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is that every garment washed with it bears the impress of purity; a purity begotten of sweet, cleansing oils, and maintained by absolute cleanliness in manufacture; a purity exalted by the co-operation of workers united for the purpose; a purity demonstrated by the \$5,000,000 guarantee which rests upon every bar of SUNLIGHT SOAP.

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James M. Aird's

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A DAINTY CAKE that fills a long-felt want at afternoon tea tables. It is always deliciously fresh; it comes in five different flavors—a new one for almost every week-day tea—it is wrapped and packaged and sold by your own grocer at ten cents a cake. —Chocolate—Gold—White—Cherry—Fruit.

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review



Just A Matter of Comfortable Simplicity.



fashioned of rice cloth, having the front and back cut in one. The sleeves are long and flowing. Among the latest designs in robes d'intimes, as these models are called, there is nothing that is more restful and dainty.

In medium size the kimono requires 4 1/2 yards 36-inch material, with 1 1/2 yards contrasting material 18 or more inches wide for the trimming. If ribbon is used—and it may be with such a good effect—3 1/2 yards will be needed.

A casual glance at the cutting guide will convince one of the simplicity of this part of the work. Section A is so laid on the material that the part marked by triple "T" perforations rests on the lengthwise fold, while the other section rests on a lengthwise thread. The piecing is placed along the selvedge edge. Place the sleeve over a lengthwise thread as illustrated.

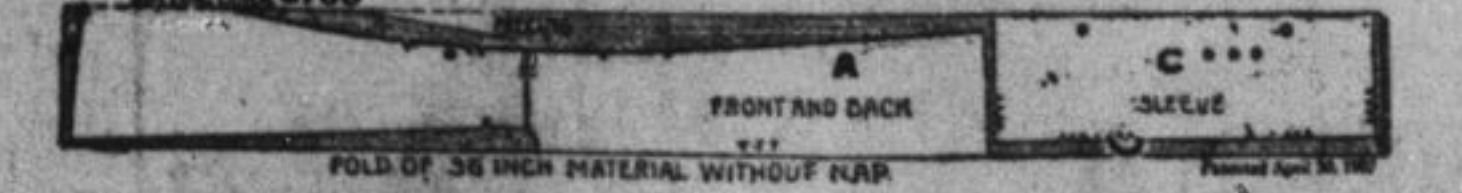
But a few hours are required for the making. Close the underarm seam as notched from large "O" perforation to lower edge. Close back seam of band (indicated by small "o" perforation), sew to neck edge of back, and to front, notches and center-backs even; fold band through center, fell remaining edge over seam.

To make the sleeves, close the seams as notched, leaving seam having 3 notches free between the 2 small "o" perforations. Sew in armhole as notched. Turn hem in sleeve on small "o" perforations and bring the 2 single large "O" perforations at hem in sleeves together and tack.

The straight belt illustrated is the smartest idea in kimono waist finishings.

The time for this charming kimono is morning, place, the boudoir. It is fashioned from rice cloth trimmed with ribbon.

The style secret of this long Japanese kimono is its simplicity. It is



Pictorial Review Kimono No. 67 00. Sizes, 32, 36, 40 and 44 inches bust. Price, 15 cents.

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

Sleepytime Tales

The Butterfly King

Once upon a time the Rose Fairy sat on her petal couch thinking about her roses and wondering if she had done everything that she could to help make them the most beautiful roses in the world, for you know if the roses have a kind and helpful Rose Fairy they grow more beautiful than the ones that have no kind friend.

The roses loved their Rose Fairy and tried each year to grow larger and more beautiful and to have the sweetest smell of all the roses, and because they had tried so hard the Rose Fairy's garden was the loveliest of any for miles around, and when the roses were in bloom a great many people came to see them. She was very happy this day for she knew her roses would soon be in bloom and then her friends, the bees, and butterflies would come to see her and gather honey from her flowers. She knew the butterflies all by name and was glad that she could help by giving them all the honey they needed.

"Good morning, little Rose Fairy," said a voice just then close beside

her and when she turned she saw the most beautiful blue and gold butterfly she had ever seen. It was almost twice as large as any of the others and its wings were as blue as the sky, while its body was a deep rich gold which glistened in the sun.

"I am King of the Southern butterflies," he said "and we have been brought to live here this summer, and what we have found so far has not been very good. So when the Golden Bumblebee told me about you and your wonderful roses I thought I would ask if we could come to your garden for our honey as long as we stay. We won't hurt your roses. They will be all the better for our being here for we will see that there are no bad bugs to harm them." The Rose Fairy was very glad to have such beautiful butterflies in her garden and so she told the King that she would be glad to have them come as often as they liked. She took him to all her roses and told them about their new friends. They seemed very proud to think they were going to be of help to such beautiful little creatures and hoped they would come very soon.

"Low Cost of Living" Menu

Menu for Tuesday

BREAKFAST
Stewed Rhubarb Pomona Hash
Potatoes a la Cream
Toasted Oatmeal Bread
Coffee

LUNCHEON
Scalloped Lamb
Bread and Butter
Clove Cake
Tea

DINNER
Rice Soup Hotel Steak
Mashed Potatoes
Dandelions
Radish and Lettuce Salad
Spanish Pudding

BREAKFAST

Pomona Hash.—Mash enough hot potatoes to make two cups. Add quarter of a cup of milk, salt, pepper, and one beaten egg. Beat over a fire one minute, add a cup of minced lamb and brown.

LUNCHEON

Scalloped Lamb.—Mince lamb enough to make two cups. Place in a baking dish a layer of raw potatoes, then a layer of lamb, and again po-

tatoes and lamb until the dish is full. Season well and pour over all a cup of water and a tablespoon of water. Bake in a hot oven half an hour.

Hot Steak.—Get a sirloin steak, pour over it two teaspoons each of oil and vinegar, rub in thoroughly and set aside. Turn once or twice and after two hours, broil.

Spanish Pudding.—Boil two cups of milk, add two beaten eggs and cook until thick. Cut slices of stale bread, dip in the custard and fry brown on both sides. Pour over a lemon sauce made by boiling a cup of water, half a cup of sugar, add a teaspoon of dissolved cornstarch and boil five minutes. Remove from the fire, add two teaspoons of lemon juice, a tablespoon of butter and a little nutmeg.

DINNER

Rice Soup.—Add as much milk as you have rice water which you had left from yesterday, season, stir in a tablespoon of cold boiled rice and boil one minute.

Hot Steak.—Get a sirloin steak, pour over it two teaspoons each of oil and vinegar, rub in thoroughly and set aside. Turn once or twice and after two hours, broil.

Spanish Pudding.—Boil two cups of milk, add two beaten eggs and cook until thick. Cut slices of stale bread, dip in the custard and fry brown on both sides. Pour over a lemon sauce made by boiling a cup of water, half a cup of sugar, add a teaspoon of dissolved cornstarch and boil five minutes. Remove from the fire, add two teaspoons of lemon juice, a tablespoon of butter and a little nutmeg.

SPRING IS THE OPEN SEASON FOR TAILORED COSTUMES.

(Continued from page 9.)
embroidery adds effectiveness to a suit, it may be added to the front panel of the skirt just above the hem. For these decorations only a single bloom is used. There must be sufficient to attract attention and not too much to be ostentatious.

Guide to Patterns

The fashions shown on this page are Pictorial Review patterns. Numbers and sizes are as follows:
Jacket No. 6709. Sizes, 34 to 44 inches bust.
Jacket No. 6713. Sizes, 22 to 34 inches bust.
Skirt No. 6622. Sizes, 24 to 34 inches waist.
Jacket No. 6690. Sizes, 34 to 42 inches bust.
Skirt No. 6640. Sizes, 22 to 36 inches waist.
Jacket No. 6156. Sizes, 32 to 44 inches bust.
Skirt No. 6628. Sizes, 22 to 40 inches waist.

Jacket No. 6727. Sizes, 34 to 44 inches bust.
Skirt No. 6185. Sizes, 22 to 34 inches waist.
Jacket No. 6739. Sizes, 34 to 44 inches bust.
Skirt No. 6687. Sizes, 22 to 32 inches waist.
Price of each number, 15 cents.
Pictorial Review Patterns on sale by local agents.

Capt. H. Redfern, Colborne, left on Wednesday for Buffalo to take charge of a new steamer purchased by George Plunkett of Cobourg.

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For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Hathorn*



OSCAR FIGMAN AND PHILIP RYLEY
In the new comic opera, "The Princess Pat," at the Grand on Wednesday, May 24th, matinee and night.

SOLDIER'S STATIONERY.

700 Different Kinds of Army Forms Are Supplied.

A shrewd observer once remarked that an army marches, not on its stomach, but on its army forms. This in a great measure is true, for the army would be powerless without its army stationery. The stationery organization of the army comprises a score of officers and some 260 men, according to a special correspondent at the general headquarters, who deal daily with millions of forms and papers for the administrative purposes of the army in the field.

The Stationery Service supplies an unending variety of army books (196 types), army forms (about 700 different kinds), books of regulations (136 varieties), and sixty different sorts of writing-paper, ten of envelopes, twenty-one of pencils, and no fewer than twenty-six descriptions of inks in powder form (black, blue, red, green, and violet, waterproof ink, drawing ink, etc.).

Figures speak, they say. Up to last June the Stationery Service had supplied some 52,000,000 field service postcards (printed in English, Hindoo, Urdu, and Gurmukhi, the last three for the different races among the Indian troops), nearly 100,000,000 army message forms, 7,000,000 message envelopes, 2,000,000 war diaries and Intelligence Summary of Events (for army record purposes), and 50,000,000 and 25,000,000 respectively of two different types of army forms.

There are several hundred different kinds of labels for goods, etc., in use. The stock usually stands at somewhere about 2,000,000, and it will probably come as a surprise to people who have visions of army commanders penning despatches in tents at dead of night to know that there are considerably more than 1,000 typewriters, in special traveling cases, in use in the field at the present time, and these are kept in order and repaired by traveling mechanics in the Stationery Service.—Tit-Bits.

Great Titles Won by the Sword.

Will the present war produce a new British dukedom? Probably it will, for it is a curious fact, and one apt to be overlooked, that although the minor peerages are filled by all sorts and conditions of men, access to the highest rank of all has usually been won in the first instance by the sword.

The first Duke of Marlborough, for instance, was given the title for his services to his country. So, too, was the first Duke of Wellington. The first Duke of Norfolk died fighting for his King on Bosworth Field. The first Duke of Manchester fought for King William at the Battle of the Boyne.

The first of the Dukes of Somerset—whose sister, Jane Seymour, married King Henry VIII.—fought for his Royal brother-in-law in France and Flanders. The Dukes of Argyll began as fighters, and they have been at it pretty well ever since.

The first Duke of Grafton commanded the troops in Somersetshire sent against the Duke of Monmouth, and later on saw fighting in Ireland, where he was wounded. An ancestor of the present Duke of Sutherland was standard-bearer to Prince Edward, son of Henry VI., at the Battle of Tewkesbury.

The present Duke of Rutland is descended from the famous Marquis of Granby, who upheld the arms of England in Germany throughout the Seven Years' War. The Dukes of Northumberland have been fighters ever since the days of the crusades; while the first Duke of Portland was descended from the earl of that ilk who accompanied William of Orange to England, and fought as a lieutenant-general at the Battle of the Boyne.

Wonderful Runners.

The feats of professional runners seem insignificant when compared with the regular performances of an East Indian caste. These Kahars, who are also known as Jhinwarb, live in the Punjab, where for centuries they have acted not only as runners, but as fisherman and as water-fowl catchers.

It is said that these men are able to accomplish a hundred miles a day without resting. There is offered an instance, apparently well authenticated, of one Tika Ram carrying dispatches 200 miles in three days—from Meer-Mir to Meerut. It is further said that so far from shortening their lives these performances really conduce to longevity in the Kahars, many of whom are able not only to withstand the strain of covering great distances, but to thrive under it.

The Jhiriksha man, too, notwithstanding his irregular diet, excessive use of liquor, and exposure to the elements, lives to a reasonable age. In Tokio, when a census was taken of the Jhiriksha men some time ago, there were found to be more than 1,300 who were over 55 years of age.

Spider Superstitions.

Spiders, according to common superstition, are always omens of good fortune and money, therefore to kill them provokes wrath and invites disaster. Superstitious people will tell that the bride who finds a spider in the folds of her wedding gown may look forward to a married life of great prosperity, and that if by any chance you are sitting in a room with other people and a spider singles you out from the rest and wends its way towards you, it means that a large sum of money will be yours at some future period. The belief that the appearance of the little red spider indicated the receipt of money may have originated in the belief held by Cornish miners that the spiders scent oil gold, and that their presence will always show where gold may be found.

To Employ Veterans.

The Canadian Explosives Company at Novel, Ont., will employ returned soldiers as watchmen.

A Ladies Aid was organized at Ernestown Station with Mrs. Malcolm Hogle as President. Mr. and Mrs. Charles Young, Bath, have taken up residence at Ernestown for the season.

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