



A secret so simple many overlook it

Yet millions of women keep youthful loveliness this way

To realize the dream that is in every woman's heart, to keep the youth that every woman wants... Turn for a while from the elaborate treatments and methods. Try this simple but correct way by which millions of women are keeping youthful radiance and charm.

Authorities advise this
Cleanse the skin regularly, authorities say, to keep your complexion lovely, radiant, youthful. But beware of harsh cleansing methods. They injure skin.

Wash thoroughly with Palmolive Soap—each night before retiring. Rub the creamy, foamy lather well into the tiny pores. Rinse—and repeat the washing. Then rinse again.

Then—if skin is dry—apply a little cold cream. That is all. Skin so cared for is not injured by cosmetics, by wind and sun, or by dirt.

The simple, correct way
You cannot find a more effective beauty treatment. Because

Palmolive Soap is blended of rare palm and olive oils—famous for mild but thorough cleansing qualities since the days of Cleopatra. And it is inexpensive.

Just be sure to get Palmolive—which is never sold unwrapped. All dealers have it. Then for one week try this simple treatment. To your delight, results will be noticeable even in that short time!

The cost is so little that you can well use Palmolive for the bath, too.

Volume and efficiency produce 25c quality for 10c



THE PALMOLIVE COMPANY OF CANADA, LIMITED
Winnipeg Toronto Montreal

Palm and olive oils—nothing else—give Nature's green color to Palmolive Soap

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Looking on at Life

What a lot of people there are about who appear to have nothing to do! By this one does not mean of course—the pitiful army of the unemployed. The people I mean have not the desire for work in their eyes; or the look of work about their hands; and their general appearance does not betray a crying need of the money which honest toil brings in.

These people are neither poor nor prosperous; neither failures nor

successes. Their favorite occupation seems to be watching road-repairers fix their mortar. They simply revel in housebreaking or housemaking operations and they always know all about the accidents!

You see them at all hours of the day—strolling along the pavements, and above all taking their time! Sometimes they will look in shop windows if any are handy; at other times they haven't even the energy to do that. They just loiter to the annoyance of all those who wish to hurry.

As a matter of fact special areas ought to be set aside for these people to loiter and do nothing to their heart's content. It is annoying to be pushed when you want to go slowly; equally annoying to be held up when you want to hurry. One half of every pavement might be labelled "Loiterers" and the other half "Hasteners." Quite a lot of time would be saved that way.

Take a stroll round the city any day of the week and note the number of people who have time to watch the everyday tasks of others or to stand watching some poor unfortunate turn the handle of an organ; or listening to some street performer's song; who can stand for minutes on end reading the news flashed out on the electric signs or lucky people—even have time to indulge in a matinee.

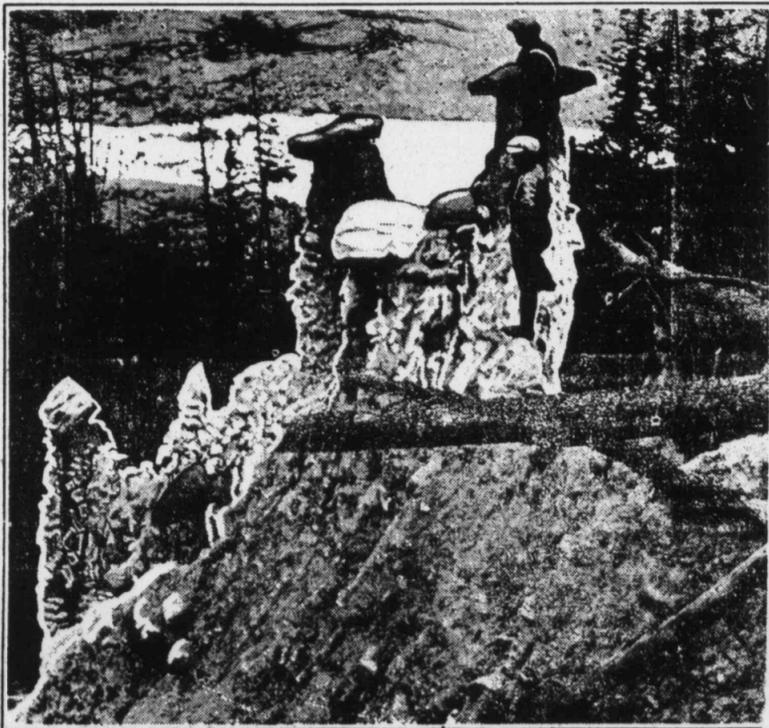
Walk through any large parks and marvel at the number of people who have time to feed the ducks watch the squirrels and smell the flowers; or if it is summer time to indulge in forty winks beneath the welcome shade of the trees.

Who ARE these people who have so much time on their hands? They are not tourists for these are stamped unmistakably. They are not destitute for they do not very often look desperate. On the other hand they seldom look prosperous and NEVER look happy.

Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Carative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine.

WHERE A MISSTEP MIGHT MEAN DEATH



The hoodoos on the Cavell Motor Highway, Jasper National Park, curious stone figures brought into being by the erosion of the earth under the constant wearing effects of air and water, draw exclamations of wonder from thousands of tourists who visit the largest of Canada's National Parks every year.

Huge flat stones, balanced as hats, atop the pinnacles of earth which have stood up firmly when the mountain side all around them crumbled or was washed away by the rushing waters, seem as though

the slightest breath of wind would be sufficient to send them hurtling to the bottom of the valley hundreds of feet below. A favorite sport with the tourist is to drop large stones on the hoodoos and see them sway back and forth drunkenly, yet finally regain their poised and remain balanced as firmly as before.

The tourist in the photograph who was bold enough to scramble down and use one of the flat stones for a table on which to rest his arms,

had a strenuous climb before he again regained the level surface of the Cavell Highway, which winds up from the Athabasca Valley almost to the foot of the glacier of the Ghost, that peculiar age-old formation of ice and snow which hangs on the wide stretches of Mount Edith Cavell.

Visitors to Jasper Park Lodge may travel by motor or saddle horse from the Lodge to the foot of Mount Cavell or any of the other mountains surrounding the log-cabin hostelry of the Canadian National Railway.

Why Earthquakes Happen

Earthquakes of great magnitude are the manifestation of some elemental disturbance probably deep within the earth's sphere. We know two certain facts regarding the interior of the earth. It is very hot and it is enclosed by a thick metallic shell which probably is composed of nickel steel. The innermost interior is probably gaseous. On the surface of this metallic shell is a thin crust of rock which is radioactive and not more than forty miles deep. This crust may be compared with the pieces of a jig-saw puzzle; it rises or sinks according to the movement of the metallic shell.

This inner metallic shell is constantly losing heat and is consequently steadily cooling and shrinking; so that the outer crust has to shrink with it. The effect of shrinkage on the outer crust is that this is forced up and down.

Astronomers; mathematicians and geologists are now for the most part agreed that in the really terrible earthquakes some further cause other than shrinkage is at work. This seems to be the so-called "wobbling of the earth's poles which alter their position slightly and thus vary the stress on the immense; rapidly-spinning ball of steel with catastrophic results where there is any weakness developing in that ball.

As to the electrical phenomena which accompany great earthquakes everyone who has been through a shock knows that they are real and it has very recently been discovered that if quartz is pressed between two sheets of metal a free electric charge corresponding to the pressure; manifests itself in the sheets.

Where the pressure is on a stupendous scale as in a great earthquake this is sufficient to produce violent barometrical movements; thunderstorms and typhoons. Tidal waves another earthquake accompaniment are the result of the tremendous vibrations of the earth and the alterations of level in the sea.

The earth however; in quite normal conditions is always vibrating slightly. It may be compared with a huge circular boiler under high pressure and delicate seismometers and very large-scale barometers give some idea of the pulsations in its interior.

Scents That Kill

The tremendous craze for perfume at the present time is in a way an echo of the age of King Solomon; but it is well to remember that not all scents are "sweet-smelling savours."

Foreign countries abound in sinister scents of many and deadly kinds. There are trees in some of them which breathe out poison; and woe betide the traveller who is ignorant enough to rest beneath their shade.

On the hill slopes of Chili for example is a tree which the natives look upon as being possessed of an evil spirit. Many cases have occurred where innocent travellers have crept under its branches during the heat of the day and paid for its shade with their lives. After

resting under one of these trees for a short time the hands and face of the traveller become swollen as in a case of snake-bite and the surface of the skin is covered with boils.

Many British visitors in the vicinity of Valparaiso have succumbed to the influence of this poisonous tree.

The trumpet flower or datura found in most tropical countries; although not deadly in open air is highly dangerous in a room. Innocent people fascinated by its coloring and scent, take it indoors, and soon fall into a trance-like slumber developing into a deadly stupor, from which they may possibly never awaken.

If this flower were brought into a sick-room and left there for the night, it would mean certain death for the patient. Recently, in South America, an accusation of murder was brought against a family who were said to have profited financially by the death in their house of a wealthy relative. Upon investigation it was found that some trumpet flowers had got mixed with a bunch of others in a vase which was allowed to stay in the house all night and had actually caused the death of the relative.

Some orchids with their strange and powerful perfume are capable of drugging the senses and causing faintness. There are some people who cannot stand the scent of roses whilst others are prejudiced



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ROYAL YEAST CAKES

against the innocent looking violet. It is well to make quite certain that any perfume we use or have in the house is suited to our temperament.

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