



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Chas. H. Hutchins

In Use For Over Thirty Years

CASTORIA

OF INTEREST TO WOMEN

BEAUTIFUL BROWS.

Daily brushing of the brows and an occasional treatment with a tonic are excellent. As to the lashes, they also require attention if they are scraggly or too short. Clipping by one who knows how to do so expertly will result in making them grow, as a general rule. Oil of cajeput applied occasionally with a tiny camel's hair brush is a good tonic. And speaking of tonics, it is an excellent idea to provide oneself with a good skin food or lotion. Applying this to the flesh occasionally will cleanse the pores and freshen and beautify the complexion.

CARE OF THE FEET.

If there is the slightest tendency to callous, the feet should be rubbed with powdered pumice stone. Professional dancers who depend on the fitness of their feet for their livelihood, massage them with good old-fashioned mutton tallow. Preceding the massage, the feet are bathed in tepid water in which a teaspoonful of powdered borax or a little witch hazel has been dissolved.

SMOOTH NAILS.

Lemon juice or vinegar, if rubbed on the nails, will increase both their gloss and smoothness. Beware of too frequent use, however, for this may dry the nailfold and cause painful cracks.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You simply say to the drug store man, "Give me a quarter of an ounce of freezone." This will cost very little but is sufficient to remove every hard or soft corn from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn should relieve the soreness instantly, and soon the entire corn, root and all, dries up and can be lifted out with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that while freezone is sticky, it dries in a moment, and simply shrivels up the corn without inflaming or even irritating the surrounding tissue or skin.

TWO OF A KIND.

(Montreal Gazette.)

Emperor Charles of Austria-Hungary, has sent a sympathetic message to the new Sultan of Turkey. The two are brother kings in distress, whose worries are due to increase rather than diminish. They should appreciate each other's position.

"The practice of medicine has changed a good deal in the last ten years."

"Yes, a doctor can succeed nowadays without wearing whiskers."

Cook's Cotton Root Compound.

Give reliable remedy for... Sold in three degrees of strength—No. 1, 2, 3. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly "Huffer.")



ESSIE HAYAKAWA in "Hidden Pearls" A Paramount Picture AT THE GAIETY THEATRE WEDNESDAY and THURS

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No matter how thrifty the plant may be, it cannot produce a good crop, either in quantity or quality, if disease and insects are allowed to interfere with its growth.

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Wedding Bouquets and Floral Designs a Specialty.

Good Assortment of Ferns, Palms, etc.

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All orders receive careful attention.

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Everything new and up to date. Regular meals served. First Class service.

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Lunches served at all hours.

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Cabbage, Tomato

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Flowers, Asters, Stocks, Phlox, Balsams, etc.

Radish, Lettuce and Rhubarb.

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BEBBINGTON GARDENS

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES

RHEUMATISM BRIGHT'S DISEASE DIABETES BACKACHE

NUMBER 23 THE PROPRIETOR

FOOD BOARD FLASHES FOR FEMINE FOLK

Two thousand women in the city of Vancouver recently pledged themselves to conform exactly to the requirements of the Canada Food Board and to apply the food regulations governing restaurants and bakeries to their homes.

They added a rider to this—they would discountenance all social functions which promoted the consumption of wheat products, pork, sugar and fats.

Vancouver is one city in all Canada. Wouldn't it be stimulating to all classes of women in the community if this were done in every big city in the country?

THE WAR GARDEN.

Issued by the Canada Food Board

Waste Not, Want Not.

One of the first principles of the 1918 war garden is that nothing be allowed to go to waste. Practically everything can be made use of in one way or another, but a few odds and ends will necessarily have to be cast aside and, wherever possible, these should go to the compost heap. Remnants of the various crops should not be allowed to remain in the gardens, for they will simply harbor and feed insects. Beet tops, if not canned, stumps, cabbage leaves and all healthy plants may be sent to the compost heap as the season advances, but dead tomato vines, bean vines and other plant tops which have been diseased, should be burned. While this may seem like a waste, it is the only thing to do. To save or compost such matter for fertilizer would simply be to mature and save millions of disease spores which would be ready to attack next year's crops.

COST OF LIVING COMMISSION MAKES REPORT

Ottawa, July 15—The cost of living branch of the department of labor reported to the minister of labor that the stocks of meat in storage on July 1st show a decrease, compared with the preceding month. This is especially true in Quebec and is doubtless due to the very large overseas shipment. A comparison herewith last year, judging from the limited list of firms reporting then, indicates a somewhat larger supply on hand than a year ago. The quantities in each case, however, are small. We have increased quantities of butter, cheese and eggs, a natural thing, since this is the time of year in which we lay by supplies of these articles the report continues. "Unfortunately, this increase also last month does not give as great a supply as our stocks of last summer. In the case of fish we have a substantial increase last month, and at the same time more than last year.

"Why, William, what's the matter with your face?" queried the anxious mother.

"Oh," answered William, "Sammy Smith said he didn't like the looks of my face and so he fixed it for me."

Any time is dancing time, where ever there is a VICTROLA

Whenever you feel like dancing, when a few friends stop in, when soldier boys are home on furlough, the Victrola is always ready with the music.

Everywhere the Victrola and Victor Dance Records are a constant invitation to dance.

Come in and let us give you a demonstration, and show you how you can have a Victrola at once, by our plan of deferred payments.

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