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or bother meal, with Corn Flakes

fresh, tasty

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MAN SICK FOR YEARS

Other Women to Know She was Finally Restored to Health.

mond, Ont. — "I am passing the Change of Life and for two and hot flushes very bad, head- soreness in the back of head, was ated, and had weak, nervous feel- The doctor who attended me for er of years did not help me, but I was entirely relieved of the symptoms by Lydia E. Pinkham's Compound, Blood Purifier and Pills, and give you permission to my testimonial." — Mrs. LOTTIS AGE, Sr., Hammond, Ont., Canada.

New Brunswick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me." — Mrs. DEVERE BARBOUR, Harvey Bank, New

wick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, no narcotic or harmful drugs, day holds the record of being the successful remedy for female illness of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove that. Every suffering woman owes herself to give Lydia E. Pinkham's Compound a trial. If you want special advice write to Lydia E. Pinkham Medicine Co. (con- al) Lynn, Mass. Your letter will be answered by a nurse and held in strict confidence.

Minard's Liniment advertisement with image of a bottle and text: Beware of Imitations Sold on the Merits of Minard's Liniment. THE ORIGINAL AND ONLY GENUINE

SANTAL MIDY advertisement: CATARRH and DISCHARGES Relieved in 24 Hours

Every Woman's Marvel Whirling Spray advertisement: It is doubtful whether the person who asserted that secrets were made to tell, forswore, even in his most cynical mood, anything like the following conversation in Das Echo:

Cravenette Showerproof Coats advertisement with image of a woman in a coat and text: THE first element of a good converser is that he shall be interested in the person with whom he is talking. Nothing can take the place of this. Give your companion your attention. Listen to every word he says. Don't be studying what you shall say next. Let what you are to say grow out of his remark. Don't look away or looked bored, or let your mind wander. Study him, and make your conversation minister to him.

RUBY ROSE COLD CREAM advertisement with image of a woman's face and text: Charm of Feature is enhanced by the clear, delicate, velvety skin which is the natural result of using Na-Druc Co Ruby Rose Cold Cream.

SHREDDED WHEAT advertisement with image of a bowl of wheat and text: Three Meals a Day are three too many if they are not appetizing, wholesome and nourishing. Cut out heavy meats and starchy vegetables for a while—eat SHREDDED WHEAT with Sliced Peaches or Other Fruit

The Tale of a Secret. It is doubtful whether the person who asserted that secrets were made to tell, forswore, even in his most cynical mood, anything like the following conversation in Das Echo: "Lottie tells me that you told her the secret that I told you not to tell any one."

OF INTEREST TO WOMEN

The Art Of Making Conversation

THE first element of a good converser is that he shall be interested in the person with whom he is talking. Nothing can take the place of this. Give your companion your attention. Listen to every word he says. Don't be studying what you shall say next. Let what you are to say grow out of his remark. Don't look away or looked bored, or let your mind wander. Study him, and make your conversation minister to him.

Listening To The Music

Scene: The Front Steps of a St. burban Home. Time: A Warm Evening in August. Mrs. Homebody—Oh, listen, everybody! That youngest Mr. Byers next door is singing. He has a lovely voice. Mrs. Gadger—(a neighbor)—Oh, I just love a good baritone voice. I could listen to one all night. I don't care much for tenors. There are so few really good tenors, you know, and somehow or other they don't seem human, anyway; but a rich baritone voice is just splendid. I quite envy the man who has one. Up in the country where we were last month— Mrs. Homebody—Hush, please. Just a minute. That's a lovely thing Mr. Byers is singing just now. Mrs. Gadger—Yes, isn't it? I could listen to a voice like that all night. Up in the country where we were last month there was a man with a perfectly elegant voice. Charley, didn't Mr. Bellows up at the lake have a voice? Mr. Gadger—Oh, great! Listen, don't you? Mrs. Gadger—He used to sing in the parlor every night after supper and the way he did it was just fine. Some men who sing are so affected in their manner. Talk about women! Why, I've seen some men singers who were a lot worse than any woman that ever sang! Have to be coaxed and made a fuss with and all that. But Mr. Bellows wasn't a bit like that. When anybody asked him to sing he just walked right up to the piano—he played his own accompaniments beautifully—and sit down and do it just like that. Mrs. Chiclet—Oh, wasn't that fine! Mrs. Gadger—Oh, it was just splendid. And he used to pronounce his words so clearly, oo. You could understand every word he said. Charley, do you remember that Saturday night when Mr. Bellows sang that song from the "Purple Princess"? Mr. Gadger—Yes, but hold up a second. Mr. Byers? We want to hear this fellow next door. Mrs. Homebody—Yes, do listen. He really has a lovely voice. Mrs. Homebody—Byers. Hush! Mrs. Gadger—Didn't he used to sing in the Boobie Street Methodist Church? Mrs. Chiclet—I don't think he did. I used to attend there and I don't remember him. Mrs. Gadger—What sort of a looking man is he? Tall, dark and with a close-cropped black mustache? Mr. Gadger—For the love of Mike, Flo. Mrs. Homebody—No, he's rather short, stocky and has a smooth face. Hush! Mrs. Gadger—No, then, of course, it can't be the same one. The man I meant was tall, dark, and had a close-cropped black mustache. And, anyway, Byers wasn't his name, I'm sure of that. It was something like Hicks or McMullen, or something. I don't know.

Introductions

SUCH a usual thing as introducing one person to another is so often done in a bungling, unsuccessul, wrong way, that one cannot speak too often about this very necessary social occurrence. There are two or three points to emphasize. First, remember that the simplest, most straightforward introduction is the best; second, do not name your words; make clear the names of the persons introduced and using it say slowly and distinctly. Do not rush through an introduction as if you disliked it or were ashamed of it. A gentleman always asks permission of a lady to bring a stranger to be presented. After securing this he presents the gentleman to the lady. This order is the general rule. The woman's name is used first except in the case of an elderly person or one of note in which case the order is reversed. The accepted form is, "Miss Blank may I present Mr. Wood" or "Miss

Lemons As Toilet Aid

The next time anyone hands you a lemon do not feel offended, but turn the laugh on your aggressor by accepting the lemon graciously and using it to improve or add beauty to your charms. If you are a blond you will find the lemon very useful when shampooing time comes around. After you have cleaned your hair with soap and water, rub the strained lemon juice into the scalp and hair. It is necessary to rinse the hair well after this. The lemon will keep the hair light and make it fluffy. It is well to remember that whenever any hair is shampooed the work should not be considered complete until the hair and scalp are dry. Too many girls grow

To Keep The Hands White And Soft

Use a soap rich in oil and containing no alkali to crack and harden the skin. After the hands have been cleaned and thoroughly rinsed a lather made from the soap should be rubbed into the hands and wrists. Continue the rubbing until all the lather has been absorbed or there is very little to wipe away. The oil feeds the skin, keeps it soft and prevents the shriveled appearance and feeling which come especially to hands that are kept for long periods in hot water. Hands thus treated are soft and white. It is important to remember that the lather which is rubbed in is not the lather with which the hands are cleansed, but a fresh lather, made after the cleansing has been completed.

Tried Receipts

Smothered Chicken. CUT nice slice of meat from a cold chicken. Trim off all fat and skin, and arrange in small earthen dishes. Pour over each rich sauce made of equal quantities of cream and chicken stock thickened with a spoonful of flour. Then partially cover with mashed potatoes, beaten very light with one or two eggs, and set in a moderate oven. As soon as the baking dishes are taken out of the oven fill the remaining space with hot buttered pans and serve immediately. Chicken Patties. Use the liquid chicken was boiled in for the gravy, and season just as if milk were used. Melt butter, add flour and then pour in gravy quickly. This must be thick. Season with pepper, salt, dash of cayenne, a little garlic, chopped parsley, bottle of mustard, and plenty of good grated cheese. Mince the chicken well, then add the seasoning. Serve in patty shells or on slices of toast, garnished with lettuce leaves. Oyster Rabbit. Select half a pint of oysters and re-

THE STANDARD

Makes Unprecedented Offer to Its Lady Readers

From Leopard's "Thoughts" we gather: "The most pleasing and intelligent conversations in the world are composed of sayings frivolous, gay or sad, which usually serve the mere purpose of passing pleasantly the time. Let us therefore speak of common things."

The French are famous conversers. La Bruyere advises us: "It is a great affliction to have neither sense enough to talk nor judgment enough to keep still." "To please others," says the well-known epigrammatist La Rochefoucauld, "one must speak of the things that interest them, avoid disputes over indifferent subjects, ask few questions, and not let them see that we think we are more in the right than they."

Finally here is a great saying of Koltzue's: "He who knows how to talk can silence all the cannon in the world." Woman's World.

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