



Convince Yourself

Look at Crisco. Its very appearance tells a story of purity. It is creamy white and just stiff enough to round up nicely on the spoon.

Then see if it has an odor. You will find none but a delicate aroma, indicative of its purity. Crisco remains the same in hot weather without refrigeration.

Next taste it. You will find a neutral taste; that is, practically no flavor—not greasy or "lardy." It resembles cold, unsalted butter.

Then try it. First fry potatoes, and note the wholesome potato flavor. You may never have known the potato flavor before because the taste of the fat you have been using has predominated. Crisco allows the true flavor of the food to assert itself.

Next make some biscuits. See how light they are. Break one open and you will be delighted with its appetizing odor. This is a severe test for a shortening.

Next make a white cake and learn how delicate and rich your cake will be without butter and with few eggs.

Please convince yourself about Crisco. If you will know Crisco you will be a Crisco enthusiast.

Sleepytime Tales

Lonny's New Puppy.

Once upon a time Larry had a very small puppy given to him which was so mischievous that it chewed up the Teddy Bear belonging to Lonny, Larry's little brother. Larry had promised to get Lonny a real live dog in place of the toy bear.

One morning, as Larry was on his way to school, he met a policeman who always stood at the crossing and Larry stopped to say good morning to him.

Look what I have just found, said the policeman and Larry came close to look and in his arms saw a tiny, black shaggy puppy. "That is just what I want for my little brother," he said. "I promised him a dog for his very own and haven't been able to find one."

"Why you can have this one," said the policeman. "I found it on a pile of coal and was afraid it would freeze to death, so was taking it to the station house. I will keep it for you until you go by this noon."

At noon Larry came running up to the officer and took the dog and ran home as fast as he could. Lonny saw him coming and ran to meet him and when he saw the puppy he gave a shout of joy. "Oh, you have got my dog, let me see him, let me see him," he cried. Larry gave him his new pet and they hurried into the house to find Larry's puppy.

It didn't take the two dogs long to get acquainted and in a little while they were playing together as though they had known each other all their lives.

"What shall we name them?" asked Larry. "Let's ask mother," said Lonny and they ran to their mother, each with a dog under his arm. Their mother suggested several names but none seemed to suit until she said: "Lonny, why not name yours Teddy and Larry can name his Bear?" The boys thought that was fine, and so the dogs were named, one Teddy and the other Bear.

"Low Cost of Living" Menu

Menu for Friday

- BREAKFAST: Oranges, Creamed Codfish, Toast, Coffee. LUNCHEON: Salmon Salad, Toasted Crackers, Cherry Sauce, Cocoa. DINNER: Tomatoes Soup, Fried Oysters, Potatoes, Creamed Peas, Irish Moss Blanc Manger.

mon and (see it from skin and bones. Add one chopped, hard boiled egg and half a cup of boiled dressing. Serve on crisp leaves of lettuce.

DINNER

Tapioca Soup—Cover a third of a cup of tapioca with cold water and soak ten minutes. Add a quart of water and boil until the tapioca is transparent, then add a cup of milk and boil ten minutes longer.

Fried Oysters—Dip in beaten eggs and then in cracker crumbs. Fry in deep boiling fat and drain on brown paper.

Creamed Peas—Drain a can of peas, cover with milk, add a teaspoon of flour and boil one minute. Irish Blanc Manger—Boil four cups of milk with one-third of a cup of sugar and half a cup of sugar for thirty minutes. Strain, add a teaspoon of vinegar and turn into a mould. Serve with whipped cream.

TO MINE DANUBE.

Extensive Military Operations Take Place on Rumanian Frontier. Milan, March 23.—A Bucharest despatch to the Secolo says that the Bulgarians are making extensive military preparations along the Rumanian frontier. A number of boats laden with mines have arrived at

Giurgevo, and it is believed that the Bulgarians intend to scatter the mines broadcast in the Danube. The Bulgarian newspapers, the despatch adds, are becoming daily more threatening in tone toward Roumania.

Before you trust him a second time make the man who has betrayed your confidence worthy of it.

Easy & Practical Home Dress Making Lessons. Prepared Especially For This Newspaper by Pictorial Review. Serge Dress With Sleeveless Underwaist.



skirt of this dress, while the blouse is fashioned of white serge trimmed with green silk braid. In medium size the design requires 2 yards 44-inch material for the skirt and 2 1/2 yards serge for the blouse.

If the work is uninterrupted, the dress can be made in a day. The underwaist comes first and is quickly disposed of if rules are carefully followed. First, take up dart in front and perforated. Close under-arm and shoulder seams as notched. Turn hem in back at notches; large "O" perforations indicate center-back.

Close center-back seam of skirt from lines "O" perforation to lower edge, finish edges above for an opening.

Turn a hem at lower edge on small "o" perforations. Sew to lower edge of under-waist, center-fronts and center-backs even.

To make the blouse, adjust the under-facings to position underneath the front, center-fronts and upper edges even; slash down the fold at center-front and through the under-facings from upper edge to large "O" perforation, and finish for a closing, as illustrated. Close under-arm and shoulder seams as notched, leaving under-arm seams free below large "O" perforation in back; work eyelets and lace to position. Turn hem at lower edge on small "o" perforations. Face collar and sew to neck edge, notches and center-backs even.

Make, sew upper edge of pocket lap along small "o" perforations. Form box-pleat in pocket. Adjust pocket to position, upper edge along small "o" perforations.

The sleeve comes last. Close seam as notched, then close cuff seam and sew to lower edge of sleeves, seams even. Sew sleeves in armholes as notched, easing in any fulness; small "o" perforation in sleeve at shoulder seam. Bands of taffeta may be used in place of braid, binding the collar and cuffs.

Spring costume of green and white checked pique with white serge blouse trimmed with green braid. The coolest and most springlike of green and white checks is used for the Pictorial Review Dress No. 6573. Sizes 6, 10, 12, 14 and 16 years. Price, 15 cents.

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

FINGER-RING LORE.

Mishaps on the Wedding Day, and What They Mean.

Nowadays the bride has the wedding ring placed on the fourth finger of the left hand, the ancient belief being that a small artery (some people call it vein) runs from this finger to the heart. But at one time married women of Britain placed the plain hoop on the thumb, and some old missals are said to have directed that the ring be put first on the thumb, afterwards upon the second, then on the third, and finally on the fourth fingers.

Rings, however, are by no means limited to betrothals and weddings, according to Mr. Jones in his well-known book, "Finger-Ring Lore." One of the prettiest fancies connected with these ornaments is the inscribing of mottoes or short verses within the hoop, though it must be confessed that betrothal rings are especially marked out for such sentiments.

When men and women took perhaps more seriously than they did just before the outbreak of the war, mourning rings were inscribed with a death's head, a sort of grim reminder, like the skeleton at the feast, that mankind is mortal; and a famous noble Scottish family have a mournful tradition connected with this custom. In the seventeenth century the young heir won the heart and hand of a Dutch lady of rank, but when the marriage day arrived the bridegroom was missing. Excited and breathless messengers found the young gentleman calmly sitting down to breakfast, oblivious of the important business on hand; but he attempted to make amends for his strange lapse of memory by hastening to the church, where his alarmed bride awaited him.

Then he found that he had forgotten the ring, but a friend hurriedly handed him one, which was placed on the bride's finger, when to everyone's horror it was discovered that an evil omen had occurred, in that it was not an ordinary but a mourning ring, bearing the sinister sign of the skull and crossbones. This occurrence had such an effect on the newly-made wife that she declared she should die within the year, and the tradition adds that her prophecy was unhappily fulfilled. Rings were also used in connection with astrology, divination, inventives, quackery, coronations, and religion, and at one time a certain kind was believed to be efficacious in the cure of cramp and epilepsy.

Royal Incomes.

In addition to the £470,000 a year King George receives from the State, he has a personal income of £1,000 a year from the Duchy of Lancaster. The latter was presented by Edward III. to his son, John of Gaunt, and with the accession to the throne in 1399 of John of Gaunt's son as Henry IV., the Duchy became a Crown possession, and is now a valuable property in lands, royalties, fees, etc., and forms part of the income of the King.

The Prince of Wales is not provided for in the Civil List, the name given to the sums of money voted by Parliament for the maintenance of the Royal Family. His Royal Highness receives about £87,000 annually from the Duchy of Cornwall, which was also originated by Edward III. for the support of his eldest son, and the eldest son of the Sovereign has, since that time, always derived his income from the valuable property in lands, royalties, fees, etc.

In the event of his marrying, the wife of the Prince of Wales will receive £10,000 a year, to be increased to £30,000 a year, if she survives him, while each of the King's younger sons receives £10,000 a year when he is twenty-one years old, to be increased to £25,000 at marriage. Princess Mary, who is now nineteen, will receive £5,000 a year when she is twenty-one years old or at her marriage.

Pensions and annuities to various members of the Royal Family amount to £146,000 a year.

Game They Didn't Want.

Some men belonging to one of the battalions of the King's Liverpool Regiment are billeted in an empty house, and have to sleep on a straw mattress on the floor, with the windows wide open, according to orders. One morning, just before breakfast, an officer entered the house to inspect it, and on entering one of the rooms he found a number of men busy cleaning their equipment.

At his entrance the men sprang to attention, and he told them that the colonel intended getting them some games, and asked them if there were any special ones they would prefer. One of the men, who was known all round as a "hard case," thanked the officer, and said, "We should be glad of any kind of game, except draughts. We have far too many of them here already."

Descendant of Kings.

Lord Balfour of Burleigh, who can claim descent from three Kings—Robert Bruce of Scotland, King David II., his son, and his brother, Edward King of Ireland—is one of the sixteen members of the House of Lords who, like members of the House of Commons, must go to their constituencies for re-election on the dissolution of a Parliament.

Has Crossed the Sahara.

Colonel Austin Hayward, R.A., who is engaged in rounding up the remnants of the German forces in the Cameroons, is the only living Englishman who has crossed the Sahara. The journey, which he took in 1910, included a march of 200 miles across an absolutely waterless region.

Soldier, Sailor, and Lawyer.

Field-Marshal Sir Evelyn Wood, who recently saw his seventy-eighth birthday, was a sailor before he was a soldier, and has also had a legal training. If the letters of all his titles were put after his name they would exceed the alphabet in length.

Wyndham Marries Mary Moore. London, March 25.—The Sketch announces that Sir Charles Wyndham, the veteran actor-manager, and Miss Mary Moore, who was his leading lady through a long stage asso-

7,777 Prizes



First Prize

\$1,000

What is the 7th Point?

From the Atlantic to the Pacific, from the Gulf of Mexico to Hudson Bay, millions of people have been asking "What is the 7th Point in Sterling Gum?" In practically every town, city and village in the United States and Canada, the published six points of superiority have brought Sterling Gum fast-growing popularity.

But the seventh point still remains a riddle.

Point 7 What?

Now, we are offering liberal prizes to those who send us the best suggestions for the Sterling Gum Point 7.

Before you make your suggestion for the 7th Point, read the following:

The Following Story Unfolds the Secret of the Famous Point 7

To most people chewing gum is a mystery. They may know that different chewing gums are made from different ingredients. But that is about all. Here are facts which we believe you will be glad to know about Sterling Gum: Your Sterling Gum is made from the following materials:

The basis is the pure sap of the tropical Sapota Tree—a natural gum. This natural Sapota Tree sap is boiled, sweetened and flavored. The sweetening is simply pure cane sugar and pure corn syrup.

The flavoring is of two kinds—Peppermint (in red wrappers), Cinnamon (in blue wrappers). There are some twenty varieties of the mint plant. The Sterling Peppermint is a product of the choicest, smoothest-flavored of these many mint varieties. The spicy Cinnamon flavor is extracted from the Cassia bush which grows in the tropics.

The sap of the Sapota Tree, the cane sugar, the corn syrup, the Peppermint and Cinnamon flavors all come from the sap of some plant or tree. Nature herself supplies these delicious materials from which your Sterling Gum is made.

Requirements for Winning Phrase. When you read the above facts on the materials that Sterling Gum is made of, you will know all that it is necessary for you to know in entering this contest.

The first prize will go to the one whose suggestion, based on the above story, most impressively presents the natural purity of Sterling Gum—in the opinion of the judges. Remember that your suggestion must be in six words or less.

The next best suggestion will win the second prize—and so on down.



PEPPERMINT IN RED WRAPPER CINNAMON IN BLUE WRAPPER

Table with prize amounts: First Prize \$1,000, Second Prize \$500, Third Prize \$250.00, 7 Prizes each \$25.00, 70 Prizes each \$2.50.

Conditions of the Contest

Judges. Sterling Gum Company employees cannot enter this contest. If two answers are entitled to the same prize, the full amount of the prize will be paid to each.

All answers must come in on a postal card. On the back of the postal card write nothing but your 7 Point suggestion (six words or less) and your name and address. The postal may be mailed in an envelope if you choose.

Mail answers to Sterling Prize Judges Room 319, 405 Lexington Ave., New York City. You may send in as many suggestions for Point 7 as you choose. But each suggestion must be written on a postal card as directed above.

Contest Closes. All answers must be received in New York by midnight of May 15, 1916. Answers will not be examined by the judges until after that date. The judges, therefore, cannot mail acknowledgments of the suggestions received.

Now put on your thinking cap. Get your family to help you. Send in as many suggestions as you want to. All will be considered in awarding these many prizes. Do not write the Sterling Gum Company regarding the contest or its conditions as all suggestions will be judged by the Prize Committee named above.

The Sterling Gum Co., Inc., New York The Sterling Gum Co. of Canada, Ltd., Toronto

We ought not to expect anything but questionable results from questionable methods.

Nasal and Throat CATARRH

Every fourth person you meet has catarrh. It begins with running at the nose, the result of catching cold. If neglected it soon becomes chronic. Then it passes to the throat, the stomach, the bowels. It causes asthma, deafness, huskiness, hoarseness; it sets up dyspepsia and bowel troubles—there is no end to the dangers of catarrh.

Veno's won the Grand Prix and Gold Medal, International Health Exhibition, Paris, 1910.

You can cure a cold in the head in one night with Veno's Lightning Cough Cure; you can cure catarrh with it. For old-standing chronic catarrh use Veno's Nasal Tablets along with Veno's Lightning Cough Cure. These two in combination work miracles. Thousands have proved it. This British remedy has the largest sale in the world because it is the surest remedy in the world for:

- Coughs and Colds, Bronchial Troubles, Nasal Catarrh, Hoarseness, Difficult Breathing, Whooping Cough, Blood Spitting, Asthma.

Large size containing 21 doses the quantity, 50 cents. Sold by Druggists and Dealers everywhere, or direct, on receipt of price, from the sole agents for Canada, Herold, P., Bullock & Co., Ltd., 10, St. Paul Street, Toronto. Proprietors—The Veno Drug Co., Ltd., Manchester, Eng.

VENO'S LIGHTNING COUGH CURE. Mathieu's SYRUP OF TAR & COD LIVER OIL STOPS COUGHS. Sold in generous size bottles by all dealers. THE J. L. MATHIEU CO., Props., SHERBROOKE, P.C. Makers also of Mathieu's Nervine Powders the best remedy for Headaches, Neuralgia, and feverish colds.

LITTLE THINGS THAT COUNT

Even in a match you should consider the "Little Things." The wood, the composition, the strike-ability, the flame.

Eddy's Matches. Are made of strong, dry pine stems, with a secret perfected composition that guarantees "every match a lighter." Sixty-five years of knowing how—that's the reason. All Eddy products are dependable—always.