

**Sea Berrins**  
Sauce



**Adds Zest to Food**

The Original Worcestershire

**Woman's Hair Reaches To Knees**

A Year Ago Was Threatened With Baldness. Tells How She Made Her Hair Grow.

Mrs. Esther Emery, now visiting friends in the city, is the fortunate possessor of marvellously beautiful hair, which, when loosened from its coils falls to her knees. Moreover, it is of soft, silky and fluffy texture and in color a glorious glossy gold. Yet just one year ago she was threatened with baldness. Urged to tell how she had obtained this wonderful growth in so short a time, she said: "Had anyone told me such marvellous results could be accomplished so quickly, I positively would not have believed it. Twelve months ago my hair, which then reached barely to my shoulders, was falling out at an alarming rate and growing very thin, actually exposing the bald scalp in several spots. It was dull and lifeless in color, turning grey in patches, and very dry and brittle. My head was covered with dandruff and itched like mad all the time. I tried fully a dozen different hair tonics, but they were all the same and never did me a bit of good. One day I chanced to read in my home paper of a simple home prescription to make the hair grow that was recommended by a well-known physician. It said that by taking ordinary Lavona de Composee and mixing with Bay Rum and Menthol Crystals and applying to the scalp each night with the finger tips that the hair would grow very rapidly. I decided to try it and I had my druggist mix 2 ounces of the Lavona de Composee with 6 oz. of Bay Rum and 1/2 oz. of Menthol Crystals, and started to use it. My hair, which had stopped falling, the itching ceased and the dandruff disappeared. Then tiny little hairs appeared all over my scalp. These grew and grew as though nothing would ever stop them. They are growing just as white, of course I have used the treatment steadily and expect to continue it, at least until my hair reaches the floor. I might have stopped and been perfectly satisfied at the end of three months. I think that any woman can get long, thick, beautiful hair by using this prescription as I have recommended it to several friends and all are delighted with the result. The prescription is very inexpensive and any druggist can fill it.

Those who use it should be careful not to get it on the face or where the hair is not desired.

**Nature's Remedy**  
KIDNEY TABLETS  
Better than Pills GET A For Liver Ills. 25c Box

**THERE IS DANGER IN TENDER GUMS**

To preserve healthy teeth the ordinary tooth-paste is futile. You must first care for the gums, on which tooth health depends.

How many people think of this? Yet four out of five people over forty suffer from gum-disease, or Pyorrhoea (Riggs' Disease).

At first the gums become tender, though actual gum-shrinkage is imperceptible. But in time receding gums will surely loosen your teeth, and then only a dentist can save them. The tender, bleeding gums of Pyorrhoea also act as so many doorways for disease germs to enter the system—inflicting joints or tonals—or causing other ailments.

Forhan's (For the Gums) prevents Pyorrhoea. If used in time and used consistently. This means that it prevents gum-shrinkage, gum-tenderness, gum-bleeding, etc., automatically. Forhan's prevents tooth-losing.

Brush your teeth with it. It scientifically cleans the teeth—keeps them white and clean.

If gum shrinkage has already set in, start using Forhan's and consult a dentist immediately for treatment. 3c and 6c tubes. All Druggists.

FORHAN'S, LTD., 507 St. James St., Montreal.

**Forhan's**  
FOR THE GUMS

The crowd of cities, not the crowd of talking, is the one we should be to prevent the wind.

Cheques are often filled in an effort to raise the wind.

**TO SAVE MATERIAL**

Negligees May Easily Be Made From Remnants.

Discarded Evening Gowns Also Offer Excellent Materials for the Fashioning of Such Garments.

When a few yards of material picked up at a very low figure on a remnant counter can be turned into a charming gown for home wear there seems to be no excuse for a woman disregarding the feelings of her own family by wearing something that is unbecoming, half worn or soiled. It is so easy for a woman to express her real individuality in these items of in-time apparel that the temptation to possess a number of them is strong with the average really feminine type of woman.

A couple of widths of rich brocade may be transformed into a lovely gown by the simple process of cutting an opening in the center so that the head may be slipped through, finishing this neatly, of course; catching the material together underneath the arms and allowing the front and back panels thus formed to fall as they will over a slip of soft chiffon or lace. Or two or three widths of chiffon in contrasting colors may be laid one over the other, the underneath section being full-figure length, the next one a trifle shorter, and so on, and



Negligee of Satin and Lace.

possibly a lace scarf topping the whole. A charming robe d'interior is the result.

The sketch shows a simple and graceful negligee made of lavender satin, with front and back panels let in large tucks. An old-fashioned lace shawl draped about the shoulders completes the garment. Of course it is not essential that a shawl be used, and, instead of lace, a brocade or a figured silk voile may be used for the coat.

Discarded evening dresses often offer excellent materials for the fashioning of negligee garments and, regardless of the fact that we are no longer at war, fabric saving is advisable. There is no prospect of an immediate reduction in prices, and until France and Belgium are again able to produce textiles it is not likely that either prices or supply will return to normal.

**FASHIONS IN BRIEF**

The new fur coats are circular. Cord belts of gold are being worn. Evening wraps still blouse at the back.

The oval necks appear on tiny girls' party frocks.

A graceful negligee of peach blossom satin has an odd silk-tasseled hood.

A gown of mauve tulle is ornamented by a large orange rose at the girdle.

A perfect gown for a woman in the thirties is of gold cloth, veiled with black net.

Black tulle is often worn over gold lace, making a simple but excellent evening gown.

The long-waisted bodices of black jet starts many a frock of black velvet on its happy way.

A most beautiful cape is of sapphire-blue satin banded deeply with old-blue brocade.

Handkerchief linen frocks for morning wear in the South have nothing but hemstitching for decoration.

A traveling costume of green velours has a shawl-collar of monkey fur and a silver-buckled leather belt.

A Little Advice From a Buyer.

Here is what experience has taught one buyer of coats and suits and dresses: First, get that which is becoming, for the really becoming frock is never out of style. At least, there are always occasions when the becoming garment can be worn, whether or not it is this season's or last year's. Seek the color that is most favorable to you, and avoid the one that is not especially so, no matter how smart you may think it appears. Then, in general, if you really must, get the odd and unusual garment.

Few of us are interested in those pavements made of good intentions, as we do not expect to go there, anyway.

Youth is a theory, but old age is a fact.

**Sat Up in Bed To Get Her Breath**

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, burn out feeling, involuntary twitching of the muscles, sleeplessness, restless, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.

Mrs. William Steeves, Chemical Road, N.B., writes:—"I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies, but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health, and can enjoy a good sound sleep, and can lie on my left side without any trouble."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

**BLACK AND WHITE REVIVED**

Maple Combination Part of New Craze for Bright Colors—French Blue is Popular.

The revived interest in the black and white or maple combination is really part of this new craze for bright colors, for as far as the effect is concerned black and white in combination has nothing to do either with all black or all white, and it is sure to come to the foreground only in seasons when women of fashion go in for bright, high colors.

During the war little of it was seen. It was too vivid, too striking, too gay. But with the new interest in bright hues it has come to its own and is bound to be seen in many of the new frocks and may find acceptance in some of the midseason millinery.

Because of the sentiment connected with French blue and the actual fact that it is very becoming to most women, the dressmakers are bringing out accessories in this color. There are French blue handkerchiefs, slippers and stockings; there are blouses of it made of handkerchief linen; and one of the foremost designers of tailored suits in the country uses French blue blouses frilled from neck to waist under suits of covert cloth.

**BORROWED FROM RUSSIAN**

Table Linen Designs Showing Semi-Barbaric, but Pleasing, Popular in Needlework World.

A vogue for table linen showing the semi-barbaric, but wholly pleasing, designs used by Russian peasants is making itself felt in the needlework world. The stitches are simple in the extreme, something like our own attractive cross-stitch, but outlining squares, triangles, etc. They are used for conventional borders and small all-over patterns which resemble woven figured material.

As for the color, it is usually a monochrome, a dark red, for instance, or a blue, while the background is a loose-weave linen. Often they are worked with a punched-work background done with a thread to match the linen. A little black worked in with either the red or the blue is pleasing but not quite so true to the original Russian scheme. Often a dark green is combined with the red. The edges of the pieces are hemmed and a buttonhole stitch taken over the entire hem.

**NEW SLIPS OF SILVER CLOTH**

Popular Garment, Very Decollete and Sleeveless, Kept on by Faith and Tiny Ribbon.

Some new slips to be worn in these petticoatless times are made of silver cloth, very decollete, and sleeveless, of course. Faith, hope and a tiny narrow ribbon across the shoulders keep them in place. Anyway, they are distinctly desirable, as they fall from the shoulders to the knee and serve as camisole and petticoat, too.

One of black shadow lace will be welcomed for wear with the fashionable black evening gown, and one of real Brussels lace is charming for a white dancing frock or for a bride.

Until the laundry situation returns to normal, the cotton crepe undergarment will enjoy deserved popularity. A camisole and a robe de nuit of white cotton crepe make a useful and attractive set. Just at the front of the yoke of each is applied a pink satin rose. Neither garment has sleeves and both have pointed shoulders.

Count your joys and you will discover your sorrows.

Money may not talk, but it cheers a man up wonderfully.

An ounce of assistance is worth a pound of advice.

**'A Success' Food-Grape-Nuts**

Why? Because it builds sturdy bodies and keen brains.

Ask your grocer for it.

**MAY TRAIN WOMEN**

Plan to Develop Them Same as Men in War Camps.

Government Contemplates to Be Used and the Work Extended to Every Part of Country.

Women will be trained in government cantonments if plans of the United States training corps for women are carried out. The corps, organized for women war workers in Washington, under the direction of Miss Susanna Crofoot of Chicago, has been turned into a permanent organization for building up women, physically and fitting them for the places they are taking in business industry and in the work of the nation generally.

Admiral Cary T. Grayson will act as medical director of the corps. On the board of directors with Miss Crofoot are Surgeon General Rupert Blue, Gen. Enoch Crowder, Brig. Gen. J. F. Kerr, Mrs. Robert Lansing, wife of the secretary of state; Miss Mabel T. Boardman of the American Red Cross, Mrs. Franklin K. Lane, wife of the secretary of interior; Miss Gertrude Lane, well known magazine editor, and Julius Kahn, chairman of the military affairs committee of the house of representatives.

Permission has been asked of the war department for the use of a part of the cantonments when they are released from military service for use as training camps where women can be trained as teachers of setting-up exercises and semi-military drills. These teachers will be equipped to give training in industrial plants and public schools. The corps has also asked for the release of a part of the cantonments for recreation camps, where physicians can send women and children who do not need medicine so much as they need conditioning.

**GRACEFUL FOR THE BALLROOM**

This rich gown is carried out entirely of gold brocade metal cloth draped into long, graceful lines.

Many of the black gowns are of lace—and sometimes black chantilly is mounted over white satin. This is very distinguished when the lace is new, but chintilly which is an heirloom should never be put over white or any light tint. The old, if rare, lace tears easily, and any mending of the fabric, however delicately done, shows up unpleasantly against the light lining. It is always best to mount valuable old laces over a "drop" of tulle or to veil the lace frock with tulle if this can be done without spoiling the design and the lines.

A broken promise cannot be mended so that it will look like new. People who are too old to learn have outlived their usefulness. Hunger never kicks because the tablecloth is soiled.



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**DAVIES**

Try to live so that apologies will be the exception, not the rule. Many a man who claims to be discreet is only a coward.

Most of us use condemnation too often and too generously. A whole lot of people guess, and then claim they know.

**MOTOR CARS FOR SALE**  
OR EXCHANGED  
A number of slightly used cars cheap; also one light Ford delivery truck.

**Bert STANSBURY**  
100 Raglan Road. Phone 1674w

**Always Ready — Always Good!**

"HELLO, Mary! May I bring a business friend home for dinner? Sorry the time is so short. Can you manage somehow?"

"Why, certainly, John! No trouble at all! I have a nice little stock of Davies Pork and Beans on the shelf for just such an emergency!"

"Good for you! That's sensible!"

All she had to do was warm up the pork and beans and serve. Everyone enjoyed the real treat and congratulated her on her thoughtful management. How thankful she was for

**Davies Pork and Beans**

Have you tried this choice dish? Get some right away. Don't just imagine they're like others you know. Withhold judgment. Be fair. Expect them to be different—delicious, satisfying, flavory—and you will not be disappointed. Keep a few cans always on hand.

Decide now to buy Davies Pork and Beans.

Plain or with Tomato Sauce—11 oz., 16 oz. and 20 oz. tins.

15c. for a 16 oz. tin

Order from your dealer.

**The William Davies Company, Limited**  
Toronto and Montreal

Canada Food Board Packers' License Nos. 1350 and 1354.

**Cover Worn Floors At Little Cost!**

While FELTOL is neither Linoleum or Floor Oilcloth, you cannot tell the difference when it is laid. But you will be surprised at the moderate price asked.

**FLOOR FELTOL COVERING**  
MADE IN CANADA

Take any of the many FELTOL designs. Examine it closely. Note the heavy felt base. See how carefully the designs are printed. Then realise that between the surface you see and the felt base are many layers of special wear-resisting paint.

**Wide Range of Patterns**

Make your selection from any one of the leading stores where floor coverings are sold. There is a pattern to suit every room in the house, at a price that means a distinct saving.

**AT YOUR DEALERS' TODAY!**