

M. G. HIGGINS, - Limited
168 PRINCESS STREET KINGSTON, ONT.

Beautiful Silk Cushions

Finished with cord or frill. Special, \$3.25.

These would make ideal Xmas gifts.

Ends of Silk, enough for cushion covers, to clear, \$1.25.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

Junior Frock in Khaki Linen.



6516

Junior frock in khaki linen trimmed with dark brown linen braid. It is made in one piece, closing at the front.

Khaki linen is serviceable and always pretty. When trimmed with dark brown soutache braid, as in this instance, it is really dressy. The frock is made in one piece and closes in front, where there are inverted pleats. Pleats also appear under the arm and at the center of the back.

In medium size the dress requires 5 yards 2 1/2-inch material and 4 yards narrow soutache braid.

If the directions for making are followed carefully and the construction guide followed exactly the dress will offer but few difficulties for the home dressmaker. First turn the hem in the

Pictorial Review Costume, No. 6516. Sizes 6, 8, 10, 12 and 14 years. Price, 25-cents.

Above Patterns can be obtained from **NEWMAN & SHAW,** Princess Street.

Sleepytime Tales

THE MONKEY AND THE RAT.

Once upon a time a sailor brought two monkeys on a voyage with him. He kept them in a cage near his bunk on the ship, and they had grown very fond of him. When he got home he gave one of them to his sister and kept the other in a cage in his own home. The monkey seemed very homesome, and would often stay huddled up in his cage all day, not noticing any one. One day a large rat ran through the room, and when the monkey saw it, it made a strange kind of noise, and the rat stopped to see what new kind of animal that was. The rat would not come very near, but looked at the monkey as much as to say: "I never saw anything like that before. I wonder what it can be?" The next day the rat paid the monkey another visit, and this time came a little nearer and stayed a little longer. At last one day the rat went quite close to the cage, and the monkey quickly shot out its paw and in a second the rat was in the cage. These strange pets lived together for a great many years, and grew more fond of each other every day.

or what size her feet are. When it comes to furnishings for the house the same rule holds good. I knew a woman who spent hours on making an elaborate red lamp-shade for a room where yellow was the color needed. Other women will buy lovely china which is quite the wrong color and style to go with existing china. Remember well this rule. Consider the recipient, study her tastes, and enquire into her likings.

The Golden Rule.

The second rule is but the Golden Rule slightly altered. The Golden Rule, as everyone knows, is to do unto others as you would be done by. Applied to Christmas giving it means do not give other things you would not like to receive yourself. So many, many people take the view that any old thing will do to give to some people. They even save all their most unattractive gifts that they receive one year to give to others the following year. I have heard, a woman say, "What a hideous centre-piece, I shall put it away and give it to Aunt Mary next Christmas."

If someone gives them a piece of china or handwork which is anything but artistic, it is carefully tied up in tissue paper to re-appear the following December and unloaded on someone who must say "Thank you" for it. Such giving is far removed from the true spirit of giving. The giving because it is compulsory is a giving which were better abolished. If we do not want to give and take no pleasure in giving, better far to let Christmas slide without any effort beyond a card of good wishes.

Important Trifles.

There are some most important trifles in connection with this matter of Christmas gifts. In the first place the gift should be timed nicely. It should not be too early or too late. Some people get their gifts off so early that it seems as though they were afraid if they didn't they would not get any in return. Others leave them so late that the impression is given that they are an eleventh hour thought. Christmas eve is a good time for city gifts, and if out of town they should be posted to reach their destination the day before Christmas. The way a gift is done up is an important small matter. No need to spend a small fortune on satin ribbon and colored paper. But white tissue paper is inexpensive and pretty gold and green and red cord comes at a most reasonable price. Inside should be the pretty card with greetings, and outside the name and address. Many stick a sprig of holly in the cord, and it is a pretty touch.

*** Called Suddenly By Death.**

Cornwall, Dec. 20.—John Tye, a life-long resident of Massena, died suddenly near his home at that place. He had gone to the St. Lawrence River to water his cattle in the afternoon, and Vincent Frego while skating on the ice, found the body beside a hole in the ice. Heart failure was given as the cause of death.

Senior Divisional Chaplain.

Cobourg, Dec. 18.—Major (Rev.) William Beattie, pastor of St. Andrew's Presbyterian Church here, has been permanently appointed senior divisional chaplain of the second Canadian division at the front in France.

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is the proprietor of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE, FRANK J. CHENEY swears to before me and subscribed in my presence, this 5th day of December, A. D. 1915. A. W. GLEASON, Notary Public. Hall's Catarrh Cure is sold Internationally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c. Hall's Family Pills for constipation.

"Low Cost of Living" Menu

MENU FOR WEDNESDAY.

Breakfast.
Stewed Figs.
Haddock Fish Cakes.
French Toast.
Coffee.

Luncheon.
Creamed Dried Beef on Toast.
Hot Rolls.
Sweet Pickles.
Graham Cookies.
Tea.

Dinner.
Sago Soup.
Baked Ham, Grape Juice Sauce.
Baked Potatoes.
Lima Beans.
Curry Cheese Salad.
Eggless Pumpkin Pie.

BREAKFAST.

French Toast.—Dip slices of stale bread in beaten egg and fry brown in butter. While hot spread with currant jelly, to which has been added a little cinnamon.

LUNCHEON.

Creamed Beef on Toast.—Boil a

cup of shredded dried beef with a little butter and water one minute. Add a cup and a half of milk in which a tablespoon of flour has been dissolved, and boil one minute longer. Serve on rounds of buttered toast.

DINNER.
Sago Soup.—Soak two table-spoons of sago in a cup of water half an hour. Add a little more water and boil until the sago is clear. Then add a cup and a half of hot milk, season and boil one minute longer.

Curry Cheese Salad.—Cream together a small cream cheese, a tablespoon of butter and a teaspoon of curry powder. Add a pinch of cinnamon and half a teaspoon of dissolved currant jelly. Serve on lettuce with a sharp French dressing.

Eggless Pumpkin Pie.—Prepare your pumpkin by boiling down until almost dry. Take one cup of pumpkin, two level table-spoons of corn-meal, one level table-spoon of flour, half a teaspoon of salt, the same each of cinnamon and nutmeg, a small pinch of soda, three table-spoons of sugar, one table-spoon of molasses, and two and a half cups of milk. Bake in a moderate oven.

ter. Stir till the sugar is dissolved, then boil till it forms a soft ball when tried in cold water; add a few drops of yellow coloring, pour onto a slab and knead till smooth. Return to the pan and stir till melted, then pour into the prepared kumquats. Sprinkle with the nutmeats which have been finely chopped.

Sea-foam Candy.

Three cupfuls brown sugar.
One cupful boiling water.
Two egg whites.
One teaspoonful vanilla.
One cupful pecans or English walnuts.

Place the sugar and water together in a saucepan. Stir until the sugar is dissolved; then cook without stirring until a little dropped in cold water forms a soft ball. Have the egg whites stiffly beaten, pour the boiling hot syrup over them, and beat until the mass is soft and creamy. Add the vanilla and the nuts and continue to beat until the candy stiffens. When nearly set, drop by spoonfuls on wax-paper and leave until hardened.

Baked Candies.

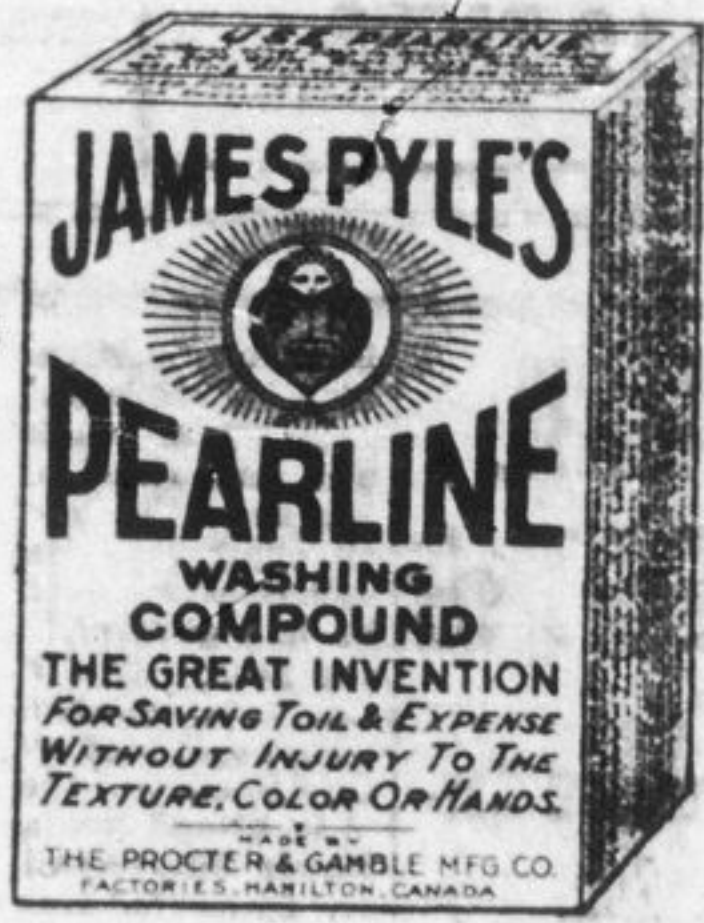
Half cupful brown sugar.
Orange or lemon flavoring.
Pinch of salt.
Two cupfuls chopped hickory-nuts.
One quarter teaspoon baking-soda.
One egg.

Beat the egg to a stiff froth. Add the sugar, also the baking-soda, and continue to beat until the mixture is smooth and creamy. Flavor to taste and add the nuts, finely chopped, stirring so that they are well-blended with the other ingredients. This quantity of nuts should be enough to form the mixture into a stiff paste. Spread on greased papers and lay these on baking-pans. Bake in a moderate oven for twenty minutes, and when cold cut into squares. Fold each of these squares in wax-paper so that they will not run together.

Rules For Christmas Giving

There are two excellent rules for Christmas giving. The first is—Consider the recipient. Think beforehand what she likes, what her tastes are, what will be appropriate for her bedroom or—if something to wear—will suit her personally. There is the type of woman who will make a perfectly delightful pin cushion in masquerade, when the recipient is pale blue and the kind friend who makes a pink dressing jacket for the woman who never wears pink, and so on. A little enquiry beforehand would do away with such fatal mistakes. Akin to this is the person who makes beautiful bed-room slippers, size three, and presents them to you, when the very smallest you can possibly wear is five.

There is so much of this hap-hazard giving at Christmas time, a sort of hit and miss business, where the misses far outnumber the hits. This might be quite done away with by a little private detective-business ahead. It is not a difficult matter to find out what color a friend's room is or what colors she wears herself



Where the one thing is to move dirt—there you need

PEARLINE

YOU do not have to fear that strong suds will hurt such things as cement walks, wooden steps, kitchen floors, or greasy dishes. In cleaning of this kind the one and only thing you should consider is the easiest and best way to loosen the dirt. Pearlina is made for the sole purpose of moving dirt where something more effective than soap is needed.

The Procter & Gamble Distributing Co.

of Canada, Ltd.
Hamilton, Canada

"KITCHENER"

Is the name of the new Electric Iron made by the Canadian General Electric Co.

Under the new power rates, it will cost only 2 1-2 cents per hour to operate this Iron.

—FOR SALE AT—

Halliday's Electric Shop,
Phone 94 345 King Street

Buttermilk Buttermilk

Having bought the whole outfit of Eastern Dairy School, I am now prepared to deliver Buttermilk in any Quantity.

Phone 845 :: Price's

Help to Make Her Dream Come True



SHE is one of some Three Million Belgians who, since they refused to sell their honor to Germany, have lived on the brink of starvation. A thriving industrial people, used to life's comforts, they have been reduced to a state where they dream, not of luxuries or pleasures, but of having enough to eat!

True to their character as the war has unmasked it, the Germans callously refuse to help the starving. The task of feeding them has been undertaken by Belgium's Allies and Neutral Nations, through the

Belgian Relief Fund

provided by voluntary contributions and administered with wonderful economy and efficiency by a neutral Commission.

Absolutely none of the supplies go to Germans, and most of this food taken into the country is paid for by Belgians who have still a little money. But to feed those who cannot pay, nearly \$2,500,000 a month is needed!

Surely no people ever deserved our sympathy and aid more than do these starving Belgians!

\$2.50 KEEPS A BELGIAN FAMILY A MONTH

They face a winter of necessity, while we are living in plenty. The Fund needs regular weekly or monthly contributions rather than larger but spasmodic gifts. Let us plan to deny ourselves, if necessary—share with our needy Allies—and help to save their lives.

Send your contributions to Local or Provincial Committees or to the Central Executive Committee, 99 St. Peter Street, Montreal.