

# LOOK!

If you were told of a new discovery for the treatment of coughs, colds and bronchitis, as certain in its action on all chest troubles as anti-toxin is on diphtheria, or vaccination on small-pox, wouldn't you feel like giving it a trial?

**Peps is the discovery!**

Peps are little tablets, containing certain medicinal ingredients, which, when placed upon the tongue, immediately turn into vapour, and are at once breathed down the air passages to the lungs. On their journey, they soothe the inflamed and irritated membranes of the bronchial tubes, the delicate walls of the air passages, and finally enter and carry relief and healing to the lungs.

In a word, while no liquid or solid can get to the lungs and air passages, these Peps Tablets get there direct, and at once commence their work of healing.

**FREE TRIAL** Cut out this article, write across it the name and date of this paper, and mail it (with 1c. stamp to pay return postage) to Peps Co., Toronto. A free trial packet will be sent you. All drug stores and stores sell Peps, 50c. box.

## Peps

LADIES! LOOK YOUNG, DARKEN GRAY HAIR

Use the Old-time Sage Tea and Sulphur and Nobody will Know.

Gray hair, however handsome, denotes advancing age. We all know the advantages of a youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks dry, wavy and scraggly, just a few applications of Sage Tea and Sulphur enhances its appearance a hundred-fold.

Don't stay gray! Look young! Either prepare the tonic at home or get from any drug store a 5-cent bottle of "Wyeth's Sage and Sulphur Compound." Thousands of folks recommend this ready-to-use preparation, because it darkens the hair beautifully and removes dandruff, stops scalp itching and falling hair; besides, no one naturally and evenly, as it darkens so naturally and evenly. You moisten a sponge or soft brush with it, drawing this through the hair, taking one small strand at a time. By morning the gray hair disappears; after another application of two, its natural color is restored and it becomes thick, glossy and lustrous, and you appear years younger.

### DRUGS EXCITE YOUR KIDNEYS, USE SALTS

If your Back Hurts or Bladder bothers, drink lots of water.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water — you can't drink too much; also get from any pharmacist about four ounces of Jad Salts: take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, make a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

### Dandruff Surely Destroys the Hair

Girls—if you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it.

You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.

It is rumored that the German cruiser Roon, which captured the steamer Appam, is off Hampton Roads, and may be going in to intern.

J. Pierpont Morgan, who sailed from New York on Wednesday is expected to return with a hundred millions in war contracts.

## Sleepytime Tales

### FATTY, THE BRAGGER.

Once upon a time Fred had as a visitor a cousin named John who lived in a very distant city. He was called Fatty for he was very much fatter than any boy you ever saw I am sure, and he also was an awful bragger. He bragged about his home, his playmates, his toys and how he was smarter than any other boy and could do things like men did.

The boys of Fred's neighborhood did not like Fatty's very much for he was always wanting to fight and was always pushing and slapping the boys smaller than himself.

One day, the boys planned a skating party, and asked Fatty to go with them. "Of course I will go," he said, "and I will show you all how to skate. I am the fastest and best skater out home and have a lot of prizes I have won in skating. I will show you how to do the big jump and lots of other tricks on skates."

He bragged so much the boys almost wished they hadn't asked him to go, but being Fred's guest, they really had to. When they got to the pond they found it good skating over

most of it but at one end there were several holes and they were very careful not to rush into danger by going near the holes.

Fatty, however, thought he would show them how brave and smart he was and immediately skated toward the thin ice and holes. "Come on," he cried, "Don't be babies. Lets do something to show how brave we are. Come, I will show you the big jump."

He skated up to the biggest hole and with a big spring tried to jump over it with his skates on. He landed right in the center and the thin ice crashed in and let him down into the icy water.

How he did howl and yell for help, but the boys, knowing that the water was only about two feet deep, thought they would teach him a lesson and did not go near him to help.

He cried and blubbered, but finally got on his feet and when he found the water was only shallow and he was in no danger, he was very much ashamed and didn't brag so much after that, for all the boys had to say was: "Help, help," and he immediately stopped bragging.

## "Low Cost of Living" Menu

**Menu for Saturday**

**BREAKFAST**  
Oranges  
Fried Potatoes  
German Potatoes  
Coffee

**LUNCHEON**  
Bacon and Fried Apple  
Cream Toast  
Cakes

**DINNER**  
Corn and Tomato Soup  
Ham and Potatoes en Casserole  
Baked Potatoes, Cream Sauce  
Prune Salad  
Fruit Cheese Pie

**BREAKFAST.**  
German Potatoes—Pare and slice raw potatoes. Fry brown in hot fat. Season and serve.

**LUNCHEON.**  
Bacon and Fried Apple.—Pare and core the apples. Cut in thick slices and fry in butter and a little molasses. Serve on slices of cooked bacon.

**DINNER.**  
Corn and Tomato Soup—Boil together a cup of corn, the same of tomatoes and two cups of water. Add a piece of onion and boil fifteen minutes. Strain, add a cup of milk, and boil one minute.

**Ham and Potato.**—Soak a slice of ham in warm water half an hour. Place in a casserole, add two cups of sliced raw potatoes, pour over a cup and a half of milk and bake in a slow oven half an hour. Turn over and bake half an hour longer.

**Prune Salad.**—Pit cooked prunes, fill with cream cheese and serve on lettuce with a French dressing.

**Fruit Cheese Pie.**—Mash enough cream cheese to make a cup, add half a cup of rich milk. Mix the beaten yolks of three eggs, three tablespoons of sugar, half a cup of currants and raisins, and the stiffly beaten whites. Turn into a pie plate lined with pie crust and bake half an hour.

**TO RECLAIM CHILDREN.**  
Former Female Pickpocket Donates \$35,000 For a Home.

Detroit, Mich., Feb. 3.—Sophie Lyons, with an international reputation as a former exceedingly clever criminal, wife of the notorious Billy Burke, and author of the book, "Why Crime Does Not Pay," has offered this city property valued at \$35,000 for an establishment for a home for the reclaiming of children with criminal tendencies.

Sophie Lyons, now said to be worth half a million dollars, reformed several years ago. She was known as the international queen of pickpockets and shoplifters and confident women.

## Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

**COSTUME IN BROWN POPLIN.**



extensions held in place with velvet buttons.

Chiffon poplin, which is well liked because it is inexpensive as well as smart, is used for the development of this dress. A little trimming effectively used gives an effective touch to the frock; velvet being used for the purpose. Velvet revers, cuffs and buttons on either side of the front are all that any simple model requires in the way of decoration. The applied front and back sections are finished with pointed extensions at the lower edges and fastened on the left shoulder. The skirt is a four-piece, box-pleated model, with a hem, although a band of the velvet may be used, if preferred.

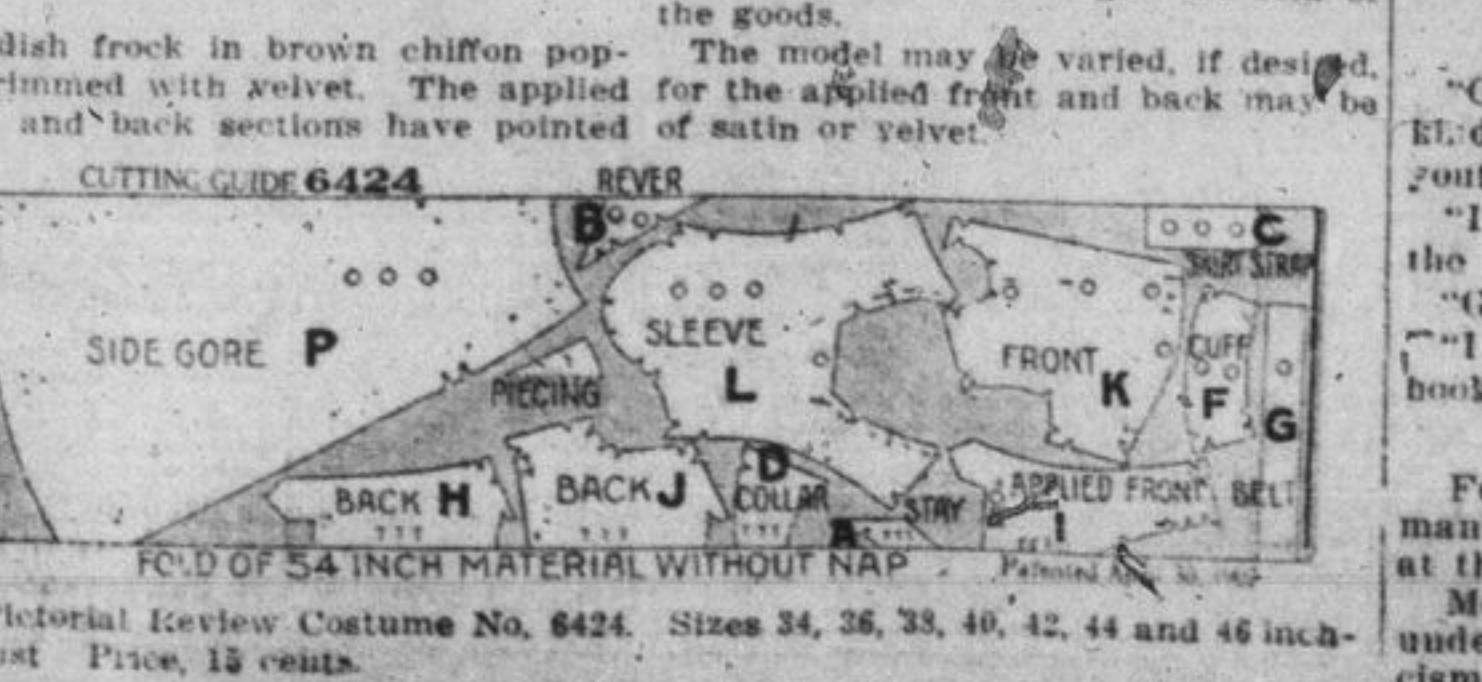
A detachable vest, with high flare collar, is recommended for the front of the dress, because it can be changed easily and affords an opportunity for variety. In medium size the costume requires 4 1/2 yards 54-inch material.

A close study of the cutting guide shows that the material is divided into single and double folds, in order that the sections of the pattern may be placed upon them to the best advantage. As the poplin is not wide enough for the side gore, without piecing, it will be necessary to get the required piecing from a spare section of the poplin. After folding the material in half the side gore is first placed upon it, the large "O" perforations being arranged on a lengthwise thread. Directly on the lengthwise folds, however, are placed the applied back and the waist back, the collar, the stay, the applied front and the belt.

The sleeve, front, cuff and shirt strap are laid on a lengthwise thread of the poplin.

The material is folded in quarters for the skirt, but the fold is so made that the selvages meet, as shown on the cutting guide. Both the back and front gores are laid on a lengthwise fold of the goods.

The model may be varied, if desired. For the applied front and back may be of satin or velvet.



## THE FIRST TROUSERS.

They Led to Edicts Against Their Use in Some German States.

The latest instance of a European country enacting laws concerning dress occurred at the time of the French revolution, when some rulers of German states forbade their subjects to wear trousers, these being held to indicate revolutionary opinions. The elector of Hesse-Cassel, besides prohibiting the obnoxious garments, had the convicts employed on road sweeping dressed in trousers so as to inspire disgust for sans-culotte fashions.

The term "sans-culotte" means "without breeches," and during the French revolution the "sans-culottes," who denounced every one who wore breeches, finally went beyond their opponents and wore twice as much cloth around their legs—in a word, adopted the modern trousers and made them the badge of a party.

Napoleon wore trousers on state occasions after he had been crowned emperor. His army was the first that adopted trousers, and they kept progress, step by step, with the march of the French legions. The Duke of Wellington would insist on wearing pantaloons—or trousers, as they are now called—when he attended certain social functions, although he was almost alone in so doing. This was about the year 1814, but by 1830 trousers were worn by almost everybody.

**A Literary Waiter.**  
James Stephens, a literary Irishman, author of a number of novels, sketches and poems, is somewhat noted for his absentmindedness. In Paris he wrote his imaginative verses in the corners of cafes and never noticed which of these had been the environment of his muse. Once he left the manuscript of "The Demigods" in one of them, but could not remember where. Days after, wandering into the Cafe Closerie des Lilas, a waiter handed him the lost sheets. A five franc piece was offered. The waiter with much dignity refused the reward. "I am," he said, "a man of letters myself when I have an hour to spare, and I know what it is to lose the fruits of one's brains."

**No Vowels in It.**  
Many places have curious names, but apparently there is only one place which has a name without any vowels. That place is the little hamlet of Ws, near Paris. We being an unpronounceable name, the inhabitants of the hamlet have transformed it into "D'Us," but this change has not been sanctioned legally, and on all the official records the name Ws still appears. The hamlet has only about a hundred inhabitants, and its sole attractions are the Chateau d'Osury, which has been for many years in the possession of Edmond About's family, and the Chateau de Vigny, which is one of the very best specimens of the renaissance style of architecture.

**Natural Protection.**  
It has been pointed out that to some ground animals nature's color scheme for concealment furnishes almost complete protection. The quail crouching on the ground looks like a bunch of dried leaves. Many snakes and fishes take the precise color of surrounding sand and water. A mackerel from above looks like a fleeting ripple, while to fish enemies beneath his white belly will not show against the higher colors of sky and water. The wonderfully beautiful changes of dolphins and chameleons were not evolved to please the eye, but to protect their lives.

**Precedent Adhered To.**  
"Will you marry me?"  
The fair lady at the man's side drew away with a movement that seemed almost prudish. Her breath came and went in little explosive jerks. She tried to speak, but no sound came from her lips. She tried once more, and then, with sweet tremulousness, she gave her answer.  
"I will marry you if you get papa's consent," she said. "I never marry without that."

**Nicely Settled.**  
Lady—What will you charge me for the use of a horse and buggy for a few hours? Liverman—It will cost you \$2 for the first hour and \$1 for each additional hour. Lady—Well, I'll use it for two additional hours. I've got some shopping to do and will not require it for the first hour.

**Topaz.**  
The word topaz comes from the Greek verb signifying to guess. The jewel was brought from the east and was reported to have come from an island, and men then guessed at the location of the isle which produced such beautiful gems.

**Origin of Comets.**  
Professor Elis Stromgren, director of the Copenhagen observatory, has carried out, with the aid of J. Braae, an investigation to determine whether comets come originally from interstellar space, as has been commonly supposed, or originate within the solar system. His method of research involves the backward computation of planetary perturbations for eight comets. The conclusion reached is that all comets heretofore observed have originated within the solar system.

**An Unfortunate Accident.**  
"Goodness, little boy!" exclaimed the elderly old gentleman to the weeping youth; "what on earth is the matter?"  
"I had a terrible accident," he wailed the boy.  
"Gladness! What was it?"  
"I met pop when I was a playin' hockey."

Fortune knocks once at every man's door, but misfortune crawls in at the open window.  
Most people would rather listen to undeserved praise than merited criticism.

## Something New!



**Velvety and delicious—  
Simply makes the  
mouth water.  
Not a milk chocolate.**

Little Miss MAIDEN CANADA

SPEARMINT

DOUBLEMINT

## Protect Your Teeth

A most agreeable and pleasant way is to give them the benefit of frequent cleansing and whitening with

# WRIGLEY'S

(Made in Canada)

A noted dentist says "We eat more than our early ancestors but we chew less. Our jaws don't get the exercise they ought to and don't develop to allow sufficient room for big, strong teeth.

Chewing gum is one of the best possible things. It exercises the gums, rubs off food particles that cause trouble to teeth and strengthens the saliva glands."

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