-ated conditions or displacement with consequent backache, headaches, nervousness and "the blues," no woman can be efficient or hardly a fit companion to live with. If every woman in this condition would on give that most successful of all root and herb remedies, Lydia E. Pink-ham's Vegetable Compound, a trial, she would soon be restored to healt! and reach the goal of her ambition fo

WOMEN'S HEALTH may be protected by keeping the blood pure, the stomach well, the liver active and the bowels regular BEECHAM'S PILLS

CEETEE UNDERCLOTHING

Dermatologist Gives Complexion Secret

Guaranteed Not To Shrink.

"The great secret of keeping the face young is to keep off the dead cuticle," keys Dr. J. Mortimer Mitchell. "It is well known that the surface skin is constantly dying, falling off in imperceptible particles, except in some dispased conditions." ceptible particles, except in some diseased conditions, when the same appear like dandruff. But the particles do not all drop off immediately they die, being held for a while by the live skin.

"To have the dermatological surgeon peel off the entire outer skin at one time is a painful and expensive operation. The same result is obtained by applying ordinary mercolized wax, as you would cold cream, allowing this to remain on over night, then taking it off with warm water. One ounce usually suffices. The process is both painless and inexpensive. The wax, which is procurable at your drug store, hastens the natural shedding process. It gradually absorbs the dead and half-dead skin, revealing the new, healthy, youthful-looking skin underneath."—Advt.

CONTRACTOR AND ADDRESS OF THE PARTY OF THE PA



our Best Asset - A Skin Cleared By — Suticura Soap

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Digitalis Is Dangerous But Effective Heart Remedy

By DR. LEONARD KEENE HIRSHBERG.



DICKY, SQUEEDEE AND MR.

RECEIVING WAR CROSS ume under its ministering innuences. It sometimes tones up a relaxed valve and assists in the closure of the heart

with which Canal dian women have so far performed war-service work and made sacrifices has never been equalled in the history of any country. Mothers, wives and sisters support this burden with strength and fortit u de. B u t those who are all. Even if the blood pressure at all. Even if the blood pressure of a person is known he cannot be given digitalls. Leven or not the women, should take the plants and weaks who are already miserable from the compaints and weaks who are already miserable from the women, should take the right temperance tonic for the womanly system.

If a woman is borne down by pain and sufferings, by nervousness or dizzy spells, by headache or backache, "Favorite Prescription" should be taken. It can now be had in tablet form as well as liqued at most drug stores. Send to D. Piervas Branch at Bridgeburg, Ont., for a 10c trial package of tablets.

For fifty years of Trefere's Pleasant Pellets have been most satisfactory in liver and bowel troubles.

Windsor, Ont.—"Dr. Pierce's Fleasant Pellets have been most satisfactory in liver and bowel troubles.

Windsor, Ont.—"Dr. Pierce's Piessant Precription made and work of blood through the kidneys; by reduction of pressure in the kidney fluids. Digitallis seems to produce this increase of the kidneys at the expense of the abdominal structures, and at last through absorption of crops fluid into the blood pressure of the history of the many digitallis of the numy digitallis on the viscosity of the blood pressure at all. Even if the blood pressure of a person is known he cannot be given digitallis too cock. With regard to its effect upon the danger point by digitallis. Even a heart specialist feels his way in the danger point by digitallis often directly concerned in heart diseases, it may be danger of the kidney show the kidneys, which are definitely the properties of the kidney in the danger point by digitallis o

eyes too?" asked Dicky.

"Goodness, no!" laughed Billy Locust,

"those are my earlaps so I can hear
anything that's coming my way. These
little holes along my sides are the holes
I breathe through."

"Sure enough!" exclaimed Dicky.

"You haven't any nose."

"I should say not." laughed Billy Locust. "If I did have I'd be bumping it
every time I jumped. Just remember
when you hear anyone talking about the
greatest jumper of the meadow, it's me

Today's Fashion - B. MME FRANCES



tache to match. The coat is semi-fitted and is embroidered at the edges of sleeves and bodice with wine-colored soutache. The sleeves are three-quarter length. A broad ermine collar relieves the otherwise dark color scheme, and this is emphasized by the use of a narrow ermine, vest. The narrow skirt is outlined at each side with a narrow, straight band of wine-colored soutache embroidery, and this stiff line is softened at the left side by the wine-colored satin sash depending from the belt. satin sash depending from the belt.



THUSDAY, SEPTEMBER 2.

The first temperature tonic for the wemaning to the second of the second to consider the second of the se

There is a very interesting orchid in Java, the grammatophyllum, all the flowers of which open at once, and they also all wither together. greatest jumper of the meadow, it's me and not Grasshopper they're talking about," and muttering something about "wise boys that knew so little," Billy Locust spread his wings and flew away, leaving Dicky and Squeedee alone.

they also all wither together.

In some of the streets of Naples it is quite a usual thing to see the cows and goats being led along and milkes at the doors of the house.

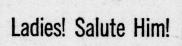
INCIDENTS IN THE LIVES OF FAMOUS WOMEN

- BY ELOISE FARRINGTON. How Queen Victoria Was Compelled by Court Etiquette to Propose to Prince Albert.

ideas of marriage out of her mind temporarily.

Prince Albert, naturally, was considerably disturbed at her silence. He
hadn't the advantage of the more plebeian lover who can press his suit as
ardently and forcefully as he desires.
Court etiquette with which they were
both encircled forbade his taking the
initiative. This was the part of the coy
girl forced on him willy-nilly, until his
royal cousin should see fit to extend encouragement to him. couragement to him.

Three years passed, and then ever



Discovers drug that loosens

Discovers drug that loosens sore, touchy corns so they lift out

A noted Cincinnati chemist discovered a new ether compound and called it freezone, and little quarter owner bottles can now be obtained from any drug store for a few cents.

You simply apply several drops of freezone upon a tender corn or painful callous, and instantly the soreness disappears, then shortly you will find the corn or callous so loose that you can just lift it off with the fingers.

No pain, not a bit of soreness, either when applying freezone or afterwards, and it doesn't even irritate the skin.

Hard corns, soft corns or corns between the toes, also toughened callouses just shrivel up and lift off so easily. It is wonderful! Seems magical. It works like a charm. Millions of women will hereafter keep a little bottle of the wonderful freezone handy and never let a corn ache twice.



He found her alone. There she con-fessed to him that he had won her heart and that she would endeavor to make him exceedingly happy if he would make

Workers must have more Soap The demand for Comfort—the high

quality, all-round cleanser is greater than ever. We have made our bar BIGGER by withdrawing the premiums. during war-time anyway.

a bigger bar for the money without premiums

Your grocer can sell you this bigger, money-saving Bar-just insist on it. Comfort Soap has the largest sale in Canada—quality talks—the people know best.

Pugsley, Dingman & Co. Limited, Toronto



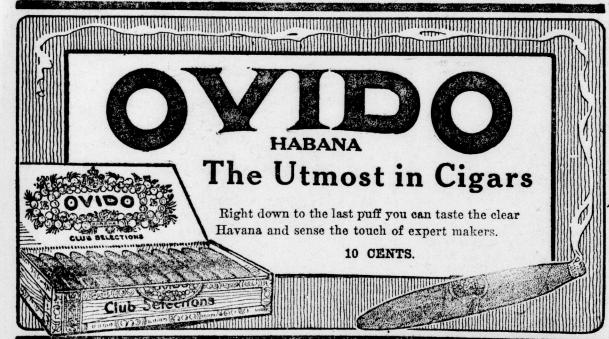
ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Is Lillian Correct in Her Distrust of Kato?

"But I'll bet you anything you like that I'm not wrong. I don't like the looks of that man. I do not trust him. I know it is a case of 'I do not like thee, Dr. Fell, the reason why I cannot tell.' But mark my word, that Jap is distinctly no good business."

I saw my father straighten himself with the offended dignity of an old man of affairs who finds his judgment ques-



Georgina and Onyx Shoes



Showing one of our new models in Black Glove Kid, which is both fashionable and suited to autumn wear.

Georgina and Onyx Shoes are both beautiful and enduring. Great care is taken to select close-grained, flexible leathers that will give substantial service as well as take a very fine, dressy finish.

There's value and wear as well as supreme style in every Georgina and Onyx Sboe.



92 Sherbourne Street, Toronto Obtained through Canada's leading boot shops

Hubert ASHPLANT & Sons

ONYX Shees for sale by J. P. COOK Co., Limited



GOOD HEALTH is as necessary to the winning of the war as good guns, good shells and good airplanes.

And it is not alone the health of the soldier that is important, for this is watched and guarded as never before. But there is the health of the people at home, who are manufacturing and sending forward the supplies which make it possible to continue the fight.

Men and women have never in the world's history carried such mental and physical burdens as they do to-day.

From Ministers of State, Commissioners, Manufacturers, all the way through the enormous staffs of men and women workers, there are problems to be solved and schedules to be lived up to that mean enormous anxiety and strain on the nervous system.

It is under these conditions that many resort to the use of narcotics to produce sleep or stimulants to whip up the tired nerves. In either case the temporary help is obtained at an enormous expense to the nervous system.

The only rational treatment is that which goes to build up new nerve cells

and new nerve force, and supreme in this class is Dr. Chase's Nerve Food.

Most people know about this food cure, but all do not realize that it has revolutionized the treatment of diseases of the nerves by the new idea of supplying to the blood the elements which go to the creation of nervous energy and vigor.

The most common indications of nervous exhaustion are inability to sleep and rest, failure of digestion and loss of appetite, nervousness and irritability. You arise tired in the mornings, and are easily annoyed over little things. You put off the duties of the day because you lack the energy to take hold and clean them up.

It is evident that you must have help to overcome this condition, and there is nothing so sure to befriend you as Dr. Chase's Nerve Food.

For your protection the portrait and signa are of A. W. Chase, M.D., the famous Receipt Book author, are on every box of the genuine Dr. Chase's Nerve Food. 50c a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.