

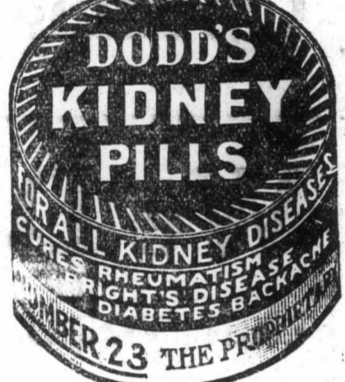
A CRIPPLE FROM RHEUMATISM

Tortured Four Years Until He Took 'Fruit-a-tives'

RICHMOND, ONT., May 21st, 1913. "Your 'Fruit-a-tives' cured me of Rheumatism. It was the only medicine that made any impression on me. I was a terrible sufferer from Rheumatism. I was laid up for four winters with Sciatica and Muscular Rheumatism, and was a cripple completely, not being able to do anything. I doctored with four different physicians, but they did not help me. Other advertised remedies were equally unsatisfactory, and I have taken several.

Some neighbor of mine told me that 'Fruit-a-tives' helped him, and I took them faithfully—every day and the result was marvellous. For over two years now, I have been free from any Rheumatic pains whatever, and give 'Fruit-a-tives' the full credit for making a remarkable cure."

If you are subject to Rheumatic Attacks, Sciatica, Limping or Neuralgia, take 'Fruit-a-tives' right now and start the permanent cure which 'Fruit-a-tives' will complete if taken faithfully. For a box, 6 for \$2.50, trial size, 25c. At dealers or—on receipt of price by Fruit-a-tives Limited, Ottawa.



PACIFIC TRAIN SERVICE Effective May 31st

Table with columns: Limited Trains, THE CANADIAN, Ry. and Michigan Central Ry., via Windsor, Ont., DAILY EASTBOUND DAILY, CENTRAL TIME.

Canadian Pacific Ticket Agents, or RPHY, Dist. Pass. Agent, Corner and Yonge Sts., Toronto.

New York 125 Round Trip from Buffalo Going Thursday, June 18th Final return limit Sat., June 27th Early Reservation for Space Advisable



Fancies of Fashion

Pantalets and Close Bodices Newest Whims

By Madge Marvel

As the tuncles expand in flare there is a tendency to fit the bodice close to the lines of the figure. I have seen several of the latest models with tuncles that were pleated full and bodices close to the line of the figure. They put a test on the wearers' figures. When one has been allowed the recent blousiness to cover whatever shortcomings of form one might have it is somewhat of a shock to find all fulness fast disappearing.

Girdles Are Lowered. The hat was a cocher's hat of black varnished straw with two curling quills. If the wearer had been less youthful, less resplendently fresh-faced and less tender and graceful, one might tremble at the effect of the garb.

Another hint of future changes came to me in two imported frocks with narrow skirts, which were lowered the minutest fraction of an inch in front. In these days of a mad haste one has to take account of so many seemingly unimportant details. On them may hang the big transformations. We have had fitted basques. Some of the blouses have been made to wear over the skirt, now with the addition of a dip in the front of the newest girde, isn't it local to expect a semi-return to the long waist with the pointed front?

It is the time when the little flimsy summer frocks are beginning to usurp the place of all more substantial attire. I cannot remember a season when so combined style and charm has been combined in these frocks. The materials and colorings are alluring and the purflings all make it possible to look both smart and picturesque at a minute's notice.

I was shown the sweetest little mulle frock at the modiste's, which any clever woman could duplicate in the house with the aid of a seamstress. It was developed in that new shade known as watermelon pink. The skirt was plain with a shaped flounce apron at the knees in apron effect.

Frocks of Dimity. It was edged in narrow black ribbon and put on with a cord of the same. The bodice had kimono sleeves with deep white ermine cuffs. The bodice waistcoat or vestee of the same and a flaring collar to match. There was a circle of black satin with a watermelon pink stripe, tied at one side with one of the bows pointing upward on the bodice and two loops extending almost to the ruffie. At each side of the bodice, where it joined the vestee, there were groups of black crystal buttons rimmed in black.

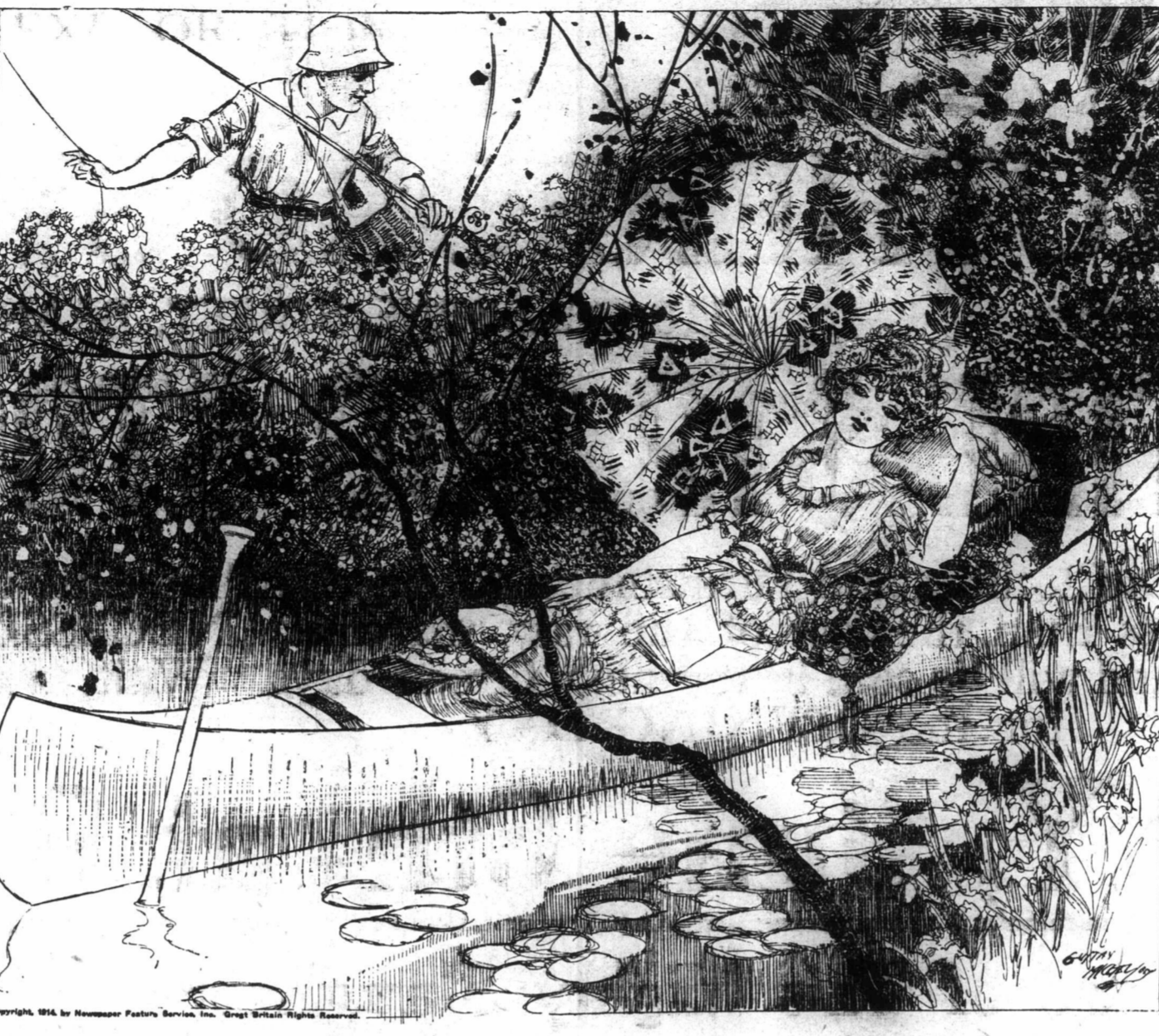
Another frock in this same establishment was of dimity, little pink and purple roses on a cream ground. It was charmingly summery, the skirt trimmed with three ruffles of the material. It had the topmost one having a gathered heading and being placed midway between the hips and the knees. The last was midway between the knees and the hem. The bodice was a simple kimono blouse and about the neck a wide white lace white batiste. There was a girde of soft satin in the shade of purple that matched the flowers in the material, tied in a style way if she combines light crepe and plain white crepe. I have seen some lovely garments of this kind. One had the skirt of white and the tunic and Eton blouse of white and embroidered in rose.

Useful Hints for the Housewife By Ann Marie Lloyd

If the edges of a saucapan are well buttered, the contents will not boil over. When putting a stopper into a bottle always give it a half-turn round after it is in. This will prevent it from sticking.

EXPLORATION

By Michelson



EXPLORERS can never be sure as to what they will find. It is a gamble. If you are exploring in a canoe, and are feeling VERY lazy and comfortable, you may take a notion to shove the nose of the craft into a leafy nook, guard your bow with a paddle driven into the soft bed of the stream or lakelet, and drowse—and dream.

If you have been trout fishing and are changing your luck you may just HAPPEN to find a stranded craft. If you go softly enough, so that rustling leaves hide the sound of your approach, you may get very close without detection. But the GAME is to stumble upon the scene and "Beg your pardon!" After that—oh, well! finish the story for yourself.

Words of Wise Men

In solitude, where we are least alone. A beggar's rags may cover as much pride as an alderman's gown.—Spurgeon.

Peter's Adventures in Matrimony By Leon Dalrymple Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

ADVICE TO GIRLS By Annie Laurie Dear Annie Laurie: I have been reading your advice to young girls and I think it very good. I would like to write you about something that has troubled me for some time.

Secrets of Health and Happiness

What Causes "Neuralgia;" Why Treatment Varies

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

MIGHTIER far than strength of nerve or sinew, the secret of the laboratory to say that love is a flimsy, unstable, impalpable thing, and nerves are strong enough to move mountains. Be this as it may, they cannot bar love from the vigorous body or brace up the health without strong nerves. When the pitchforks of the malignantly gleeful devils of "neuralgia" assail your fifth nerve, neither music nor the murmur of waves will all you to sleep. Even grooves shaded with green trees and hills covered with sheep offer no blandishments to the sufferer with "neuralgia."



DR. HIRSHBERG

Answers to Health Questions Mrs. A. H.—Have a carbolic acid bath on my lip. M. C.—Unless I wear flannel underwear at night my upper limbs feel like ice. What is the cause? The cause is the erroneous habit of rodding and pampering the skin with thick materials. Once begun, this must always be continued. You must stop it this summer and never again do so unless your health and organs are not sound.

The Love-Life of the Birds G ENERALLY speaking, the social life of birds is of the happiest description. It often happens, as one famous naturalist has put it, that while some young human couple is pouring out their hearts to each other beneath the leaves of an apple tree, some feathered Romeo is making ardent love to his coy, coquetish Juliet in the branches above.

Three Minute Journeys Where the Queen of Sheba Once Ruled By TEMPLE MANNING There have been printed numerous stories recently about the death of King Menelik of Abyssinia. A new king is now supposed to be on the throne.

ADVICE TO GIRLS (continued) Dear Annie Laurie: I am a girl of 20 years old, and have to work as a stenographer. I am away from home, and I guess I'm with a young man who is about three years my senior. We were engaged, but it was broken. He is very bad to get along with, and is always finding fault with everything I do or say. When we are with any girl he always puts and hasn't anything to say. This makes it very unpleasant for me and I get very angry, but it doesn't do any good to talk to him.