

The only and original FRUIT SALT



When you Rise in the Morning
take a dose of
ENO'S FRUIT SALT

—for your health's sake. It's good for you. ENO'S FRUIT SALT is so pleasant to take, too. It prevents functional irregularities, corrects disorders of the liver and promotes good health.

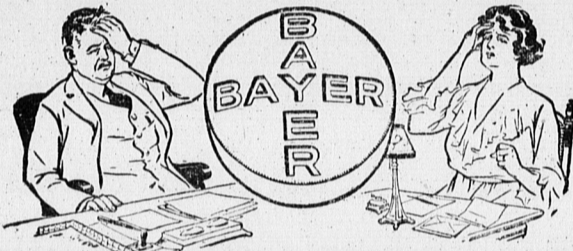
ENO'S FRUIT SALT makes a cooling, sparkling drink—effervescent and refreshing. You can drink it at any time with benefit.

Prepared only by
J. C. ENO, Ltd., "Fruit Salt" Works, LONDON, Eng.
Sole Agents for North America
HAROLD F. RITCHIE & CO. LIMITED
10 McCaul Street, Toronto
(5)

Beware of Substitutes.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Handy tin boxes containing 12 tablets—just what a few cents' Druggists Aspirin in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nine years. Now made in Canada.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

HOLD FAST TO HEALTH
With The Mighty Strength-Giving Power of
NUXATED IRON

Nothing slips away so easily as HEALTH. Unless YOU hold fast to HEALTH by your own efforts—by keeping your blood pure, red and rich in iron—the day may come when all you can do is to WISH you had acted sooner. Nuxated Iron helps strengthen the nerves, restore wasted tissue and build red blood, strength and endurance. Over three million people use it annually. At all druggists.

Sold in this City by Geo. E. Hughes, Apothecaries Hall; E. A. Foster, Central Drug Store, H. J. Mabon, Montague.



MASTER MASON always makes a hit wherever sportsmen congregate. It's a great Smoke for the great outdoors.

MASTER MASON
I lug Smoking Tobacco

is made from choice tobaccos, fully matured, scientifically blended and pressed into a solid plug so as to preserve all the natural moisture and fragrance of the natural leaf.

Say MASTER MASON to your dealer—he knows
Price 20 cents Everywhere.

What Men Are Wearing

By John Brayton.

NEW YORK, May 17.—The riot of colors which this season has produced in men's dress accessories—shirts and ties, hosiery and handkerchiefs of every conceivable hue and combination of hues—has brought with it a very real danger for the man whose taste or sense of color is not fully developed, but who knows the very great advantage the well-dressed man has in business and social life. A man may buy a suit of the very finest material and most fashionable cut, squander a small fortune on accessories at the highest grade stores, and yet fall in his efforts to be correctly garbed through lack of harmony in his clothes. The effect of color harmony is so important that its necessity cannot be over-emphasized.

As far as the main item in a man's wardrobe is concerned—his suit—very little care is needed to prevent him going astray. The designs and styles shown by the best houses are all along conservative lines and in quiet colors. Everything extreme is taboo and every man may safely indulge his individual taste under the direction of his tailor.

Small Checks Will Lead.

As far as designs are concerned, checks, especially those of small, indistinct pattern, will be easily in the lead. Stripes are also going to have a wide vogue, but solid colors are not much in evidence. The only exceptions to the latter rule are in grays and browns, a fair number of which, particularly the latter, are being shown. In the more expensive materials there is an unusual display of heather mixtures, largely as the result of heavy importations of Scotch tweeds. However, the high prices of these goods will restrict purchases to the fortunate ones who possess well-fortified wallets.

To return to the original proposition of the danger of loud or inharmonious effects in the choice of accessories: There is one simple rule to follow in regard to shirts—wear plain white and you will never go astray. However, the mere male has just as much right to indulge in colors as the dapper sex and often just as keen a relish for the gayer tones. Neither is there any real difficulty in the way of his indulgence if he will remember a few simple principles in regard to color combination.

White Shirts First Choice.

Stripes and checks involve at least two and probably three or four colors in themselves. Plain white is easily first choice for a shirt to go with either of these designs, but if a color is preferred it should be similar to one of the hues in the fabric, preferably the dominant one. The same rule holds true in respect to the tie, which, however, should always be of a solid color. Where a brown suit is worn by far the most pleasing effect is obtained by having all the accessories, from shoes to handkerchief and hat, of a like shade. The almost endless variety of browns give a wide range to individual fancy, but, generally speaking, the shades selected for the accessories should always be somewhat lighter than that of the suit itself. If any variation from the allbrown effect is desired it should be in one of the autumn shades, such as a quiet green or a pale yellow.

Wear Blue With Flannels.

With the advent of the hot weather there will be a big demand for light gray flannels, Panamas, and similar summery materials. The one color that is always good-taste in combination with any of these goods is blue. In fact, there are very few combinations into which

blue cannot safely enter. For white, very light gray, or cream suitings a plain black tie is very effective, together with black hose. Some men can risk a salmon or pink combination, but unless you are very sure of the correctness of your taste it is better to leave everything in the nature of pink severely alone.

With solid color suits a wider range of choice in accessories is permissible and it is here that the striped shirts come into their own. Such shirts should never be worn with striped suits. They do not offer a sufficient contrast, but they practically offer no alternative except plain white when the suit is all in one tone.

Few Novelties in Hats.

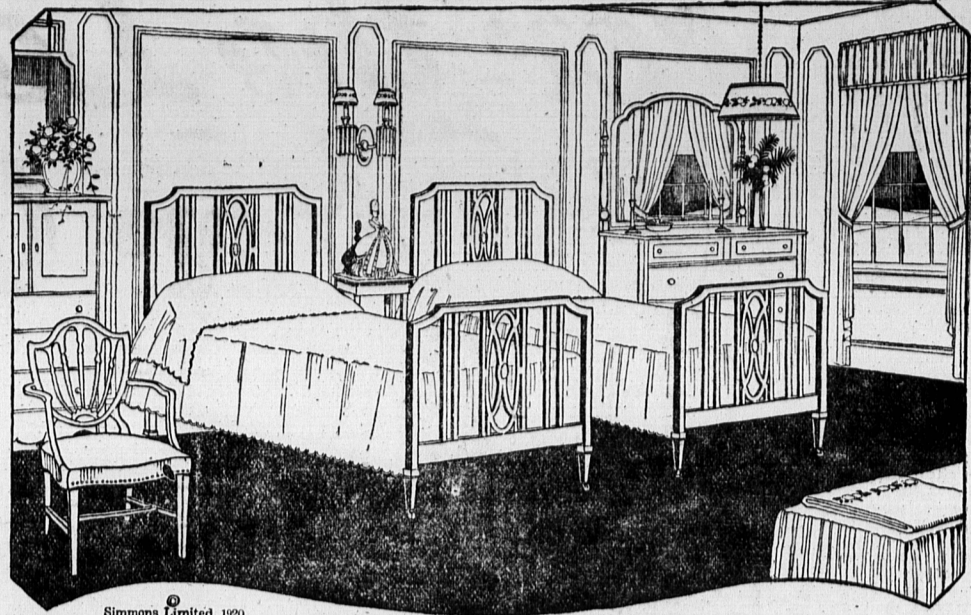
There are practically no novelties in the way of men's hats for summer, but, for some reason, manufacturers are preparing for an exceptional fall demand for the stiff varieties. These hats are being made in considerably smaller shapes than have been popular in

the past and the same rule holds good in regard to softer headgear. Brown will be the popular color, with green second. The brim will be not only fairly narrow but very definitely rolled.

RADIUM PAINT.

M. Quénisset, of the Flammarion Observatory at Juvisy, has recently

pointed out that good use may be made of radium paint in astronomy, as it is found very convenient for illuminating the cross-wires of telescope scopes. The degree of illumination may be varied, since it is now possible to buy paints which are more or less luminous according to the amount of radium bromide they contain. Radium paints will also be found useful for illuminating the divisions of circles and verniers, etc.



Simmons Limited, 1920

The "SHERATON" No. 1967

It is made of Simmons Seamless Square and Rectangular Tubing throughout. Artistic center effects—decorations in relief. Easy running casters.

Your choice of Double Width and Twin Pairs—and especially pleasing in Twin Pair.

Has the Simmons Patented Pressed Steel Noiseless Corner Locks.

Enameled in Ivory, the Decorative Colors, and Mahogany, Oak and Circassian Walnut effects.

Now in the Stores—

Metal Beds in "Period" Designs—Just Brought Out by Simmons Limited

THE "SHERATON" Bed illustrated above in Twin Pair is one of those beautiful new Simmons designs that women all over the city are talking about because of their exquisite harmony with the very best bedroom decoration today.

You will see perhaps a dozen designs in the leading stores—and not the least remarkable thing about them is that they cost little if any more than the ordinary metal beds you have been seeing for years.

THE woman who has been divided in her mind between her liking for the undoubted cleanliness of metal beds, and her distress at the way they look in the room—will be interested in knowing just how these new Simmons designs came about.

Simmons Limited has been working on the problem of good design in metal beds for years.

But really good designs cannot be carried out in old-style tubing. It has a seam running the full length of the tube. It cannot be worked into the shapes. It is apt to be rough—does not take the enamel smoothly.

All these new designs are made with the Simmons

Seamless Tubing—a new invention of the greatest practical importance.

Square and trim—free from joint, seam and roughness. Beautifully smooth, so that the enamel lies tight and evenly all over—does not scratch, check or chip.

YOU will find these fine new Simmons designs in Beds Built for Sleep in the leading stores. Quiet beds, with the Simmons Pressed Steel Corner Locks—free from squeak or rattle.

Your choice of many different patterns—and of Twin Pairs and Double Width in each pattern. Enameled in the accepted Decorative Colors, and in Mahogany, Oak and Circassian Walnut.

Simmons Springs, too—

"Waldorf" Box Spring—Composed of finest oil-tempered double-cone spirals, mounted on a frame of seasoned hardwood and upholstered with heavy layers of white cotton felt. Covered with attractive ticking. Finished with roll edge. A spring that really does give freely to all the contours of the body, yet supports the spine in any sleeping position.

And some very charming Brass Beds and Children's Cribs, together with Simmons Mattresses and Pillows—all built for sleep by Simmons Limited.

SIMMONS Beds, Springs, Mattresses and Pillows cost little if any more than the ordinary merchandise of the average store.

A post card to us will bring you the names of Simmons merchants near your home.

Sleep is a big subject! Write us for the brochure, "What Leading Medical Journals and Health Magazines Say About Separate Beds and Sound Sleep." Free of charge.

ST. JOHN TORONTO

SIMMONS LIMITED WINNIPEG MONTREAL

CALGARY VANCOUVER

SIMMONS BEDS
Built for Sleep

