

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

HE SUFFERED FOR TEN YEARS

Then ALL-BRAN Brought Relief in 2 Months - Doctor Recommended It

Constipation is dreaded not only for its own insidious self, but because of the many serious conditions and diseases it causes. Mr. Lind was a sufferer—but read how he found relief.

For the past 10 years I have suffered from piles. At times I have been unable to work. I have tried suppositories, ointments, etc., but to no avail.

Two months ago my grocer called my attention to Kellogg's ALL-BRAN. I began taking it regularly. Immediately the pain and annoyance from the piles was relieved.

Don't neglect constipation. At any time its poisons may take terrible toll from your health and well-being. Protect yourself. Eat Kellogg's ALL-BRAN regularly—two tablespoonfuls daily, or in chronic cases, with every meal.

ALL-BRAN brings sure, natural relief. It is what doctors call a bulk food. It sweeps the intestine clean and stimulates normal action.

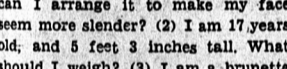
Ready-to-eat with milk or cream. Also try the recipes on the package. Results guaranteed. Doctors recommend it because it is 100% bran.

Made by Kellogg in London, Ontario. Served in hotels, restaurants, and dining cars. Sold by all grocers.

Kellogg's ALL-BRAN

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Becoming Coiffures

Dear Miss Leeds—(1) My hair has grown down to my chin. How can I arrange it to make my face seem more slender?

Answer—(1) Part your hair about two inches from the center on the right side. Have a flat, wide wave at the center of the forehead, coming about a third of the way down to your brows.

Keep the back hair turned until the side hair is long enough to be made into a coil behind to cover the short ends.

Another way to dress your hair is to have one small wave at the left of the part and a deep diagonal wave coming down almost to the bridge of the nose and slanting up above the left temple.

The ends of side hair come forward in a single wave on the cheek with the ends turned under. The ears are hidden.

(2) The average weight for your age and height is 118 pounds. (3) With brown hair, brown eyes and a fair skin you may wear dark browns and tans, eg. opshell, cream, beige, espaline, charrreuse, greenish yellow, cameo and navy blue sapphire, dark green, reseda, jade, amber, peach, pastel pink, orchid, pale and rich shades of yellow, black, bright red, rust, brick red, Argentine and Chinese red, lipstick, terra cotta, henna.

HELPED DURING MIDDLE AGE

Woman Praises Lydia E. Pinkham's Vegetable Compound

Sarna, Ont.—"I am willing to answer letters from other women, to tell them the wonderful good Lydia E. Pinkham's Vegetable Compound did me. I cannot be thankful enough for the benefit I received during the Change of Life. I do housework and my troubles made me unfit to work."

My nerves got better. I will recommend your medicine to all with troubles like I had.—Miss John Hamilton, 162 N. Christine St., Sarna, Ontario.

THE LAND WE LOVE

By FRANK LEVIN

SLAVERY IN CANADA

Did slavery ever exist in Can-

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



2905

There isn't anything more youthful than the bertha cape collar as illustrated in Style No. 2905 that combines matching prints in silk and chiffon. The chiffon is used for the bertha cape collar which falls softly over shoulders.

and sand. (4) Wash your hair with tar soap in liquid form once a week. If this does not control the oiliness, use an astringent soap tonic twice a week between shampoos.

Superfluous Hair Dear Miss Leeds—(1) Will a solution of one-third part ammonia and two-thirds parts dioxogen, faithfully used, kill facial hairs? Should one use household ammonia or spirits of ammonia? How long will it take to kill the growth? (2) Will the wax depilatory that is said to destroy the hairs really do so permanently?

ANXIOUS. Answer—(1) I think the bleach you have in mind is the one made out of 3 tablespoonfuls of peroxide and 6 drops of household ammonia. The bleach will not kill the hair roots as it acts only on the hair shafts above the skin. The only way to be permanently rid of the hairs that is sanctioned by physicians is provided by electrolysis.

Two Sisters Dear Miss Leeds—Please tell us if our measurements are correct. "A" is 20 years old, the mother of two children. She is 5 feet 2 1/2 inches tall and weighs 124 pounds.

Lemon Juice The juice of a lemon taken in hot water, the first thing in the morning is an excellent liver corrective, and is an excellent anti-fat medicine for stout people.

Kerosene Oil Spots To remove kerosene oil spots from cloth scour with turpentine, then with warm water and soap.

SLAVERY IN CANADA Did slavery ever exist in Can-

The belt marks higher waistline so fashionable at the moment. The sleeves are fitted with darts below elbows.

It is an exact Paris replica. It's an opportunity to have it at just the cost of material and a few hours' time.

It is designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust. In the medium size, 3 1/2 yards of 39-inch material with 1/2 yard of 35-inch contrasting is sufficient.

Dull black crepe silk with bertha collar in flattening eggshell shade is enchantingly lovely for street or afternoons.

Beige crepe satin with collar of matching chiffon, Royal blue canton creps with collar of matching sheer velvet, black crepe satin made of the dull surface with the shiny surface used for shirred inset of skirt, belt and collar and printed canton crepe are strikingly smart combinations.

Georgette crepe, crepe Roma, crepe Elizabeth, and crepe de chine appropriate.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

Form for pattern order with fields for Name, Street Address, City, State.

The Poet's Corner

SONG, FROM "CYMBELINE"

Fear no more the heat o' the sun, Nor the furious winter's rages; Thou thy worldly task hast done, Home art gone, and t'en thy wages;

Major W. L. Jenkins, Millview, who has been on a business trip to Boston and New York, arrived home on Thursday night. He says the potato market is very prosperous-looking for this fall's business.

Many friends of Mrs. Sadis Webster, Millview, are sorry to learn of her illness.

Misses Ruth and Anne Grant and Mrs. Grant, Millview, left for Boston Friday morning after spending a few weeks at their home in Millview.

Mr. and Mrs. Almora McEachern, North Coasset, Mass., Mrs. Chester Robertson, Hingham, Mass., Misses Olive and Marjorie McEachern, and Norma Robertson arrived on the Island Saturday by motor to visit their many relatives here.

The sympathy of the community goes out to Mr. and Mrs. Patrick McKenna, formerly of Vernon, and family, in the loss of their beloved daughter and sister, Mrs. Donahue, Cornwall, nee Katherine McKenna.

Mr. William Brown, Boston, has been spending a few days in Millview.

The many friends of Mr. Thomas Furness, Vernon, are sorry to learn of his recent accident.

"Blessed are the dead who die in the Lord." Solently, peacefully the spirit of Mr. Giles Jenkins, who served his Master faithfully, answered call on Friday morning, August Everett and George, Millview, and



Coffee that has earned its name

WHEN coffee bears the name "King Cole," you may be sure that it is worthy of its name.

You know King Cole Tea. You have faith in it, for its reputation has been earned by long years of consistent excellence.

The same standards and experience in the selection of the Coffee, supervision of the roasting and care in the packaging were necessary before King Cole Coffee could bear the same name as this famous Canadian tea. King Cole Coffee is as good as King Cole Tea.

KING COLE Coffee

A Morning Smile

A woman went to the market, gathered and insisted on choosing a vegetable marrow that was still growing.

"How much for this one?" she said. "Eightpence," said the gardener. "Too much," she said. "What is the price of this little one?"

"Fourpence," was the reply. "All right, I'll buy it," and paid on the spot. Then she added, "Don't cut it now. I'll call for it this day fortnight."

For The Cook

ALOHA CREAM Cook half cup rice in boiling salted water. Drain and pour cold water over to separate kernels. Add 1 can grated pineapple. Mix well and let cool.

GLEANINGS FROM MILLVIEW AND VICINITY

The many friends of Miss Sarah McDonald, Cherry Valley, are sorry to learn that she had the misfortune of falling down the stairs and breaking her arm.

Misses Olive and Hazel Smith, of Millview, were recent visitors of Miss Janie Acorn.

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Dorothy Dix

Does Bachelor Who Congratulates Himself on Maintaining His State of Single Blessedness Realize That the Wife He Eschews Would Assure Him Long Life and Prosperity and Guarantee His Sanity?

Young man, do you know that the best insurance you can take out against death, poverty and insanity is to get married? You don't believe it? Then listen to the recent report of the American Statistical Society. It says: "The death rate for single and widowed men is twice that for married men. Most of the male inmates of the insane asylums and almshouses are unmarried men."

That rather upsets your theories concerning the benefits and perquisites appertaining to and concerning single blessedness, doesn't it? Of course, you have always realized that life must seem longer to a married man than it does to a bachelor, but it is a little startling to find out that it actually is longer.

However, there is no reason for our surprise in the matter. It is perfectly logical. The very monotony and lack of excitement of the domestic life are its chief assets from a hygienic point of view, and if it draws out a man's days and evenings and makes them seem interminably tedious, it also multiplies them. Obviously, the candle that is snuffed out at 10 P. M. lasts longer than the one that is burned at both ends.

So, while punching the home time-clock may have fewer thrills in it than sitting up all night in a poker game or going on wild parties, it does more to put a man in the Methuselah class. You may have no particular relish for roast beef and spinach, but it is a more wholesome diet than cavalar and hooch.

Furthermore, so adroitly are our blessings often camouflaged, the one thing that men most object to in their wives is in reality their first aid to longevity. That is nagging. Probably the time when the average husband oftenest asks himself: "Why was I ever fool enough to marry?" is when his wife badgers him about taking care of himself.

It is when his Maria follows him to the door with her incessant adjuration repeated for the millionth time, not to get his feet wet, not to sit in a draught, not to eat fried oysters and pie a la mode for lunch, not to forget to go to see the doctor about his cough or the dentist about his teeth that the poor, henpecked husband regrets most bitterly the bachelor liberties that he has forfeited.

But, little as he realizes it as he gulps down the food his Maria considers good for his digestion instead of dining on the dishes he likes and lets her drive him into a doctor's office, she is a guardian angel who is saving him from the grave. For among the by-products of the liberty of the unmarried man is the liberty of dying early, because there was no loving feminine eye to watch every shade of pallor and weariness on his face, to note the flagging appetite and dragging step and to take alarm at every pain and symptom of illness and to see that something was done about it.

Not is it strange to learn that married men are more prosperous than bachelors. The thing that keeps more men from marrying than anything else is fear of the price. They figure up the cost of a wife and children—food bills and clothes bills and rent bills and school bills—and it seems to them that if they will cut out all those bankrupting expenses and spend no money except upon themselves, they are bound to be millionaires in a few years.

But something seems to go away with their calculations, for in every community you will find a hundred rich married men to one rich bachelor. Indeed, most men who have made fortunes will tell you that they never saved anything until after they got married or really got down to the business of moneymaking. It was only after they got married that they put their heart and their backs into their jobs and that is why most employers prefer married men to single ones.

As for, as a man has no one but himself to think of he feels free to throw his money about as he pleases and to loaf and invite his soul whenever he is so inclined. He can always make what he needs and he sees no necessity of sticking to a hard job or doing uncongenial work, and so he often becomes a wanderer and lets youth and even middle age pass by without settling down to any definite occupation.

But with the married man it is a different story. He has given hostages to fortune. A wife and children look to him for support and he is driven forward by the most relentless force in the world—the need of those who love him and whom he loves better than ease or rest. It is the thought of his little children crying for bread, of the irritable bare feet, on the pavement, of their having no roof to shelter them that gives many a man the strength and energy to fight his way through incredible difficulties to success.

It is because the married man has to make money that turns many a otle of them into a go-getter who would be a ne'er-do-well if he was a bachelor. To meet the demands of his family, to give wife, the pearls she craves and to give the children the sport cars they can't live without, the man has to hustle around so much that it incidentally lands him on Easy Street, and this incentive to make the most of his ability the bachelor lacks.

At first blush it might seem that if anything could drive a man crazy it would be the trials and tribulations of matrimony and that the bachelor's life should be one of tranquility with little to worry him. But evidently this is not the case since statistics show that there are more insane unmarried men than married men.

Perhaps the poor bachelors go cuckoo trying to sidestep matrimony and avoid the traps made by designing women who are bent on luring them into marriage. Perhaps having no one to think about, but themselves they grow nutty brooding over trifles that affect themselves. Perhaps if they had been all right in the beginning they would not be bachelors.

Perhaps to keep him normal a man needs a wife that he can blame for everything that goes wrong and with whom he can quarrel and on whom he can work off his nerves and his temper. Perhaps men who are married are more generally happy than unmarried men, and happy, contented people don't go batty.

Anyway, the report of the American Statistical Society that married men live longer, stay out of debt and keep out of the insane asylums is a great selling argument for matrimony.

DOROTHY DIX

NEW ARGYLE AND VICINITY

Mr. Clifton Davey, U.S.A., left on Thursday last after spending a week visiting friends and relatives in Murray Harbor and New Argyle. He was accompanied back by his sister, Mrs.

How does she keep her hands so LOVELY?



These few whispered words made me flush with pleasure.

—the most beautiful hands, yet she does all her own work—

"As I looked up from pouring tea, I realized with a thrill they were talking about me! I felt such a happy glow of pride . . . for my hands USED to be my despair!"

"Now I find it easy to have soft, pretty hands, in spite of dishes to do three times a day. I discovered that by using Lux for all my dishwashing, my hands never became rough or red or chapped-looking. With Lux, they were even WHITER and softer after washing dishes than before!"

The instant, magical suds are SOOTHING to even the most sensitive skin. Lux is made by a marvelous special process—made whiter and thinner and purer than anything else. There is no trace of harmful alkali in Lux, nothing to dry up, to coarsen the skin, as there is in ordinary soaps—whether flakes, chips or cakes.

And Lux costs so LITTLE! Lux in one of the big packages there is enough Lux for 6 weeks' dishes! So little to pay for beautiful hands!

Many beauty parlors use Lux suds in manicuring the hands to soften and whiten the fingers.



Lux keeps lovely the hands that wash dishes

Lever Brothers Limited Toronto

Perry and Mr. Machon.

Messrs. John Gillis and Johnis McKinnon, paid a flying visit to Charlottetown on Tuesday last.

Congratulations to Mr. and Mrs. Neil Stewart, Long Creek, on the arrival of a new baby boy.

Mr. Nicholas Gillis, DeSable, is at present visiting in New Argyle.

The many friends of Mr. Archie Campbell, Canoe Cove, are glad to see him out again after his recent illness.

Mr. and Mrs. John McKinnon and son, Ralph, were recent visitors to Hampton.

Mrs. Bruce and son, George, Charlottetown, spent the week-end in New Argyle.

Miss Catherine McNevin, of New Argyle, is at present visiting Charlottetown.

Miss Beatrice Campbell, teacher at Cavendish, spent the week-end at her home in Canoe Cove.

Etiquette

By Roberts Lee

Q. At what age should girls use the prefix "Miss" on their cards? A. At sixteen.

Q. How should halved oranges and grapefruit be eaten? A. With a pointed spoon. Oranges and grapefruit must be eaten very quietly, and carefully, without squirting juice into the eye of a neighbor.

Q. Are transparent blouses, through which the under garments can be seen, proper to wear? A. No. If very sheer material is used, a special slip should be worn beneath it.

Remove the Cause of Constipation!

Today most people know how to avoid constipation. First get regular food, allowing adequate time to improve second, stimulate better digestion and bowel regularity by using Chamberlain's Tablets for a week. They are quick results. 25 cents at all drug stores. F.P.C. Wm. Chamberlain Medicine Company, Ltd., Toronto.

