

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

That the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annehelle Worthington



change in bois de rose tones with collar of organdie in matching tone with striking contrast in black velvet ribbon at neckline and nipped in belted waistline.

Style No. 3284 can be had in sizes 8, 10, 12 and 14 years. You can make it in about two hours. Merely a two-piece skirt to be gathered and stitched to long-waisted bodice.

Navy blue wool crepe with self-fabric capelet collar worn with vivid red leather belt with pert bow of red velvet ribbons at neck is girlish and practical.

Brown and white checked light-weight woolen with brown suede belt and grosgrain ribbon tie is sportive Crepe de chine, geometric print in cotton broadcloth, tweed-like cottons and wool jersey suitable.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

No. 3284. Size

Name

Street Address

City

State

Milady Beautiful

By Lola Leeds



COMPLEXION BLEMISHES

Faults of the complexion are frequently due to some disorder of the general health, and until this is remedied any local treatments by cosmetics will effect little or no improvement. For example, if the liver is inactive and sluggish the complexion will be sallow. The remedy for sallowness in this case is obviously proper treatment of the liver trouble by a competent physician. Indigestion gives to an ugly redness, particularly of the nose, to blotches, mudiness and other complexion troubles. Those who value a good complexion should therefore be very careful to avoid indigestion. One soon finds out which kind of food is unsuitable and so the cause of the trouble may be shunned. Constipation should be avoided by a wise choice of foods, including plenty of fresh fruits and vegetables and plenty of water during the day.

The practice, not uncommon among business women and girls, of neglecting to take a substantial midday meal is sometimes responsible for a sallow, pasty or blemished complexion

Luncheon, therefore, should be a regular, well-balanced meal, including meat or fish, vegetables and some fruit or salad. Plenty of milk is an admirable improve of the complexion.

Irritable or a constantly depressed condition of the nervous system always has an adverse effect on the complexion. Very often the exercise of will power a woman may shake off worries and depression. She should make a great effort to maintain a calm, equable temper and refrain from petty jealousy, worry and other unpleasant emotions. The irritability and depression, on the other hand, may be due to some condition of health which can only be remedied by a physician. In this case, therefore, it is well to consult your doctor.

Lack of sleep and nervous exhaustion produce dark circles under the eyes and pallor of the skin. Most women should have from seven and a half to eight hours of sleep every night, and if of a nervous temperament they are better for a full nine hours in bed. Unless ailing, however, too much lying in bed tends to dull the complexion. Impure air and poor ventilation in the living or bed room or too much bed clothing and overheating rooms are also conducive to a poor complexion. The bedclothes should be just sufficient to maintain pleasant warmth of the body, and the bedroom windows should always be open.

Serious diseases of the heart, the kidneys, circulation, etc., are certain to affect the complexion sooner or later. These are entirely a matter for the physician. Stimulants and drugs will cause a poor complexion. Stimulants of any kind tend to produce congestion of the blood vessels of the face, especially the tiny veins surrounding the nose. This soon develops into redness of the nose, flushing of the whole face and sometimes

a yellow color of the skin. The constant use of drugs will in time find her skin develops an ugly yellow or brown leathery condition. Many of the so-called headache remedies, sometimes used too frequently by women, are no less destructive. Any one who takes these must expect to ruin completely her complexion, and there is no remedy except the avoidance of the cause.

Careful attention to the general health, then, is the basis of a good complexion in all cases, but local applications of cream and lotions may be used to advantage and a suitable face powder has its legitimate uses. While infinitely the most becoming color in the cheeks is nature's bloom of health, this is not always readily obtainable. The merest trace of rouge may be used, provided that the skin is cleansed thoroughly of make-up before retiring.

A great many women who have very delicate skins constantly suffer from roughness of the skin. Hard water should be avoided and rain water, if it can be obtained, is delightfully soft for this type of skin. Rinsing rain water, distilled water, or a teaspoonful of the following lotion may be added to the basin of water in which you wash your face: Two ounces cologne water, one-quarter dram oil of lavender, one-quarter dram ammonia. Mix well. Keep in a tightly corked bottle. Shake well before using. Use the mildest of soaps and rinse the face thoroughly in tepid water. Dry with a clean soft towel.

The following cleansing cream is one which may be used during the day for cleansing the face of the dry type: Two drams liquid paraffin, three drams spermaceti, four drams oil of sweet almonds, two ounces lanoline. Melt together and while the mixture is hot add one ounce of rose-water to which a pinch of boracic acid has been added. Mix well. A little of this cream applied lightly over the face and then wiped off with a very soft cloth, tissue square or a pad of absorbent cotton will remove all the dust accumulated during the day and leave the skin smooth, soft and un-irritated.

Very promptly, if it doesn't, you should call a physician. All through babyhood, Castoria should be a mother's standby; and a wise mother does not change to stronger medicines as the child grows older. Castoria is readily obtained at any drugstore, and the genuine easily identified by the Chas. H. Fletcher signature that appears on every wrapper.

Tomorrow—Beauty Questions. Answered

Etiquette

By Elizabeth Lee

Q. Are all guests at a wedding reception escorted up to the bride and groom?

A. At a small reception, yes, but at a large reception only a chosen few.

Q. In what order should silver be placed on the table?

A. In the order in which each piece is to be used.

Q. What is the secret of popularity?

A. The forgetting of oneself, unselfish regard for others, deep interest in what others have to say, generosity in thought and action, and courtesy towards all.

Household Hints

By Robert Lee

Baby's Blankets

Instead of buying several blankets, purchase one large blanket and cut it into four parts. Each part will make a nice sized baby blanket. The edges can be bound with ribbon.

Molding Butter

To prevent butter from sticking to the mold, scald the mold, rub thoroughly with salt and then cool the mold in cold water.

Sheets and Towels

Much ironing can be saved by smoothing the sheets and towels on the table with the hands after washing.

A Morning Smile

WORTH THE JOB

The veteran actor was applying for the job of attendant outside a cinema.

"It's essential that I should get a man with a powerful voice," said the manager.

"Sir," the old actor replied, "last week I was among ten thousand people community singing. In the midst of 'John Peel' the conductor stopped and, pointing his baton straight at me, said: 'Not so loud in the bass, if you please, sir.'"

Then suddenly, it seems to her, her job is over. Her children are married and gone. Often her husband has died. Her hands and mind are empty. She has no interests, nothing to do but to fill in the time, and so she gets into mischief.

It would be God's own blessing if every middle-aged woman could go into some business that would keep her on the jump from morning until night, that would make her new contacts; open up fresh fields of interest to her, and that would keep her so occupied trying to devise ways of making a team, room attractive or planning out a selling campaign that she wouldn't have leisure to observe when her daughter-in-law goes to a bridge party of an afternoon or to notice how many cigarettes her son-in-law smokes.

Women knock off work about twenty years too early, anyway. At 50 they are nearly always in better health and stronger than they have ever been in their lives, and there are years and years of good work in them still. There is no excuse for a woman breaking up her home and going to live with her children, as so many women do, while they are still hale and hearty and as capable of doing things as they ever were.

Moreover, there is nothing that keeps a woman young like being busy. A good job will do more to rejuvenate a middle-aged woman than all the beauty parlors in the world. Also it is the only recipe for happiness that never fails.

So I think you are a lucky woman to have a chance to go back into your old business. Don't let anybody tell you that you are too old to do it. You are not. Anyway, it is a million times better to wear out than it is to rust out.

Dear Miss Dix—What is a person to do when she has lost everything and has nothing to live for? I loved a man too well and trusted him too much, and now he is going to marry another woman. I have lost him, but far worse than that I have lost my self-respect. I could stand losing him, but I do not feel that I can live knowing what I know about myself. What shall I do? I am 29 years old.

Answer: Do not mourn as one without hope, because you can win back your self-respect. You can justify yourself to yourself. Because you have blundered one time off of the straight and narrow road you are not doomed never to find the path that leads to righteousness again.

The poet tells us that we can rise to higher things on stepping stones of our dead selves and, thank God, this is true. We can learn from our mistakes, we can be purified by our sins. Many a man who has stolen has been so seared by his conscience that he has become the most honest of men. Many a murderer has expiated his blood guiltiness by devoting his life to the service of mankind. Many a roue has turned into a saint.

It is a morbid weakness that makes us shed barrels of unavailing tears over a wrong that we have done. The right thing, and the brave thing, is to let our repentance keep us from ever repeating the offense and then to put it out of our thoughts and set about making the balance of our lives so useful that it will atone for our sin. What is done is done. We cannot alter that, but we can be brave. We can be cheerful. We can be sympathetic and tender and loving. We can bring happiness to other people and make their lives easier for them.

I should strongly advise you to try a change of environment. Go out among strangers where you will have fresh contacts. Go where you will have new interests, where there will be strange things to see, and fill your mind with different thoughts and purposes. Force yourself to put the remembrance of what you have done out of your mind and in a little while you will forget, and you will win back your own self-respect by leading a clean life.

Don't condemn yourself for one offense. Even the law is not that hard. DOROTHY DIX.

Dear Dorothy Dix—Can there be snobbery in love? I am a business woman whose life and experience has always been in the business world and with business people. My father and brother are successful business men and the young people with whom I have associated live, dress and have the habits that I have.

But I am engaged to a young man who belongs to a humbler class, I suppose you might say, and when I go among his people I find them slouchy

Dorothy Dix Letter Box

Blessing of Business for the Middle-Aged Woman. Can the Woman Who Has Lost Her Self-Respect Regain it? — Danger of Marrying Into a Different Class

Dear Miss Dix—Do you think it advisable for a woman over 50 to re-enter business? I am thoroughly acquainted with the business which I am considering going into.



Answer: Go to it, Mrs. R. T. S. I earnestly advise you to go back to the business that you understand and in which you will find occupation and interest. The crying need of the world is for middle-aged women to do something to do that will keep them so busy minding their own affairs that they won't have time to poke into other people's business.

Did you ever think that most of the trouble-makers in the world are middle-aged women? Who starts all the scandals? The middle-aged women. Boys and girls are not critical of each other. They don't keep tabs on each other. They don't tell tales on each other. It is the middle-aged women with nothing to do but talk who roll gossip as a sweet morsel on their tongues, and who go about telling how scandalous it was that Mary Smith and Bobby Jones didn't get home until 3 A. M., and that they do say that the carryings-on of the younger set are just awful.

Who are the reformers who want to stop everybody from doing everything they don't like to do themselves? Look 'em over at any meeting where they are passing resolutions against everything human, and you will see that nearly every face is that of a sister who will never see 45 again unless she looks over her shoulder.

Who are the home-wreckers? The middle-aged mothers-in-law who go to live with their children, and who undertake to run their in-laws and their children, and to tell them where they get on and where they get off.

Who are the peevish, fretful, whining, discontented women, the women who are always talking about the ingratitude of children and how mothers sacrifice themselves for their children without ever getting any appreciation? The middle-aged women who have nothing to do but pity themselves.

And all of this is perfectly natural and inevitable. Up to the time she was middle-aged the average woman has been busy with useful, constructive work that filled her thoughts and kept her hands employed. She has worked hard rearing her children, keeping her home, making her family comfortable.

Then suddenly, it seems to her, her job is over. Her children are married and gone. Often her husband has died. Her hands and mind are empty. She has no interests, nothing to do but to fill in the time, and so she gets into mischief.

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Happenings of the Week

Dawn, like a lily, lies upon the land since I have known the whiteness of your hand;

Dusk is more soft and more mysterious where

Breathes on my eyes the perfume of your hair;

Waves at your coming break in liveliest blue,

And solemn woods are glad because of you,

Birds to your voice attune their pleading throats,

Brooks of your laughter learn their liquid notes;

Fields to your feet grow smoother and more green.

And happy blossoms tell where you have been.

Queen Mary visited the Canadian exhibits of the British Industries fair Tuesday and specially admired carpets made in Toronto. The Canadian sections are very successful. Five of these sections were purchased complete. Substantial orders were placed for toy balloons made by a Canadian rubber firm. The Duke of York and Princess Mary accompanied the Queen.

The Duchess of York has evidently tired of the frilly bouffant evening gown which she helped to make fashionable, judging by the new dresses she is choosing. To wear at a public reception next month the Duchess ordered a glistening white satin gown with a wide dipping skirt hemmed with silver diamanté. Another gown of pale blue moire has a cross-over bodice and a short train, and a third model has a little coat of matching green velvet embroidered with medallions of gold beads.

Comments were heard in Government and diplomatic circles in Ottawa this week concerning the report from London that H.R.H. the Duke of York, second son of King George, may be named Governor General of Canada, when the term of His Excellency, Viscount Willingdon expires in the summer of 1931, were all very favorable. Not only would the naming of the Duke of York be welcomed in Canada, it is thought, but the charm of the Duchess of York, so well known throughout the British Isles, would constitute an added happy reason for the appointment.

Mrs. Stewart, wife of Judge W. S. Stewart, was hostess at a prettily arranged bridge at her lovely home yesterday afternoon for her numerous friends.

A wide circle of friends were deeply grieved to hear this week that that estimable old lady Mrs. Eliza Rooms had accidentally fallen fracturing a

Stormy Weather Hard On Baby

The stormy, blustery weather which Canadians experience during February and March is extremely hard on babies and young children. Conditions make it necessary for the mother to keep them confined to the house, whose rooms may be overheated or badly ventilated. The little ones catch cold and their whole system becomes racked. To guard against this a box of Baby's Own Tablets should be kept in the home and an occasional dose given the baby to keep him fit, or if a cold suddenly grips him to restore him to health again and keep him in good condition till the brighter, warmer days come along again.

Baby's Own Tablets are just what the mother needs for her little ones. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach; break up colds and simple fevers; banish constipation and indigestion and make the cutting of teeth easy. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

and careless in their manner and appearance. The men sit around home in dirty overalls. Maybe they shave twice a week. The women are just as untidy and seem to have no interest outside of their homes and children. They are perfectly happy, but such a life would drive me insane. I love my sweetheart, but I could not live the life that he lives. What shall I do? PUZZLED GIRL.

Answer: I do not think that either you or the man would be happy if you married because your habits of life are entirely different and they would bring you into continual conflict.

You would always be trying to lift him up to the higher life and there is nothing a man resents so much as having his wife attempt to improve him. Every time you tried to get him to have or to change his clothes he would accuse you of nagging and every time you saw him unshaven and shorn and dirty it would offend your sensibilities.

Each of you will be happier if you marry in your own class among the people who have the same tastes and background that you have. DOROTHY DIX.

bone in her hip. Mrs. Rooms is resting as easily as can be expected in the P. E. Island Hospital.

Mrs. McLean of Summerside accompanied her husband, Mr. A. E. McLean, M. P., to Ottawa for the opening of the House.

Mrs. W. H. Pethick was among the Bridge hostesses entertaining delightfully at her home on Wednesday afternoon.

Mrs. L. D. Murray entertained the regular Thursday afternoon Bridge Club this week.

Mrs. O. H. B. Longworth made an agreeable hostess for the Monday evening Club at her lovely home, Hillcrest.

Mrs. Harry Brown who recently returned from New York, is entertaining tonight for her sister, Miss Stevens of Truro, who is always a welcome visitor.

Mrs. Inman, wife of Judge G. S. Inman, Summerside, has returned home after a delightful visit to her mother and friends among whom she was widely entertained.

Congratulations are being showered on Judge Gavin C. Duffy on his recent appointment.

Miss Isabel Jamieson was hostess for the Tuesday evening Bridge Club this week. Mrs. F. R. Newson entertained last week in their honor.

There are rumors in Paris that old-fashioned and even antique jewelry styles are to be revived. The principal reason for this revival is the romantic aspect of the long evening gowns now in vogue.

The Young People's weekly Bridge Club was pleasantly entertained on Thursday by Mrs. J. O. C. Campbell.

Miss Enid and Mattie MacFarlane entertained the east end bridge club at their home on Fitzroy Street, Summerside, this week.

Madam Nicholle has returned from an extended visit to her old home in Geneva, Switzerland, and different points on the continent.

Mrs. H. L. Sear was among the popular Bridge hostesses entertaining her friends last evening at her pretty home 92 Brighton Road.

Miss Margaret Clary's many friends will regret to learn that she has found it necessary to enter the P. E. I. Hospital owing to indisposition.

Mr. Norman McLeod of Summerside has received word from his brother, Dr. Neil McLeod, that their parents, Mr. Neil McLeod, K. C., and Mrs. McLeod have arrived in Montreal. Mrs. McLeod who is just recovering from a recent illness stood the journey quite well.

The many friends of Mrs. (Capt.) T. G. Taylor are regretting her present indisposition.

Hon. J. A. MacDonald and Mrs. MacDonald, Cardigan are in Ottawa for the Parliamentary session.

Miss Marion Leard entertained at the family residence, Summerside on Saturday last at a very charming dinner bridge in honor of Miss Cecilia Bradshaw, whose approaching marriage was recently announced. Covers were laid for twenty guests. During the evening bridge was played at four tables. Mrs. Lloyd Lewis and Miss Mattie McFarlane carrying off the prizes. There was a special prize for the guest of honor. A number of ladies called at the tea hour and enjoyed a pleasant chat over the tea cups.

The serious illness of Mrs. Daniel Davies, the Esplanade, is causing her

One-third cup butter, 1/4 cup sugar, 1/2 cup milk, 2 cups flour, 3 teaspoons baking powder, 2 egg whites, 1 cup canned peaches. Cream shortening and add sugar slowly. Mix and sift flour and baking powder, and add to first mixture alternately with the milk. Fold in stiffly beaten egg whites, and add chopped preserved peaches, which have been drained as dry as possible. Place in individual greased moulds, steam forty minutes, and serve with cream.

relatives and friends gravest concern.

The many friends of Mrs. H. J. Palmer, City will regret her illness in the City Hospital.

The Abegweit Chapter of the I.O.D.E. held a very enjoyable afternoon tea and bridge in the Library Rooms, Summerside, this week. In spite of the intense cold quite a number of ladies were present. There were eight tables of bridge, the fortunate prize winners being, first, Mrs. James Wood, second, Mrs. Benj. Rogers, consolation, Mrs. Hillard Muttart. Dainty refreshments were served at the conclusion of play.

Palm Beach dinner guests approve even ankle length skirts and are partial to princess lines.

Fiat shades in chalk white and pastel tints is highlighted from this resort, and in direct contrast to this are black lace frocks of cobweb texture.

Beads and spangles are appearing in greater numbers on evening gowns.

A revival of Valenciennes lace is among the predictions for spring. This dainty lace is expected to supplant Alencon and Point Venice for lingerie.

The cloche is being revived for spring and is being worn in the

For The Cook

PEACH SNOWBALLS

One-third cup butter, 1/4 cup sugar, 1/2 cup milk, 2 cups flour, 3 teaspoons baking powder, 2 egg whites, 1 cup canned peaches. Cream shortening and add sugar slowly. Mix and sift flour and baking powder, and add to first mixture alternately with the milk. Fold in stiffly beaten egg whites, and add chopped preserved peaches, which have been drained as dry as possible. Place in individual greased moulds, steam forty minutes, and serve with cream.

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Continued on page 12

Character Close-Ups

A SMALL EYEBROW, SET DOWN CLOSE TO THE EYE, SHOWS THAT THE SUBJECT IS CONSERVATIVE IN HIS STATEMENTS



Beautiful hair!

Modern hair dressers arrange the hair so beautifully that it's bound to attract attention. That's why it's so important to guard its color and lustre; keep it in perfect condition.

There is no surer, simpler way to do this than with Danderine. Each time you use your brush, just moisten it with this delicately fragrant liquid. Then as you draw it through your hair, it removes the excess oil; brings out the natural color; makes the hair fairly sparkle with new life and lustre.

How much easier it is to arrange the hair afterwards. How it stays in place. And try "setting" the waves with Danderine. They stay in so much longer.

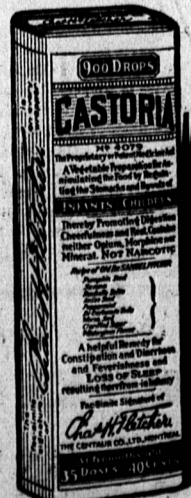
Danderine quickly dissolves the crust of dandruff; puts the scalp in the pink of condition; helps the hair to grow long, silky and abundant!

Danderine

The One Minute Hair Beautifier

At All Drug Stores - Thirty Five Cents

For any BABY



We can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure, vegetable preparation, and not the slightest harm in its frequent use. As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes it's a touch of diarrhoea—a condition that should always be checked without delay. But keep Castoria handy, and give it promptly. Relief will follow

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