

To make a good CURRY into an exceptionally good Curry, add a little

LEA & PERRINS' SAUCE

SIDE TALKS.

By Ruth Cameron.

IF I WERE A DOCTOR.



If I were a nerve doctor I think that one of my stock prescriptions for those who had already used this help, would be, "Go and get yourself a garden."

Especially if one of the causes of the nerves are anxiety or resentment over some irremediable condition of life.

It seems to me there is no place in the world where you can get away from harassing thoughts better than out in a garden.

More Than Just Flowers.

There are so many beautiful things besides the flowers themselves in a garden.

There is health in a garden, health in the contact with the soil, in the quiet grubbing exercise, in the soaking in of sunshine and fresh air.

There is interest in a garden. It is a serial story. Look how the nasturtiums have grown since yesterday. See, the seeds you put in last week are beginning to show a little green fuzz above the earth. And that poppy—tomorrow it will certainly burst its green calyx in a miracle of satin bloom. Will it be pink or red? What fun it will be to see.

More Quieting Than Housework.

There is peace in a garden. The irritations and resentments that warmed through your head as you stood at your dish pan, or went through the weary routine of bed making and dusting seem to seep away when you come out into the garden to work.

There is a sense of being allied with the great creative forces of life in making a garden. It is in us all to want to create life. It is denied to many of us. If I were a nerve doctor

and my patient were an unmarried or married but childless woman, I would particularly insist on the garden part of my prescription.

It Helps You Slow Down.

There is patience in a garden. A sense of the great, slow, immutable, forward moving forces of nature. Theodore Parker once said when he found himself distressed because some reform he wanted to accomplish was not going forward as fast as he wished it, "I know what the trouble is, God isn't in a hurry and I am." God is never in a hurry, and when you get out into the garden you feel yourself slowed down to something nearer the vastness of His rhythm.

Elizabeth Barrett Browning was writing of the fields when she gave her marvellous prescription for getting rid of cares and anxieties, but I think she could have said the same thing of gardens.

"The little cares that fretted me I lost them yesterday Among the fields, above the sea, Among the winds at play, Among the lowing of the herds, The rustling of the trees, Among the singing of the birds The humming of the bees.

The foolish fears of what may happen I cast them all away Among the clover scented grass, Among the new mown hay, Among the husking of the corn Where drowsy poppies nod, Where ill thoughts die and good are born Out in the fields with God."

The most beautiful skin needs the protection of pure soap. For simple cleanliness is the basis of all beauty. Ivory Soap cleanses perfectly and its natural fragrance is delightfully pleasing.—adv.t.f.

If your hands feel sore after handling a heavy iron, try wrapping the handle with absorbent cotton.

Just Folks.

By EDGAR A GUEST

SHIVER BITES.

Do you know the rich delights Of the food called "shiver bites?" Raisin bread with butter on it And an inch of jam upon it. Can you feel once more the hunger Of the days when you were younger And you hurried home from swimming.

Now and then to get a trimming? But more often, oh my brother, To get something good from mother, Maybe cookies by the basket? Oh, in those days eyes grew wistful Seeing food, and appetites Fairly shouted; "shiver bites!"

"Shiver bites!" we called them then, "Shiver bites!" and now we're men And our children stand and shiver Till the good ol' jam upon 'em. Here they come with bright eyes dancing To the kitchen fairly prancing.

Cold and hungry; and that dieter Sounds to me like teeth that chatter. But I know by all the laughter It is food those kids are after. "Shiver bites!" they shout shouting Oh, there isn't any doubting That's real hunger that is shrieking For the nourishment it's seeking.

"Shiver bites!" Oh, was it wasted, That glad youth when cookies tasted Sweeter far than milk and honey In these days of making money. In those days when we were younger You and I knew real hunger. Knew the joys complete of swimming, But to-day our strength is dimming And we wonder, quite forgetting That our sun is slowly setting. If we had such appetites— Did we plead for "shiver bites?" 'Tis time we try a bit of us We were just as ravenous.

An Old Friend

A great many women look upon Pearlina the great washing powder, as an old friend, for it was well and favourably known here many years ago. Pearlina, has come back again and is proving more popular than ever. Many new products have come on the market since the days when Pearlina was so generally used here before, but none has seemed to suit as well as the old favourite Pearlina. For washing dishes, pots, pans, etc., Pearlina is unequalled, while for washing clothes, scrubbing, cleaning windows, etc., it is in a class by itself. Every woman should use Pearlina, it saves toil and expense.—M

Small Amount of Coal

SUPPLIES HOUSEHOLD'S DAILY ELECTRICAL NEEDS.

Two handfuls of coal when consumed in one of the large central stations to-day, will produce enough electrical energy to meet the needs of the modern householder for one day, according to J. F. Johnson, engineer at the South Philadelphia Works of the Westinghouse Electric Company, located at Essington, Pa., U.S.A. "Modern generating equipment has been so improved, chiefly in the matter of steam turbine generators, that only about one pound of coal need be burned to produce one kilowatt of electricity," said Mr. Johnson. "Thus, two handfuls, or about two pounds, of coal will produce two kilowatts, slightly more than the daily requirement for a seven or eight room modern home.

"This clearly demonstrates the increased efficiency of the modern steam turbine and also shows the attitude of the manufacturers of electrical generating equipment toward the ultimate consumer of electricity. "The modern engineer is chiefly concerned in producing equipment by means of which the greatest number of kilowatts of electricity may be produced from a given unit of coal. It is in cutting down the amount of coal required to produce the kilowatt of electricity that the engineer regards as his reward of valor."

The South Philadelphia Works of the Westinghouse Electric Company is devoted to the design and construction of steam turbines for all kinds of uses on land and sea.

Diamond Field Will be Found in North

Somewhere in Canada there is a diamond field. Nobody knows where it is, and its existence is a matter of supposition rather than actual knowledge. The supposition is based on the findings of some hundreds of more diamonds in sites on the international boundary, states Fort Arthur News Chronicle. Since these jewels have been found in widely separated areas and in the total absence of geological formation capable of yielding diamonds, the source of their origin is placed in Northern Ontario. The medium of their journey from the diamond fields to the place of their finding were some one of the glaciers that passed over the north of America thousands of years ago.

These glaciers ground mountains into flat lands, and left exposed the hills and plains valleys we now have. On the way down the glaciers carried the dust and dirt, resulting from the grinding process and, retreating, deposited it in the shape of earth and rocks. One of the mysteries is what became of the gold that was torn from the matrix the precious metal occup-

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Exclusive and Distinctive Models from Master Designers of Paris and New York are exhibited for your approval.

Fashions that proclaim the coming of the "New Season" with a distinctive note in each New Hat. There are Pokes with a sauciness that is decidedly new--and the jaunty yet demure Cloche--and an infinite variety of Turbans and Hats with rolling brims. Paris and New York have vied with each other in their designs--you will find an exhibit of striking original Hats. Prices range at

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Panne, etc.	Wallflower	Turbans	Novelties, etc.
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PLEASE REMEMBER! There are always certain advantages to be gained by Shopping Early.

(MILLINERY DEPARTMENT SECOND FLOOR.)

London, New York & Paris Association of Fashion.

Breaking Up The Home!



You can hardly blame this man for what he is doing, as he is evidently suffering from an attack of Indigestion. It would be much cheaper for him to purchase a bottle of some good Stomach Mixture.

Stafford's Prescription A

would certainly help this man, and any other who would feel like doing the same thing.

The usual symptoms of Indigestion or Nervous Dyspepsia are as follows: Uncomfortable feeling about Stomach after eating, Headache, Nausea, Acid and Bitter Eructations, Langour and Depression of spirits, Irritability of Temper, Tenderness over Pit of Stomach, Bad Taste, Loss of Appetite, Constipation, etc. If you have any of the above symptoms try a Bottle of STAFFORD'S PRESCRIPTION A, and we are certain it will cure you. You can purchase a trial bottle for:

30 Cents—5 cents extra for postage.

or large bottle (about three times as large) for

60 Cents—10 cents extra for postage.

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The Base (sold before applying) Face Powder, Delicately scented, and with THREE FLOWERS ESSENCE.



RICHARD HUDNUT THREE FLOWERS TALCUM
Your choice of the three flowers odors presented in a Talcum Powder Box of Choice Fragrance and Delicately Packaged.

Fads and Fashions.

A cocarde of brown ribbon is quilted against the crown of a poke-shaped hat of sand felt.

An ornament of soft, black silk braid is placed in front of a postillion-type hat of hatters' plush.

A belt and piliaps of red leather

give an immense amount of chic to a slim frock of plaid woolen.

A rich collar of sable tops a coat of two shades of green velvet, joined with heavy silver embroidery.

Ermine could hardly be more effectively used than in wide bands on an opera cloak of silver cloth.

Printed silks are more colorful than ever. They make delightful frocks to wear under fur coats.

A heavy border of eyellet embroidery in a contrasting shade edges the tunic of a crepe satin frock.

The gaily colored silk handkerchiefs for men make delightful sports neckerchiefs for the fairer sex.

entirely befitless others are allowed double indications of a waistline.

Very narrow edging of brown tulle is used on a one-piece frock of tan kasha embroidered in tan and red wool.

A wide border of brocaded velvet flowers is effective on the full skirt of an evening gown of georgette crepe.

Embroidery of Chinese design on bands of mauve satin is used on an evening gown of a lighter shade of mauve.

Ladies of refinement entrust their beauty to Ivory Soap with perfect confidence in its pure, mild, gently cleansing lather.—adv.t.f.



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Send today for this little book of tested recipes for Soups, Breads, Salads and Dressings, Entrees, Cakes and Cookies, Pastes, Desserts, Ice Creams, Breads, Candies and more. It will be sent to you free.



What Do You Want of a Starch?

That will draw out the ants out of your eyes, crack, or even killing them, no son food?

That will kill bugs, fly and not have pleasant odor?

That will keep the wall and not the paper?

That will keep the kitchen clear of flies, etc., for several ter a few days?

That will take the dog and not the dog?

That will destroy lice without at to your stock?

That applied to the feet of the body, you from the water?

That as a general ant is stronger ordinary carbocation.

THAT FLUID IS

SAN-O-SPI

No insect can use San-O-Spray. It is not only to human but can be used with safety in nursery dining rooms, and moreover San-O-S is an agreeable and odor, removing all unpleasant odors. San-O-Spray is infantant and keeps the home and free from diseases.

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July 7, m

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