DAILY PAGE FOR EVERYBODY

Good Night

dizetrated by Gruelle, BETTY'S PEAK INTO KOREA.

"Oh, dear!" exclaimed Betty, as she eaned on the side of the wash-tub. I hate washing and ironing days." Why!" cried a metry voice, and Goomebeck—the tiny travel elfin—hopped pon the other side of the tub. "If ou had to do them the way our little rown sister has to you might have ause to complain."

Then before Betty could question him urther she stood in the centre of a trange city.

"We're in Seoul, the capital of corea," whispered Gocomeback, as he aw the puzzled expression on Betty's to.

aw the puzzled expression on Betty sace.

All around the city ran high walls, which were wide enough for eight persons to walk on them abreast.

Queerly dressed men hurried by, yearing bagsy trousers tied at the inkle, and over their shoulders some vore one or two short coats with three r four long coats. Some wore their air drawn back from the forehead and plaited into long pigtall. there at the coats with the trained of the coats of the coats of the coats of the coats of the coats.

Thou funny they look!" laughed etty.

he style of hat denotes their post-said Gocomeback. "The ones with hats on top of their knots are

on," said Gocomeback. "The ones with heir hats on top of their knots are larried.

Betty was so busy looking at the seer headdress that she was almost nocked down by two chair-coolles—one in front and one behind the chair, which has swung between two poles on their houlders. Betty peeked inside, and here sat a pretty Korean woman. Her ull white skirt and short red bodice led with a bright ribbon on the left ide made a pretty picture in the winging chair.

"You saw the number of coats the sen wear, and the terribly full skirts he women wear," said Gocomeback. Well, these clothes are not sewed like our clothes—they're gumned together, and every time they're washed they are to be taken apart."

Then it was that Gocomeback gave letty a glimpse of a Korean stream, here hundreds of native women were usy doing their weekly washing. "The stream is their only tub," said ocomeback. "And when you see how lose clothes have to be put together gain I'm sure you'll never complain bout your ironing being hard."

So Gocomeback led Betty up to a naint little—hut of wattle and mud om which sounded a tapping noise. On the ground a woman was squang with two pleces of wood that looked e small rolling pins.

If that's the way they iron," laughberty, "I'm indeed glad that I don't here. Think of gumming your hes together every time they're whed!"

eal"
t when Betty turned around to find
thy Gocomeback didn't answer he
disappeared, and with him the
in hut and woman, and Betty was
ing once more bes.le her own tub
fits suda.

ding once more bes.le her own tub unity suda. etty rolled up her sleeves and went work with renewed energy. She glad that she lived in America and 't have to wash her clothes in a am or beat them together with roll-pins as her Korean sisters have to heirs.

UXATEL

gained, Many people have made this test and have been aston-ished at their increased strength, endurance and energy. Nuxated Iron is guaranteed to give astis-faction or money refunded. At all good druggists,

CEETEE UNDERCLOTHING Guaranteed Not To Shrink.

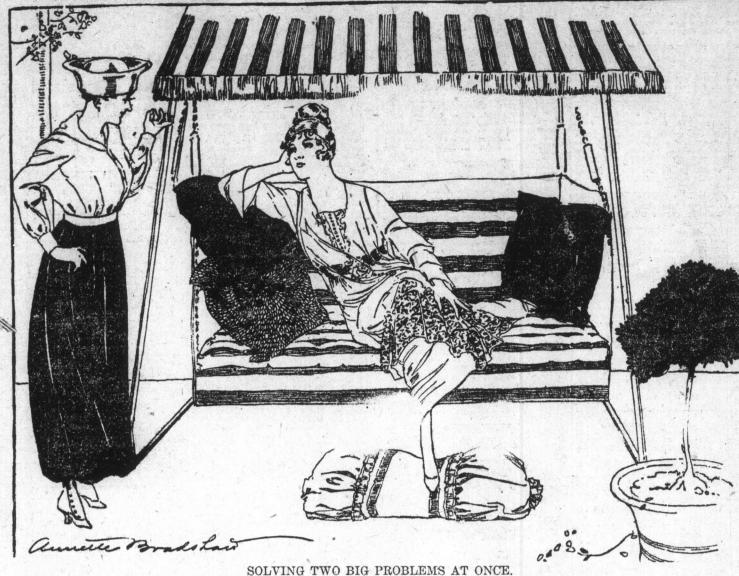
ILD GETS SICK, CROSS. SWERISH IF SESTIPATED

ook at tongue! Then give fruit laxative for stom-



FEMINISMS

By Annette Bradshaw

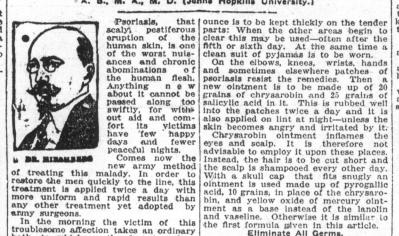


MISS DRESSMAKER-Oh, yes, I can make ze be-eautiful gown an' I can teach you French also-but why ze French? MRS. UP-TO-DATE-I want to be able to talk to the Colon el, my husband, when he comes home. He's over there.

Secrets of Health and Happiness

Here Is the Very Newest Treatment For Psoriasis

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D. (Johns Hopkins University.)



skin, night and day, while the treatment goes on. In this way they become thoroughly saturated with the salve. Commonly there is no severe irritation from this unguent, but occasionally some skins are supersensitive and areas of it become acutely inflamed and tender. Wherever this occurs the applications are discontinued.

Lassar's paste, with a little ichthyol and 10 grains of salicylic acid to the

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

What Sadly Troubled Madge As the Train Bore Her Away.

even this should be taken only under the advice of your family physician. You should cut down your diet one-third or even one-half and try to spend at least two hours in the open air every day in some kind of active exercise. You will find it helpful to massage your hips and abdomen dally with this astringent lotion:

lon: Iodide of potassium... 2 ounces Camphor water ... 2 ounces Alcohol 2 ounces

J. L. L.: Q.—How can I make straight hair curly?
A.—Purchase some quince seed and add a little rose water to it. Apply this to the hair and place hairpins in it to keep the waves in place. Let it dry thoroughly and then brush it lightly.

MRS. P.: Q.—Would you advise an operation to remove piles?
A.—This is the only efficient means to remove them. M. M. S.: Q.-How can I reduce the lower limbs?
A.—Try bicycle riding, swimming and horseback riding.

keep the waves in place. Let it dry thoroughly and then brush it lightly.

MISS X. M.: Q.—Why do perspiration and sputum turn linen yellow?

2. Why are my eyes sensitive to light, and why do I seem to see little dots before my eyes.

A. — Perspiration contains various waste materials secreted from the body, and often turns linen yellow. If there is an excess of this coloring either in the care of this office.



Where Widows Never Marry Again and Always Wear Mourning

In the morning the victim of this troublesome affection takes an ordinary bath, to which on the first two days one ounce of cresol and a handful of sodium carbonate are added.

After the second day the cresol is left out and either the sodium or potassium carbonate is continued. After the morning bath, and also in the evening, an ointment made of the following ingredients is rubbed into all of the affected parts from the neck downward:

Chrysarobin 10 grains Chrysarobin 10 grains of carbonate and salty laxatives.

Salicylic acid ... 15 grains of the following indicated mercury and 20 to 30 grains of salicylic acid, generally she were a Hindu—knew the very day and the hour of her own death, for when her husband's body was burned she was compelled to mount the funeral prescription may answer the purpose. Individuals whose skin is inclined to be florid, red or inflamed should live for a time on a milk diet, lots of water and fruit juices and salty laxatives. Cream of tartar water is recommended three times a day.

Meanwhile, the roots and sockets of the teeth are to be cleaned with peroxide or the surgeon's more radical excapillation. suffices for psorinsis of the face and front of the neck. If not, the scalp a prescription may answer the purpose. Individuals whose skin is inclined to be florid, red or inflamed should live for a time on a milk diet, lots of water and fruit juices and salty laxatives. I Cream of tartar water is recommended three times a day.

Meanwhile, the roots and sockets of the teeth are to be cleaned with peroxide or the surgeon's more radical excavators. All 'possible localities where germs gather, such as the mouth, the teeth and the nose, must be thoroughly gleansed with antiseptics. Finally, fatty, greasy, albuminous foods are to be reduced to a minimum. when her husband's body was burned
by she was compelled to mount the funeral
pyre and to die with her dead. The
legal of the lengthsh Government in India experienced difficulty in seeing that the prohibition of this custom was obeyed, for
many widows wished not only to die
with their husbands, but feared to live
after his death.

However, time and strict measures
preserved the lives of countless women,
and today the Hindu widow doesn't die
in this romantic but terrible way. Some
of them, nevertheless, would probably
prafer such a death to the life that the
new custom linked with the old compels
them to live.

Under no circumstances may she
marry again. She must shave her head
and keep it shaved the rest of her days.

Answers to Health Questions

TROUBLED ONE: Q.—How can I reduce and prevent abdominal fatness?
A.—I would not advise any internal medicine, except a mild sedative, and mountain except a mild sedative, and selections.

RISON'S NEW

Under no circumstances may she marry again. She must shave her head and keep it shaved the rest of her days. And from the hour of her husband's death until the day of her own demise she must wear a snow-white sheet that clings closely about her as she walks. But the average Hindu widow's unhappiness doesn't end even with these prohibitions and the badge of eternal mourning she must wear. Many Hindu widows are left without means of support, and they must support themselves. port, and they must support themselves. This is infinitely worse than it seems, in India there are very, very few



KITCHEN ECONOMIES BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION Five Unusual and Delicious Small Fruit Preserves.

The canning of whole fruit, simple cover and allow to stand over night, though it is, requires care, and is in the morning, add the raisins, which have been cut in pieces nut meets

though it is, requires care, and is sometimes a little difficult for the young housekeeper. It means supercareful sterilizing, the careful handling of jars and equipment.

But even if you cannot put up some

have headaches and languor, you need if needed, until Jam is of the right consistency. Pour while hot into small jars.

Rich Pear Preserves.

Peel the pears and cut them into gloves. Once they begin to eat grass and disappear instantly. Vim. spirits, hearry health, all the joys of life come to everyone that uses Dr. Hamilton's Pills.

No medicine so satisfactory. Get Dr. Hamilton's Pills today, 25c per box at all dealers.

Hamilton's Pills today, 25c per box at all dealers.

If needed, until Jam is of the right consistency. Pour while hot into small of the best and finest kind of kid gloves. Once they begin to eat grass their skins alter in texture, becoming coarse in grain and losing to some extent the valuable quality of elasticity. The addition of a little ginger root and some sliced lemon is a nice change.

Add the pears and boil them in the from two to eight large, only seeds that the size of small apples, and contain the size of small apples are small apples.

Pineapple and Apricot Marmalade. 4 pounds of apricots.
1 large pineapple.

The price of Liberty is eternal vigilance, and the price of wisdom is eternal thought.—Birch
Wash, do not peel the apricots. Break into halves, setting 10 of the kernels aside. Peel and shred the pineapple, and place it in a saucepan over a slow fire. When the boiling point is reached add apricots and the kernels. Boil slowly for one hour, then weigh. Add the same amount of heated glasses and cover with melted paraffin when cold. Preserved Cherries.

Use sour, red cherries, removing the stems and stones. Put into the preserving kettle with alternate layers of sugar and honey. Use one-half their weight in sugar and one-quarter their weight in honey, or all sugar may be used. Allow to stand for 24 hours, and rubbers, and sterlize for 10 minutes in hot water bath outfit.

Stone the plums and weigh them. Stew for 20 minutes, Add one-half pound of sugar to each pound of fruit and cook slewly for one hour or more if needed, until jam is of the right consistency. Pour while hot into small jars.

Rich Pear Preserves.

Peel the pears and cut them into the price of Liberty is eternal vigilance, and the price of wisdom is eternal thence, and the price of windom is thereals then unto the price of a pin; throw him into betale, and the price of a pin; throw him ligh



Workers must have

more Soap

The demand for Comfort—the high quality, all-round cleanser is greater than ever. We have made our bar BIGGER by withdrawing the premiums,

during war-time anyway.

a bigger bar for the

money without

premiums

Your grocer can sell you this bigger, money-sav-ing Bar—just insist on it. Comfort Soap has the largest sale in Canada-quality talks-the people know best.

Pugsley, Dingman & Co. Limited, Toronto

Stole a pig And away he run. "Infants-Delight"

JOHN TAYLOR & CO., Limited, Dept. 4, TORONTO.

are reported to be poisonous and should not be eaten. The value of this tree lies in the fact that the nuts contain one of the best drying oils, called wood

Jonathan Edwards, when a boy, wrote in his journal: "Resolved, to live with all my might while I do live." What is eloquence but truth in earn-st? The mind's best words spoken in Nothing gives more of sympathy to he voice than real goodness.—Bautain.

but education ends only with life. A child is given to the universe to educate.—Robertson. Truth is only got at by assaulting and laying low the surroundings that throw it out of proportion and hide it from view.—Bishop Butler.

לשטוזטוט פו

By Genevieve Kemble

THURSDAY, AUGUST 1.

with coolness and discretion, may expect an interesting and prosperous year. A child born on this day will be active, energetic, but must be taught the value of forethought and deliberation. It may succeed best in employment of others.

Words of Wise Men

Those who have finished by making all others think with them, have usu-ally been those who began by daring to think for themselves.—Colton. The most manifest sign of wisdom is Buy what thou hast no need of, and ere long thou shall sell they necessities.—Franklin.

Look not mournfully into the most returns no more; wisely improve the

Keep they spirit pure from worldly Be what your friends think you are avoid being what your enemies say you are; go right forward and be happy.
-Pomeroy.

The bigot is like the pupil of the eye—the more light you put upon it the More it will contract.—Holmes.

A man can never be a true gentleman in manner until he is a true gentleman at heart.—Dickens.

The price of Liberty is eternal vigilance, and the price of wisdom is eternal thought.—Birch

The mattock will make a deeper hole in the ground than lightning.—Horace Mann.



According to historical researches, music was first cultivated in Egypt, but no vestige of primitive Egyptian music now exists. All our present day information comes from pictorial and Improvement of Mrs. McCann

"Live

invites death in a hurry." Worry wastes nerve force at a tre-

up the nervous system with the aid of Dr. Chase's Nerve Food. "I had seen Tanlac so highly recomaid of Dr. Chase's Nerve Food.

find yourself resting and sleeping naturally.

IN FIVE MINUTES NO SICK STOMACH, INDIGESTION, GAS

Stomach Relief.

You don't know what upset your stomach—which portion of the food did the damage—do you? Well, don't bother. If your stomach is in a revolt; if sick, gassy and upset, and what you just ate has fermented and turned sour; head dizzy and aches; beloh gases and acids and eructate undigested food; breath foul, tongue ceated—just take a little Pape's Diapepsin to neutralize acidity and in five minutes you wonder what became of the indigestion and distress.

Millions of men and women today Millions of men and women today know that it is needless to have dyspepsia. A little Diapepsin occasionally keeps the stomach sweetened, and they eat their favorite foods without fear. If your stomach doesn't take care of your liberal limit without rebellion; if your food is a damage instead of a help, remember the quickest, surest, most harmless antacid is Pape's Diapepsin, harmless antacid is Fapes Diapepell, which costs only fifty cents for a large case at drug stores. It's truly wonderful—it stops food souring and sets things straight, so gently and easily, that it is really astonishing. Your stomach will digest your meals if you keep acids neutralised.

GAINED 28 POUNDS

Is Talk of Entire Neigh-

borhood. "My wife has actually gained twenty-eight pounds by taking Tanlac and her wonderful improvement is the talk of all the neighborhood, "was the re-

all the neighborhood, "was the remarkable statement made by John McCann of 197 Laval street, Hull, recently. Mr. McCann has lived in Hull all his life, and is well known.

"Yes, sir, I can say for a fact," he

continued, "my wife hasn't been in such good health before in seven years. She had been in a badly rundown condition for about that long and gradually got worse in spite of all she could do. She had no appetite, seldom ate any break-fast, and very little at any time. She was so nervous she couldn't sleep well, and so weak she could hardly get about mendous rate. The more exhausted the greater the tendency to worry.

Then how is one to get out of this vicious circle? By building and so weak she could hardly get about the house, much less do any of her work. It seemed like she would almost die at times with sick headache. She often had dizzy spells and would get so sick and weak she would just have to give up and go to bed. She looked pale and sallow and had fallen off in weight from one hundred and twenty-eight pounds

ended that I finally got a bottle for As the nerves are strength-her, and I have neves seen such a ened you forget to worry and wonderful improvement in anyone. Soon gan to pick ap and look better. She has taken five bottles now, and she has not taken five bottles now, and she has not only gotten back to her old weight of one hundred and twenty-eight pounds, but she has actually gone ten pounds above that, as she now weighs one hundred and thirty-eight. Her appetite is splendid, and she's never bothered with nervous headaches or dizziness any more. She does all her housework besides taking care of five children, and never complains of feeling tired. We are both simply delighted over the way are both simply delighted over the way Tanlac has built her up, and we never miss a chance to boost it. Our neigh-Drug, Limited, and by an established agency in every town.

> Rely On Cuticura For Skin Troubles For free sample Cuticura Soap, Ointment and Talcuadress: "Outleura, Dept. E. Besten." All druggiste



Contain No Narcotics WHEN your child is recties, pervise, stepless, or when convulsions threaten, it indicates the ravages of worms and that the little one's strength is being saped and undermined. Miller's Worm Powders get promptly at the root of the frouthe and restore the digestive oritins to a healthy con-Northrop & Lyman Co., Ltd., Dept. B. W., Toronto