DRESS

BY ANNE RITTENHOUSE

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The Fashion of a Separate Bodice for kind that looks like chiffon. It has the modern conditions of life that use ter in Splendid Metallic Fabrics.

New York.-The women of another day considered a dark skirt and s light, brilliant bodice an economical evening gown. It may be for this rea-son, or for its novel beauty, that such a frock is revived into the fashions

The war did not teach women to be economical as the world thought. There is no doubt that it taught them something of the spirit of sacrifice and certainly American women will that various sorts of pickles and pickle new blood is the most reliable cure. boo should be plugged with little not totally agree with the English countess who said that as far as the women are concerned, "America had a very pleasant little war." But if the truth must be told there is no evidence of economy of an emlightenment conput them in a dish and page them with the bound is the most reliable cure. Sufferers should at once begin to make thin blood rich and red with Dr. Williams Pink Pills. Under a fair treatment with this medicine dishes. To be sure, some women know of no other way of using them save to health-restoring influence of good the contract of the property of the

clothes does not grow apace, even steak meat. ored suit at a department store that color and flavor that is delicious and

of a clark suit and a brilliant bodice, it in this way. how the great things are tending recipe. It is quite Italian, but it is Paris will use mazut, a by-product Therefore, when wamen adopt a dark delicious velvet skirt because it does not need Take two cups of boiled rice and cleaning as often as a light one, there add a teaspoon or two of pickle lily. may be some subconscious feeling Add a teaspoon of olive or peanut oil.

that this extravagance cannot last Press this into a bowl and chill. Have
and that the war has taught a lesson ready four hard-boiled eggs, which
which is in the soul, if not on the sur-should be cut lengthwise. Likewise

Brilliant Mingling of Fabrics. in the dressmaking world who have this in individual moulds, place it on insisted that the juxtaposition of a lettuce, adding one egg half, the olive metallic or jewelled bodice against a rings and a little mayonnaise. This dark skirt has artistic beauty and that makes a delicious luncheon salad. it has been carried through the cen- If you want to make Russian dress-

lies in the fact that amateurs bungle onnaise dressing in this way to give it. Women who wear red satin waists variety. with dark cloth skirts-and there are such, for I have seen them in the last month—are the ones who spoil the fashion. It is an economical style that calls for splendid handling-and if the truth be told, all economy in food and in dress requires a master hand. It is for this very reason that economy is usually so shabby, unattractive and degrading to the person who must in-

a debutante who insisted upon some one-tone material, or have collars, cuffs form of black velvet. The effect is

The skirt is gathered to the waistband and shows a pleated ruffle at its top. There is a silver cloth sash is cut in a primitive manner, is made of blue and silver brocade, the supple



Pains About the Heart

A NY derangement of the heart's action is alarming. Frequently pains about the heart are caused by the formation of gas arising from indigestion.

Relief from this condition is obtained by the use of Dr. Chase's Kidney-Liver Pills.

Chronic indigestion results from sluggish liver action, constipation of the bowels and inactive kidneys.

Because Dr. Chase's Kidney-Liver Pills arouse these organs to activity they thoroughly cure indigestion and evercome the many anneying symp-

the Evening Never Quite Dies short sleeves and drops in a narrow Down, and It Is Revived This Win- panel down the front of the skirt to bility becomes one of the most com-

Edited by Anne Rittenhouse.

ONE WAY TO USE PICKLES. cerning money values, of a desire to put them in a dish and pass them with rich blood and how this new blood the meat or fish course. They can also brings a feeling of new strength and It may not be right to judge a na- be used in the actual cooking of those increased vitality. Proof is given in tion by extravagance in great cities, dishes, and if the pickles and relishes the case of Mrs. G. Robertson, Wingand this is as true of the United are home-made, so much the better. ham, Ont., who says:-"When the States as of France and England; but Then you can be sure of just what Spanish influenza spread over our the observer who has the opportunity spices are used in preparing them, town I happened to be one of the first to see all classes of people does not and, moreover, you have the satis-notice an extraordinary attitude to- faction of knowing that they are not severe one, and worse still the after

critical industrial unrest, that it is want to make an appetizing left-over no ambition whatever. My head wise to spend all now, because to dish from beef or lamb. One good way ached almost continually, my eyes morrow one may have nothing. It is is to cut the left-over meat in small felt heavy, and pimples broke out on not a good doctrine. It is an unwise bits, add it to some boiled rice and my face. I was advised to try Dr. and usually an untrue one. But there mix this in a baking dish and then Williams Pink Pills, and after taking is no gainsaying the fact that America pour over the top a good addition of them for a time I felt like my old self appears to be as extravagant as does the chile sauce or catsup. You will able to do my housework, and feeling need additional salt and possibly a well and strong. I can strongly re-However, the doctrines of economy little onion, but the relish will give commend Dr. Williams Pink Pills for may have infiltrated into the system you all the other seasoning you need. the serious after-effects of influenza without one being conscious of it. It is also a good idea to use a little of as I am sure, they will restore all is true that the making over of old these tomato relishes with hamburg sufferers to good health."

though one has to pay between two. A little tomato catsup added to and three hundred dollars for a tail- French dressing or mayonnaise gives once asked one hundred dollars for the is sure to tickle the palate of the epiers, however, no matter what prices wiches it is a good idea to grind cook-are asked. The dressmakers say they ed meat and then add a little of the cannot fill their orders and that no one catsup or chile sauce to make a paste delegation, the Ailied reply to Bulseems to object to the rise of fifty or to spread on the slices of bread. If garian observations on the Peace sixty per cent in the cost of apparel. the chile sauce seems to be watery it But all that is a bit off the subject would be better to drain it when using The Le

unless one realizes that all these Old-fashioned pickled lily can be improvement of the tramway sys- without plugging them. The ends of fashions are straws in the current. used with left-over meat in the same tem. All the small things of life show way. Or it can be used in the following

or some olive rings that can be bought all ready for use. Turn the rice out and garnish it with the boiled eggs There have been a few great artists and olives. If you wish you can make

turies from primitive days as an ad- ing in a hurry, drain some chopped mirable way of enhancing the beauty sour pickles and add them to a thick mayonnaise dressing. Almost any sort The trouble with such a fashion of pickle relish may be added to may

SMALL GIRL NOT FORGOTTEN

Prooks for Little Maid's Adornment Are More Than Usually Charm-

ing and Practical.

Frecks for the small girl are both quaint and practical. The ginghams The sketch shows a gown made for are attractively combined with plain d chemisettes of sheer white materials. Plain pink, blue, green, yellow or lavender chambrays are also made dainty and becoming by collar and cuff sets of white organdie, dimity, batist

One Chicago house which makes a ecialty of children's clothes shows mbers of quaintly charming frocks made from imported dimittes, cham-

Two of the models in an exhibit were made of chambray, one being in a clear apple-green tone. There is a plain short-waisted bodice belted with a twoinch band piped with black. The belt is embroidered with colored posies and green leaves. The sleeves and neck are piped with black. Another frock is of pale-pink chambray, with the sheerest of scalloped white collars and cuffs. The frock also has a short-waisted bodice and a very full skirt is attached to the plain little bodice, the joining line being defined by a piping of color. Embroidered posies, uneven in height, rise from the piping and embroidered lines to about one-third the bodice length. The skirt is also trimmed with embreidered lines.

HAIL THE GEORGETTE GOWN

Always More Popular Than Any of the Sheer Lingeria Materials and Launders Easily.

A gown or blouse made of white or light-colored georgette, particularly if it is a one-fubric affair, will usually be found more serviceable than a simflar garment made of one of the sheer lingerie materials, such as organdie. cotten volle, e.c. The georgette garment can be washed with soap and water, but it does not require the vigcrous treatment that a cotton fabric needs to make it look fresh and new, and certainly the amateur laundress can handle the georgette more easily

than one of the cetton fabrics Tunic and tier effects are being featured in the styles now appearing for slibouette frecks, but fortunately there need be no real rivalry, as the redingote dress especially is distinctly a style that belongs to daytime ap-

General Debility

Strength Can Only be Regained by Enriching the Blood. Following a wide spread epidemic of influenza, general debility is on the increase, and its effects may be noticed in the worn listless appearance of so many of the men and women you meet. Influenza always leaves behind it impaired vitality, and with

up nerve force so rapidly, general demon maladies. The symptoms of and hung across the corner of the debility vary, but weakness is always room by means of two picture rings present. -There is poor digestion, langour, weak, aching back, wakefulness at night, often distressing headaches and a feeling of fatigue. These symptoms indicate impure and impoverished blood. It is significant of nearly every attack of influenza that ers could take the place of the fera. it is followed by angemia and debil-

There seems to be a somewhat de-fiant attitude, brought about by the sup or chile sauce, use this when you in my side, felt low-spirited, and with

You can get these Pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six

Colonel Henry has handed to M. Throdoroff, Chief of the Bulgarian delegation, the Ailied reply to Bul-

In view of the shortage of coal with wood. from the distillation of petroleum.

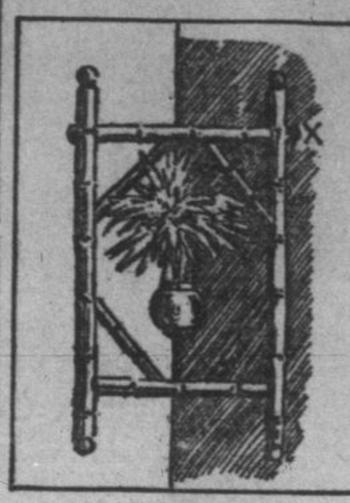
JUST THE THING FOR CORNER

Following Influenza Pretty Decoration for Holding Flowers or Fern May Be Put Together at Small Cost.

high prices will be useful to many of our readers who may be furnishing, and the pretty corner decoration of which we give a sketch can be made

It is composed of eight pieces of bamboo arranged in the manner shown. screwed into the bamboo at the points indicated by the crosses in the sketch. Suspended from the top bar in the fern; but if preferred, of course flow-

The bamboo should be fastened together with thin, sharp nails, and The wise cook or housewife knows For all such run-down conditions, where necessary, the ends of the bam



Pretty Corner Decoration.

pieces of wood. The horizontal pieces, too, must be cut to fit against the sides of the upright pieces. Into the ends of the upright pieces small brass balls hardware store at a small cost.

The pieces of bamboo that are fastened across the corners of the frame should be about half the thickness of the other canes. The ends of these The London County Council is to canes must be cut to fit into their ail the other pieces must be plugged train

LONDON.ONT.

rt of the corn

The sweet !

1960 miles in 15 hrs 57 mins.



How 0X0 helped the **British Aviators**

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Interesting letter from Captain Sir J. Alcock, K.B.E., D.S.C.

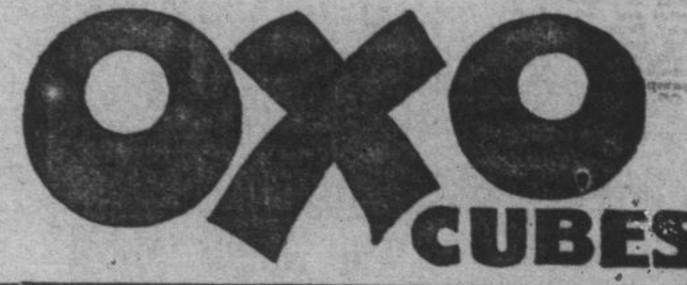
- "You will be interested to learn that OXO was a great help to us during our Trans-
- "We had found out what a good thing it is when flying in France, and so decided to "earry it with us on this occasion, and we can assure you that hot OXO is most acceptable under such cold and arduous conditions. OXO was the only article of its kind which we carried."

J. ALCOCK, Capt., D.S.C.

0X0 steadies the nerves-keeps the brain alertgives extra warmth to resist cold and exposureextra strength to fortify against fatigue, and yields an abundance of energy out of all proportion to the amount taken.

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> A CUBE TO A CUP



locomotive of a west-bound freight | lake shore line of the C.P.R.

Albert Overell, a native of Belle- are well along with fall plowing. ville, died in Montreal on Wednes-

Thomas Edmonds, inmate of the James Anderson, well known in House of Industry, was fatally in- Perth, was killed at Crow Lake as a a campaign to relieve distress among

The Letts are organizing at Riga jured at Perth, when struck by the result of a peculiar accident on the the women and children of Letvia. Running may or may not be Cape Vincent farmers, as a rule, | healthful exercise; it may depend on what is chasing you. A genius is a wan who can do The hog may be a squealer, but almost anything but make a living. he seldom gives anything away.

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FOR over twelve years Canadians have been eating the highest quality Toasted Corn Flakes, made only by

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and they will be sure to get the

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