

Our bakers select these choice ingredients—high-grade flour, fresh rich milk, Jersey butter and pure shortening in the making of McCormick's Jersey Cream Sodas.



McCormick's Sodas
So good that butter seems unnecessary



WHY YOU SHOULD USE M.S.C. SHAMPOO

It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes.

HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.

M. S. C. SHAMPOO contains pure Cocoanut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.

Being in **LIQUID** form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonsful, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.

Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

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32 Front Street West - Toronto, Ontario

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

Frock With Kimono Underblouse.



7225
With the jumper cut in a deep V, and having large armholes to disclose kimono underblouse of chiffon cloth, this model is effective in dark blue or green foulard.

Very successful frocks in soft foulard silk feature overwaists with large armholes and underblouses in kimono effect. Appealing in its simplicity is this design for youthful figures. The jumper has a Y-shaped neck and closes on the shoulders under the left arm. Small plaits take in the fulness of the skirt about the waistline and the one-piece tunic may be finished in straight or pointed effect at the lower edge. In medium size the dress requires 4 1/2 yards 36-inch batiste or linen for the underbody and 2 1/2 yards 36-inch silk for underskirt. If preferred, the lower part of the skirt can be made of silk, with the upper part of lining. This arrangement reduces the silk needed for the lower skirt to 3/4 yard.

Very little work is required on the underbody. Simply close the underarm and sleeve seams, hem back and gather lower edge of waist so that the stay can be adjusted to position.

Pictorial Review Costume No. 7225. Sizes, 14 to 20 years. Price, 20 cents.

The Whig's Daily Menu

Menu for Sunday

BREAKFAST
Oatmeal
Ham Omelet
Cinnamon Buns
Coffee or Cocoa

LUNCHEON OR SUPPER
Dressed Chicken
Cornstarch Pudding, Cocoa Sauce
Tea or Milk

DINNER
Clear Soup
Beef in Casserole
Boiled Rice
Creamed Asparagus on Toast
Old-fashioned Bread Pudding
Coffee

Rhubarb Pie.

Materials—3 cups rhubarb, 1 cup sugar, 2 tablespoons flour, 1 tablespoon milk. Crust—1 1/2 cups flour, 2 tablespoons shortening, 1/2 teaspoon salt.

Utensils—Mixing bowl, flour sifter, two measuring cups, teaspoon, table-spoon, bakeboard, rolling pin, pie-tin, knife, pastry brush.

Directions—Sift the flour and salt into bowl, add shortening and rub in very lightly with tips of fingers until well mixed, add a few drops of cold water at a time, until you shape it. Divide into two parts, roll out thin; dust pie-tin with flour and put dough on; cover with 1 tablespoon flour, then the rhubarb, which has been washed, skinned and cut into half-inch pieces; cover with the sugar and the other tablespoon flour, brush edge with milk. Roll out the top crust, cover and press the edges together. Make two or three cross cuts on top (for the steam to come out); brush the top with milk and bake in moderate oven from 35 to 40 minutes. This makes a 7-inch pie.

Rhubarb pie is one of the most difficult to make, the rhubarb being so watery. Always be sure to put the flour under and over the rhubarb.

Menu for Monday

BREAKFAST
Steamed Potatoes
Fried Bacon
Coffee or Cocoa

LUNCHEON OR SUPPER
Egg Salad
Scotch Omelet
Orange Marmalade
Sliced Bananas
Tea or Cocoa

DINNER
Baked Ham with Hominy
Creamed Spinach
Rhubarb Pie
Coffee

Cream of Asparagus Soup.
Materials—One bunch asparagus, 1 quart of milk, 2 tablespoons butter, 2 tablespoons flour, 1/2 teaspoon salt.

Utensils—Saucepan, wire strainer, double boiler, small bowl, teaspoon, tablespoon.

Directions—The asparagus is cleaned. The tender tips are cut off and put into a small saucepan and used for Monday's dinner. Then the other part is cut off very small, put on in six cups of water and boiled until tender; then mash through wire strainer and add to the boiling milk. Add the flour to the soft butter and stir until smooth. Add to soup and boil 5 minutes. Add seasoning and serve with croutons.

Lemon Pudding.
Materials—3 cups milk, 1/2 cup sugar, 1 tablespoon cornstarch, 1 tablespoon lemon juice, 1 teaspoon grated lemon rind, pinch of salt, 4 tablespoons cake-crumbs or soda crackers.

Put the milk on in top of double boiler, add the cornstarch, which has been wet with a little cold water, the sugar and salt. Stir constantly until it thickens, set aside to cool. Add the lemon juice and rind. Put the cake-crumbs or crackers in bottom of glass bowl or ice cream glass and pour the cooled mixture over and serve.

THE ACTIVITIES OF WOMEN

Women are allowed to work only nine hours a day in Kansas.

Many of the fire companies in England are now run by women.

Ida Vernon, the actress, has begun the stage for 61 years.

Miss Sawyl Misawa is the only Japanese woman dentist in the United States.

Miss Genee, the famous dancer, spends all her spare time knitting for wounded British soldiers.

Miss Nesta Villiers-Stuart, daughter of Lady Muir, is doing duty as a par-tur maid in a London hospital for soldiers.

The town council of Petrograd has unanimously agreed to appoint a certain proportion of women to several of its committees.

The former Czarina of Russia is of German and English blood, her father being a German, while her mother was an English woman.

Miss F. L. Stevenson receives a salary of \$5,000 a year as private secretary to Prime Minister Lloyd-George of Great Britain.

Miss Sarah Symonds of Salem, Mass., has amassed a small fortune from her unique business of plaque making out of plaster of paris.

Miss Loretta Walsh, recently sworn in as chief yeoman at Philadelphia, is the first woman in the world to enlist in any armed naval service.

Eighty per cent. of the Canadian operatives employed in the execution of new and continuation contracts for shells of all sizes are women.

Miss Clara Zomerdyk, a factory worker, has been chosen as contralto soloist for the spring music festival to be held in Paterson, N.J., this month.

Miss Grace Mack, nineteen years old, is an official scaler of weights and measures in Salem, Mass. She is the only woman among the State's corps of 650 scalars.

Miss H. F. Reid, secretary and assistant to the president of the Bush Terminal Company of New York, oversees the work of the company's several thousand employees.

In the last 33 years, Amelia E. Barr, the authoress, who is now past 85 years of age, has turned out on an average of more than two new books a year.

The Vermont Senate has passed a bill granting to women the right to vote under certain conditions in incorporated villages for all town officers, except road commissioners.

The Central Railroad of Georgia employs nineteen women agents whose duty is to solicit and handle all freight and other matters pertaining to this end of the business.

Over a score of prominent women of Albany, N.Y., have organized a company of motor truck drivers, whose services will be offered to the Government in the event of war.

Miss Mary Jenkins, president of the Herald Publishing Company of Syracuse, N.Y., is an all-round newspaper-woman and gives active attention to every department of the business.

The United States bureau of mines is preparing to do its bit for national defense by opening to the wives and daughters of miners an opportunity to train themselves under expert instruction for first aid work.

The United States navy officials are considering the advisability of employing women operators for the shore wireless stations to be operated in connection with the power boat and submarine chasing squadrons.

Forty-four of the older girls at the Carlisle Indian Industrial School volunteered their services by way of sewing or otherwise helping, when the patriotic women of that city organized the Navy League for the furnishing of preparedness supplies.

Mrs. Della M. Foster of El Centro, Cal., is probably the most famous woman hograiser in the United States. She owns and operates a ranch consisting of 160 acres and personally attends to all the details pertaining to the breeding.

Women will form a Red Cross chain across the country, to be known as the Associated Cities of the United States of America auction chain fund for the benefit of the American Red Cross, for sufferers from infantile paralysis. It is expected through the chain of cities playing auction bridge to make \$200,000 for the help of little children suffering from the dread disease.

Don't remain Weak, Anemic, Nervous, Run-down



Take advantage of the new health Winearnis offers you.

NEW health and new life are offered by Winearnis to you who are miserable and depressed by ill-health. Think what this means, you need not continue to suffer. Winearnis will make you well. Winearnis possesses a four-fold power in promoting the new health and strength you need. It is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all combined in one great life-giving preparation.

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Winearnis is a positive necessity to all who are Weak, Anemic, Nervous, Run-down—to all enfeebled by old age—to martyrs to Indigestion—to all invalids—and to all who are depressed and "out-of-sorts." Don't suffer needlessly. Take advantage of the new health Winearnis offers you. Try just one bottle. But be sure you get Winearnis—don't trust substitutes.

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Women try SO hard to keep their furniture looking new. But they find hard rubbing cannot accomplish it. No—nor ordinary furniture polish. Only one way is effective—The O-Cedar way.

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Two applications price \$1.50 at all Hardware, Grocery, Furniture and Department Stores.

A wet cloth—a few drops of O-Cedar on it—a light rubbing—and off comes the dirt, scum and grime.

Soon you will see the grain—beautiful as when that chair or table first was purchased. Then rub slightly with a DRY cloth, and have a polish of a lustrous brightness with surface so hard that it will not require re-polishing for weeks.

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