

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature



You get your strength back so much quicker on OVALTINE

THE great difficulty during convalescence after illness is to obtain food which will not tax the digestion, is palatable, and which will rebuild exhausted body cells and tissues quickly.

Ovaltine, the original and supreme tonic food beverage, meets all three requirements perfectly. That is why doctors all over the world recommend it.

Every particle is delicious, easily digested, super-nourishment

The wonderful, nourishing goodness of ripe barley malt, fresh eggs and creamy milk is concentrated by an exclusive scientific process in Ovaltine.

All the necessary food elements are here to reinvigorate the weak body. There are proteins to create muscle and bone, carbohydrates to give new energy, mineral salts to enrich the blood, organic phosphorus to build up the brain and nerves and all the essential life-giving vitamins.

OVALTINE RUSKS

have a delicacy of flavour and a crispness which appeals to the convalescent and invalid appetite. Containing finest Canadian wheat-en flour and Ovaltine, these Rusks are easily digested and very much more nourishing than ordinary rusks or biscuits.

Ovaltine is very delicious and remarkably easy to digest

Indeed, it is very comforting to weakened stomachs and actually aids the digestion of three times its own weight in other foods. The beneficial effect of Ovaltine is felt almost at once. It is really wonderful!

Obtainable at all good stores, in soc., 75c., \$1.25 and special \$4.50 family size tins; also served at soda fountains.

OVALTINE TONIC FOOD BEVERAGE Builds up Brain, Nerves and Body

A. Wander Limited - 455 King Street West, Toronto, Ont.

ENJOYABLE CONCERT

A most enjoyable concert and one act play entitled "Hiring Help" was held in the League of the Cross Hall Monday, Feb. 24, by the Young Ladies Guild of the Little Flower. Special mention must be made of the vocal solos rendered by Father Gillis and Miss K. Hughes also of the violin solo by Mr. Alfred McKeamey. Excellent music was rendered by the orchestra under the direction of Mr. Alex McLean.

Dance, "Highland Flings" M. McDonald, M. McKinnon. Song—"Schoolyard Sweethearts" H. Brown, M. Martin. Song—"Father Gillis. Intermission—Sale of Candy Orchestra Play—"Hiring Help" Recitation, I. McDonald. Song, "That Old Irish Mother of Mine" Lucy Campbell. Singing in the Rain. Drill—Dance—M. Hennessey. Song—K. Hughes. CHORUS—Chant of the Jungle. Cast CHORUS—G. Walsh, A. Gallant, N. Peppin, H. Brown, M. Cormier, M. Murnaghan, O. Rowley, G. Carver, E. Fleming, F. Mullins, F. McCarey, M. Doyle, I. McDonald, E. Bolger, T. Peppin, M. Gallant, M. Martin, E. Gallant, D. Hughes, H. Costello, E. O'Neill, L. Brown, F. McTague, A. Mullins, V. Cameron, M. McDonald, M. McKinnon, A. Walsh, E. McLellan, A. McLellan, M. Biffin, Lucy Campbell, M. Brown, O. McLellan.

SINGING IN THE RAIN—L. Campbell, M. Biffin, A. Mullins, A. McLellan, A. Walsh, F. McTague, E. O'Neill, L. Brown, M. McDonald, M. Brown, E. Gallant, E. McLellan. DRILL—N. Peppin, H. Brown, G. Walsh, A. Gallant, M. Cormier, M. Murnaghan, O. Rowley, G. Carver, E. Fleming, F. Mullins, F. McCarey, M. Doyle, I. McDonald, E. Bolger. Cast of Play Mrs. Mervin, Marion Brown; Emma Mervin, Lillian Brown; Bridget Lucy Campbell; Nora McCarthy, Ellen O'Neill; Ellen Flynn, A. Walsh; Johanna O'Neill, Florence McTague; Angelina Simper, Lucy Campbell; Mary, Almeida McLellan.

Prince Edward Orchestra Violin—William Freemando. Piano—Alex McLean. Drums—Archibald Nelson. The concert and playlet was under the direction of Mrs. J. A. McDonald and Mariou Brown.



ALL THE KITCHEN UTENSILS

As well as other items in our hardware line are of first quality and made to withstand more than the normal abuse. We have all the things you need, from nails to saws, from hammers to curtain rods. Think of us when you think of hardware.

The Rogers Hardware Co., Limited

How To Be Happy Dorothy Dix Finds Happiness Matter of Determination

"Happiness is Largely a Matter of Self-Hypnotism, and You Can Think Yourself Happy or Miserable," Says Dorothy Dix—"Don't Put Off Being Happy Until Tomorrow, for the Morrow Never Comes."

TEN RULES FOR HAPPINESS FIRST. KEEP WELL IN BODY AND MIND. The basis of all happiness in good health. No one can be joyous with a jumping toothache, or a rheumatic knee, or bright and cheery and optimistic with a dyspeptic stomach. A sage once said that whether life was worth living or not depended upon the liver, and it is a truth that half the misery in the world could be cured by a pill. Frazzled nerves and hum stomachs cause more divorces than drink and vamps combined. Eat well. Sleep well. Get plenty of exercise and fresh air and you will never be a crepe-hanger.



Keep your mind healthy. Refuse to entertain morbid thoughts. Avoid self-pity as you would dope. Don't always be asking yourself, "Why should this misfortune have befallen me?" Rather ask: "Who am I, that I should be spared the common fate of humanity and escape all suffering?" It is up to us whether we are sunk by our griefs, or rise superior to them.

SECOND. DON'T HOLD POSTMORTEM. When a thing is done, it is done. It is finished. Forget it. Don't waste any time on vain regrets. Don't blot out your sunshine by letting your mind dwell on past storms. Don't spoil your appetite for the corned beef and cabbage that you have today by recalling the caviar and quail you once feasted upon.

Don't keep the wells of bitterness always bubbling up in your heart by recalling old grudges and old wrongs. If you have done a wrong, right it as far as you can. If you have sinned, repent it. Then lock your skeleton closet and throw away the key. Don't waste the balance of your life in holding profitless autopsies on your misdeeds.

THIRD. DON'T BORROW TROUBLE. Never hunt for trouble until trouble hunts for you. Half of the things that we live in dread of happening to us never happen at all, and those that do happen are not half so bad as we thought they were going to be. It is anticipation that makes cowards of us. The reality we have the courage to bear.

Worrying is the most profitless thing in the world, yet half of us spoil the happiness we might have by dreading some ill-luck that might some time befall us. We can't enjoy our prosperity for fear we might some day be poor. We can't enjoy our children for fear they might turn out badly when they grow up. We can't enjoy a good dinner for fear it might give us indigestion. We can't enjoy a journey for fear the train might run off the track. It is borrowing trouble at compound rates of interest that bankrupts us.

FOURTH. KEEP BUSY. Work is the only real antidote for unhappiness. The only happy people are those who find some congenial occupation and find such joy in it that they never even notice the little pin pricks of fate. It is the idle who have time to hunt for the crumpled rose leaf under their forty mattresses of ease, and who find out that they have temperaments and nerves and that they have missed their affillies or are not appreciated, or something.

FIFTH. LIVE WITHIN YOUR INCOME. To try to keep up with the Joneses is as good a way as any to start in pursuit of trouble. As long as you spend less than you make and have a little something laid away for a rainy day, you are free, independent, and can look any man in the eye can tell him to go to. But the minute you begin spending more than you make, you are harassed by debts, you are burdened down by anxieties and fears and you become the slave of those you owe. There never was a happy home yet where the bill collector was always pounding on the door.

SIXTH. DON'T SUFFER NEEDLESSLY. Half of us are miserable because we haven't suspicion enough to deal intelligently with the situations in which we find ourselves. We are as silly as a man who would be who was tortured by a pebble in his shoe, but who didn't have sense enough to remove the obstacle that hurt him. We get in a line of work, for instance, that we hate and loath, yet we go on sticking to the disagreeable task instead of changing to some occupation that we would find pleasure and interest in following.

Thousands of people live in the house with other people with whom they quarrel and wrangle continually, who get on their nerves, and who make life a hell for each other, when they would be perfectly happy if the only bad brains enough to live a hundred miles apart. Nothing has produced more unhappiness in the world than family martyrdom, and nine-tenths of it is useless suffering. You have to use your head as well as your heart to be happy.

SEVENTH. LEARN TO FIND HAPPINESS IN SIMPLE THINGS. There are not many big joys in any life, but there are many little pleasant things that we can get a lot of fun out of it we make the most of them. A beautiful sunset, a pretty dress, a good dinner, a worthwhile play, all these can be a fruitful source of happiness. So can a hobby. It adds enormously to the zest of living to have a passion for travel or old china or antique furniture or whatnot.

EIGHTH. CULTIVATE FRIENDS. No man or woman who has a real friend is wholly miserable. It is only the lonely who are utterly desolate. Make friends so that you may have companionship and sympathy, so that you may have some one to rejoice with you in your joy and weep with you when you weep, for a friend doubles our joys and halves our sorrows.

NINTH. BE UNSELFISH. Give rather than receive. Put the happiness of others before your own. It is when we forget ourselves that happiness remembers us.

TENTH. DETERMINE TO BE HAPPY. Happiness is largely a matter of self-hypnotism and you can think yourself happy or miserable. Fix your mind upon your blessings rather than upon your misfortunes. Seize every innocent pleasure that comes your way. Make the most of today. Don't put off being happy until tomorrow, for the morrow never comes.

DOROTHY DIX.

Nervous Young Women

Nature intended young women to be gay and vivacious. When they start to lose weight, to feel "blue" and dispirited, there is something wrong. Usually it is simply "nerves"—a condition that can be quickly corrected. Fellows' Syrup is a famous tonic which doctors of over 50 countries prescribe for nervous disorders. It contains mineral foods that restore nerve force and engender vitality and optimism. "Fellows" is just what you need. It has proven a boon to thousands of women, young and old.

Fellows' Laxative Tablets are specially prepared for the rational treatment of, and ultimate recovery from constipation.

FELLOWS' SYRUP

WHO ARE YOU? A Farmer?

The Romance of Your Name By RUBY HASKINS ELLIS



FARMER

This name has been spelled many ways, such as Fermer, Fernor, Farmer. It was derived from one of the companions of William the Conqueror, and was at a very early date established in Oxfordshire, England. The family home was called Easton-Neston.

Anne, the daughter of Richard Farmer, married before 1845, William Lucy, and their son, Sir Thomas Lucy, was knighted by Queen Elizabeth in 1565. He was the famous magistrate of Shakespeare's time.

George Farmer of the Royal Navy commanded His Majesty's sloop, Quebec, off Ushant in 1777, against a French frigate of highly superior strength.

The first of this family to come to America, was Major Jasper Farmer and son, Jasper, Jr. They were direct descendants of George Farmer. They established a home in Pennsylvania and were the founders of the family name in this country.

Etiquette By Roberta Lee

Q. What should one do when the finger bowl appears?

A. Dip the finger tips, one hand at a time, and quietly dry them on the napkin.

Q. When a man pauses on the street to talk to a woman, should he just raise his hat and replace it?

A. No. He should remove it entirely, except in extremely cold or stormy weather.

Q. Who should pay for the expenses of the marriage ceremony?

A. The parents of the bride.

Household Hints By Roberta Lee

A CHIMNEY FIRE

To put out a chimney fire, throw a handful of sulphur in the fire, closing the bottom draft. The fumes will ascend the chimney and extinguish the fire almost immediately.

CHAPPED HANDS A good lotion for chapped hands is one part of aqua ammonia to two parts of glycerine. Add enough rose-water for slight perfume.

EGG STAINS Egg stains on table linen should be soaked in cold water, as hot water will set them. Egg stains on silk can usually be removed by rubbing them with common table salt.

A Morning Smile

"Does your fiancee know much about automobiles?" "Heavens, no. She asked me if I cooled my car by stripping the gears."

The present output of the Clyde River shipbuilding yards of Scotland nearly equals those of Germany, France and Holland combined.

Acid Stomach And Ulcers

If you have indigestion and gas, sourness and burning feeling after eating, look out for Stomach Ulcers, which often result from a chronic, inflamed or irritated condition of the stomach lining. To get quickest relief from this serious condition—to end indigestion—to neutralize instantly the dangerous, food-fermenting, gas-forming acid that lies in your stomach—take at once a little pure "Bisurated" Magnesia. It will stop the pain in five minutes and then will work to soothe, heal and protect the acid inflamed stomach lining. Protect yourself against chronic stomach trouble by using "Bisurated" Magnesia. All good druggists sell it in both tablets and powder form. Cost is small. Get a test package today and enjoy your food without fear of pain or distress to follow.

EATON Groceteria

Table listing various grocery items and prices, including Choice Pilchards, Magic Baking Powder, Cow Brand Baking Soda, etc.

2 EXTRA SPECIALS---DON'T MISS THEM Arrow Golden Wax Beans 2 for 27c Aunt Jemima Pancake Flour pkg. 15c

Table listing more grocery items and prices, including Eaton's Extracts, Rising Sun Stove Polish, etc.

EATON'S Meats Fruits and Vegetables. Includes items like Iceberg Lettuce, Cooked Ham, Shortening, etc.

Special! Robin Hood Flour 21 Lb. Bag \$1.19. Special! White Sugar 20 Lb. Bag \$1.25.

OPERATED BY T. EATON & CO.

What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern By Annebelle Worthington



The jacket dress in Scotch plaid woolen is unsurpassed for the school girl of 8, 10, 12 and 14 years, and may be made at a small outlay. It is sketched in beautiful red tones with deeper shade of red plain woolen used for applied band of collarless jacket which appears again in belt and binding of neckline of dress. The bodice that stimulates a tuckin that is stitched to the skirt with inverted plait at center-front is of red

jersey in matching shade of background of plaid. You'll be amazed at the ease with which Style No. 3247 is made and can even be made by the little girl herself in a very short time because it is so entirely simple. Hunter's green wool jersey used for the entire outfit is sportive and new idea of Paris and will prove interesting later for early Spring days without a coat. Tweed-like cottons, wool crepe, tweed, flannel and linen suitable. Pattern price 15 cents. Be sure to fill in size of pattern. Address Fashion Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

Form for ordering a pattern, including fields for Name, Street Address, City, State.

For The Cook

Yorkshire Pudding. Delicious with the roast beef dinner. Sift together 1 1/4 cups flour, 1/2 teaspoon salt and 1/2 teaspoon baking powder. Blend in 1 1/4 cups milk and stir in two lightly beaten eggs. Beat the batter until full of bubbles and

pour into the pan with the roast beef about 20 minutes before the beef is to be taken from the oven. Baste occasionally with the hot fat after the pudding is risen.



When the Head Aches

In the lives of very many people biliousness is the cause of much discomfort, irritability and actual suffering. And biliousness is the result of a deranged liver. Headache is the most familiar symptom. Sickness at the stomach, drowsiness, unwillingness to work, loss of appetite, irritability, mental dulness, coated tongue, unclean complexion—such are the signs of torpid liver and sluggish bowel action. The quickest way to arouse the torpid liver is by the use of Dr. Chase's Kidney-Liver Pills. For over half a century this medicine has proven its exceptional effectiveness as a regulator of the liver, kidneys and bowels. It stands today, time-tested and without a rival as a relief for biliousness, indigestion and other symptoms resulting from derangements of the liver.

Dr. Chase's Kidney-Liver Pills