

A PAGE OF GENERAL INTEREST TO WOMEN READERS



ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than bread made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

EW. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

CHINA BANISHES CURSE OF OPIUM

The cost which for generations has been looked upon as the least progressive in the world has won the greatest victory ever achieved over a vice that was a national curse. China has shown itself worthy of the distinction of being the oldest civilization in existence. It has set every occidental country an example by abolishing the source of much of its misery, degradation and weakness, for after March 31 the opium traffic must cease altogether. A vice that has held tens of millions in its clutches is being exterminated.

European and American investigators differ in opinion as to whether the ravages of opium are worse than those of alcohol, but agree that the use of the eastern drug is a more insidious habit than liquor drinking and harder to stamp out. Moreover, the percentage of high Chinese officials who were at one time slaves to opium was far higher than the proportion which alcohol could claim among the adminis-

trators and civil servants of western countries, and repressive measures adopted by the Government have in all cases been hampered by influential personal inclination such as would not be met with elsewhere. Ridding the Celestial Empire of its favorite vice has therefore been a stupendous task, greater than the abolition of slavery, but it has been accomplished after ten years' well-planned, kind, to the incalculable benefit and everlasting credit of a gifted people.

Spirit of Reform.

Twelve years or so ago a new spirit manifested itself in China, a spirit of reform which aimed at nothing less than the restoration of the yellow race to its proper place in the world, and the elimination of every class of their people. The Manchurians and the rich, the government, smoked most of the night and slept most of the day. The poor, count of such utter monotony, discomfort and wretchedness that they found in the pipe, the only relief from misery. Whole populations were sinking, in some places sunk, into indescribable lethargy and social degradation.

Empire Was Debauched.

The empire was debauched and its strength sapped by what the victims themselves often described as "dirty." Even the poorer and more ignorant of smokers were, in most cases, ashamed of their habit, while the educated looked upon it as the beginning of China's national sorrows as well as the cause of their own degradation.

Faced with such conditions, the reformers realized and declared that all attempts to create a new China must prove abortive if opium were allowed to continue to sap the vigor of the

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New Spring Tailored Suits, Coats and Hats

NO MORE HIGH PRICES FOR SMART TAILORED SUITS AND HATS.

This lot comprises a variety of styles and materials greater than we can list here. There are suits in black, navy blue, black and white, green, brown and all the shades popular this season. This week we are showing scores of popular-priced suits fresh from the designers' hands, which sparkle with touches of artistic tailoring not previously shown. We are especially proud of the following new models: priced at \$12.50, \$15.00, \$18.00 and up to \$27.50. We are making into these suits than most other stores offer at \$25.00 to \$45.00. Alterations free of charge by first-class designer and fitter.

Special Offer for Friday and Saturday Only

TRIMMED HATS. At \$1.00, \$1.50, \$2.75 up to \$5.50

REGULAR SKIRTS. Regular \$3.50 and \$4.00, at \$1.98

WAIST, regular \$1.75, at \$1.00, at \$1.50

UNDERSKIRTS, regular \$1.00, at .50c

SILK AND SERGE DRESSES. To be cleared at less than half regular price. We make suits to order.

The Dominion Ladies' Outfitters
269 DUNDAS ST. CORNER WELLINGTON.

Hot Water

---for the Whole Family

All the labor and trouble of providing Hot Water for the Bath will vanish if you have a

HUMPHREY

BATH WATER HEATER

The water is made hot as it runs. No fuel wasted keeping water hot. Your bath will cost only two cents. Summer or winter, day or night, your bathroom has an instantaneous supply of hot water. We are selling only a limited number of these heaters at the special price of

\$38.00 Connected

\$5 Cash, Balance \$3 Per Month.

The Gas Appliance Co.

PHONE 922. 213 DUNDAS STREET.

Hot Water

---for the Whole Family

All the labor and trouble of providing Hot Water for the Bath will vanish if you have a

HUMPHREY

BATH WATER HEATER

The water is made hot as it runs. No fuel wasted keeping water hot. Your bath will cost only two cents. Summer or winter, day or night, your bathroom has an instantaneous supply of hot water. We are selling only a limited number of these heaters at the special price of

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Advertiser Patterns

1919

A Popular Style.

1919-Ladies' shirtwaist.

Flannel, madras, lawn, batiste, chambray, taffeta, linen, drill, satin, faille and other seasonable materials may be used for this style. The fronts are trimmed with smart pockets. The collar is deep and cut on sailor lines over the back. The pattern is made in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure. It requires 2 1/2 yards of 36-inch material for a 36-inch size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

ADVERTISER PATTERN DEPT.
Please send above-mentioned pattern, as per directions given below:

Name

Province

Age (if child or miss) pattern

Measurement: Bust..... Waist.....

Caution: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is mailed, you need only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write inches or "years." Patterns cannot reach you in less than one week from date of application.

Notwithstanding rioting and bloodshed in many cities and widespread destruction of property by mobs, the work of reform has been relentlessly pushed ahead. In one city alone 1,000,000 and 2,000,000 scattered over the country have been put out of business. Closing the doors of steamships encumbered by the passing forms of men who have smoked their pipes have been publicly burned in every city to the applause of men who formerly spent one-fourth or one-third of their small wages on the drug that impoverished them.

The change that has been effected in the life of the people as a whole is reported to be beyond all expectation, and now that the danger has been finally closed against the enemy that worked darkness and despair, a new era, resplendent in its promise, dawns for the largest nation on earth.

VERSE
—NEW AND OLD—

KIND IS MY MARY.
[Sent by "Olnna" under request of "Mother of Two"]

Her brow is fair as winter's snow,
Her cheeks with modest roses glow,
And down her slender neck flows
Frac o'er the e'en of Mary.

Chorus
See kind, kind, and gentle is she,
Kind is my Mary.
The tender blossom on the tree
Cannot compare to Mary.

Oh, see you proud and haughty lass,
Her head 'n' pride an' folly tossed,
Ne'er look on her, but let her pass,
Be sure that is not Mary.

But see ye an' o' modest air,
Bedecked by beauty sweet and rare,
That mak' your heart beat sweetly fair,
Oh, weel ye ken my Mary.

CHOCOLATTA
Add boiling water and serve

—and see how much better your lunch tastes. Chocolatta is a highly nutritious and digestible beverage and requires only boiling water to make—

a delicious palatable drink.

Chocolate and cocoa and tea ordinarily require sugar and milk before they can be drunk, but Chocolatta (because it contains the chocolate, milk and sugar together) is always ready in an instant.

THE NUTRIENT FOOD CO.
Toronto, Canada.

WELCOME RELIEF
TO THE DISTRESSING PAROXYSMS OF ASTHMA BY THE REGULAR USE OF

Dr. J.D. Kellogg's ASTHMA REMEDY

IN EVEN THE MOST STUBBORN CASES IT WILL AFFORD RELIEF BY SIMPLY INHALE THE FUMES OF THE POWDER WHEN URGED, EQUALLY EFFECTIVE IN THE TREATMENT OF HAY FEVER

TWO SIZES 25c & \$1.00

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letter can be answered privately.]

An Old Lady's Cure.

Miss Grey—I noticed in Monday's Mail-Box where "Mrs. S. E. B." is asking help for her little girl's arm. When my brother was a little chap he had his arm mangled and nothing seemed to cure it, until one day an old lady came to visit us, and she told my mother to catch the dripping off it, and apply that as you would apply olive oil. Mrs. S. E. B. could try it on the burn. We drip into a saucer.

Trusting it will help the little dear. I remember as before. A MYSTERY.

Ans.—Mystery or not, you are ever ready to respond to our "Puzzles" appeal. Will "S. E. B." try this old-fashioned remedy?

She Is Willing.

Dear Miss Grey—This is the last payment due to prisoners of war. Shall be willing to continue for another six months, if others agree to same. While the amounts are small, every little helps, and I am sure you will be a good contribution. If you have a recipe for Graham loaf with dates, that would be a good idea. I will try it. Yours truly, MRS. C. J. W.

Ans.—I am debating as to whether it is necessary to print a new recipe with the expiry of the present one. I have been contributing regularly, and wish to continue, and I am sure you will be a good contribution. I will try it. Yours truly, MRS. C. J. W.

Date Leaf—One cup yellow sugar, shortening and egg, cupful of dates (remove stones and cut in half) one half cup walnut meat cut finely, level teaspoon soda, bake in moderate oven for an hour, in well greased pan. Sweet milk and baking powder (two teaspoons) can be used with equally good results. If preferred, too, omit the nut meats.

Invites "Mrs. Gay."

Dear Miss Grey—I see where "Mrs. S. E. B." was asking for something to do with her little girl's arm. My little girl was terribly burned about six years ago. It took one year for her arm to heal. I used to burn the flesh all around the burn, and the burn healed from outside of burn. I used to use little spots of new flesh growing, but for an hour, I well greased pan. Sweet milk and baking powder (two teaspoons) can be used with equally good results. If preferred, too, omit the nut meats.

Dear Miss Grey—I often think of you. I was wondering if you would like to accept that invitation I gave you about two years ago, to come to the city. It will be a change, and perhaps do you good. The invitation is still good. Love to all the Cythians. A. N. N.

I read one of your letters not long ago. Hope you are feeling better. I will sign same old ALL THE BOYS IN KILAKI.

Ans.—Glad to welcome you once more to our Mail-Box. "Sister Gay" are you going to accept that kind invitation?

Must We Wait?

Dear Everybody—How are you all this lovely spring day? Here the sun is shining, and the birds are singing, and the little girls' hair is making music out among the pine trees, and telling me with every swirl against the window-panes that spring is here. Isn't that a welcome message? Was about to let old March slip into oblivion for another month without blowing a leaf, and up I leaped. These lovely evenings are enough to inspire anyone to write, or do something wonderful. I show how glad one is that winter has gone.

I am indeed sorry, "Tommy Atkins," to have missed that letter. Have often wondered about you, and hoped you had recovered. Our address is quite sure. I have no doubt that caused the mistake.

Lately the question was asked, "Which is the better place to bring up children, city or country?" Now, after some serious thought on the subject, I would say the country is the best place to rear a family.

The city, of course, offers by far the greater educational advantages, and the late Hon. David Mills used to say, "Education brings humanly world," while agreeing with him, I think there is something still higher than book-learning, and dwellers of the peaceful countryside might have a better chance to find it. In the crowded hurly-burly of great cities, where everyone is going, going, after the "main chance," there seems little time left for quiet thinking. In the country, on the other hand, the child has time to think, and if the parents haven't time or haven't the necessary qualities to teach their children, life's lessons, who can do so, I would like to know.

Luke, poor, turbulent Ireland, with its mighty rich and mighty poor, so it is with a big city. The parents in the mighty poor sections are too busy earning bread for the children to have time for anything else. I have lived in a big city and have known its poor. Children in the country earn their own living at an early age. City children have more die hours, and you know what Satan does with those. So, all things considered, my little mansion by the country roadside looks more preferable, when birds come back to the springtime.

Is there anything can fill one with such haunting sweetness as a robin's song of night? Such memories sweep o'er one and an unutterable longing for the higher life, and courage to keep right on trying for it. Just listen hard, all of you, next time you hear him sing at twilight.

There's a little stream that flows at play in the green pastures and there's the running stream across the meadow, which, as the water subsides, shows up the tenderest of green, getting darker as the season advances.

And there, old willow tree that each passing April fills me with fresh joy and wonder at the swift transition of its leaves, all these things may seem commonplace, but they speak to me of hidden mysterious things, and I think that is the best always seems nearer in the springtime.

I liked "Country Mother's" letter so well that while reading it something

DAILY BIBLE QUESTION CLUB

By Rev. T. S. Linscott, D.D. (All Rights Reserved.)

The daily study of the Bible week constitute the International Sunday School Lesson for next Sunday. Read the Bible Story on which this study is based. Answer the following questions:

1. Verse 1—What danger, if any, is there to a loving, faithful Christian, of mistaking some other "voice," for that of the Holy Spirit of Jesus?

2. Verse 4—Is it or not, and why, necessarily a sign of lack of spirituality, of real goodness, when a person does not immediately understand some of the parables of Jesus? (This is one of the questions which may be answered in writing by members of the club.)

3. Verse 7—A door shut is to secure intruders, and keep out thieves and robbers, while a door open is for egress and ingress; how then is Christ the door of the Christian sheepfold?

4. Verse 10—What is the meaning of the words, "I am the door of the Christian sheepfold?"

5. Verse 11—What is the meaning of the words, "I am the door of the Christian sheepfold?"

6. Verse 12—What is the meaning of the words, "I am the door of the Christian sheepfold?"

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13. Verse 19—What is the meaning of the words, "I am the door of the Christian sheepfold?"

14. Verse 20—What is the meaning of the words, "I am the door of the Christian sheepfold?"

15. Verse 21—What is the meaning of the words, "I am the door of the Christian sheepfold?"

16. Verse 22—What is the meaning of the words, "I am the door of the Christian sheepfold?"

17. Verse 23—What is the meaning of the words, "I am the door of the Christian sheepfold?"

18. Verse 24—What is the meaning of the words, "I am the door of the Christian sheepfold?"



It Cleans and Safeguards

Lifebuoy Soap is always on guard against dirt and disease. In the home, at your work, for hands and face, for shampoo and bath it will be found always on the watch against germ and microbe. Withal, the rich, creamy Lifebuoy lather makes it a real pleasure to use this "super soap."

LIFEBUOY HEALTH SOAP

The old proverb "prevention is better than cure" is another way of saying use Lifebuoy Soap. Start using it to-day and see that the children use it.

The mild antiseptic odor vanishes quickly after use.

At All Grocers—

LEVER BROTHERS LIMITED TORONTO

5

WHY YOU SHOULD USE M.S.C. SHAMPOO

It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes.

HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.

M. S. C. SHAMPOO contains pure Coconut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.

Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two table-spoonsful, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.

Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

Price 50 Cents

At Drug Stores, or if your dealer cannot supply you with the genuine article.

MUTUAL SALES CO.

32 Front Street West - Toronto, Ontario

STOP DANDRUFF!

HAIR GETS THICK, WAVY, BEAUTIFUL

Girls! Draw a cloth through your hair and double its beauty.

Spend 25 cents! Dandruff vanishes and hair stops coming out.

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25-cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed, and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss.

Apply it, and try as you will you cannot find a trace of dandruff on the falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—growing in really new hair—sprouting out