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STOMACH TROUBLE.

Why is it that we, living in this age of enlightenment and prosperity, are not as efficient in our church work, in our social work, in our everyday work as we might be or as many of us would like to be? Why is it that we do not get as much joy out of life as we might get? Many answers might be given to these questions, but one answer may be given by asking two more questions: How many people do you know that have stomach trouble? How many different kinds of stomach remedies are there in use?

Now, why do we have stomach trouble? Again many answers might be given to this question, but again let me give one answer by two questions: Why do we eat so many different foods at one meal? Why do we generally feel tired and cross the day after attending a social or banquet? Have you ever dined at an hotel or restaurant and had already eaten a

meal of potatoes, meat, beans, etc., and then the waitress would come to you and recite: mince pie, plum pudding, syrup, etc. Of course you could eat one or more of these tasty dishes. Have you ever attended a social gathering after having previously eaten a good supper, filled your poor stomach again, and then someone would bring around some angel cake and you ate it also? Now, why do we go to extremes by eating such a variety of food at one meal, and in consequence of such a variety too much also? It is because there is that much hog, or rather animal nature, in our make-up that we eat nearly anything that is set before us. And why does the good and faithful housekeeper or hotel-keeper set such a variety of rich food before us? It is because they "hate to set a poor table," and "hate to let Mrs. Neighbor get ahead of them by having more and better things to eat!" and because we are willing to put up with

it if not demand it, and become inefficient, cross, and dope ourselves with stomach remedies in consequence of our indulgence. Now, how are we to get our cooks to understand that we want good plain food, such as our grandparents used to have in the pioneer days? And why not have one central dish at each meal, instead of such a variety of dishes, of which each one seems to be the central dish by the way we devour them, sometimes?

I would like to see this important matter discussed through the press, and also in Women's Institutes, as it is the women whom we have to educate, or at least persuade to feed us so that we may avoid stomach trouble and all its accompanying troubles, or perhaps, and more likely, get cured of it.

ORLOFF MALLORY,
 West Hill, Ont.

Our Scrap Bag.
ABOUT CURTAINS.

A fairly good idea when making up curtains of natural colored linen or cotton crepe, is to trim them all round, just inside the hem, with a band of chintz in coloring to match the room. When you get tired of this effect, as you possibly may after a few years, you can cut out the chintz and substitute heavy linen-colored or cream insertion. Then you will feel as though you have new curtains at comparatively little expense.

WASH DRESSES.

Shrink all wash goods before making them up by soaking them in a tub of water or folding in damp sheets. Dry partially in a shaded place and press out with an iron. Another plan is to run a tuck on the inside of the bottom hem. This can be let out if the dress shrinks.

PROVIDE FOR PATCHING.
 Tack a few bits of the material some-