

Coffee

Coffee, grown in the cool, dry mountain plantations, is rich in those qualities which give the wonderful fragrance and flavour

SEAL BRAND

-the perfect Coffee. Blended and roasted and put into air-tight packages, its goodness and exhilarating aroma sealed safe from the deteriorating air.

Ground and fine-ground. In 1/2, 1 and 2-lb, tims. At good dealers everywhere. Write for "Perfect Coffee - Perfectly Made"_free on request.



We have a supply of cut hard wood and kindling.

J. Sowards Coal Co.

and so weak I could not work. Noth-

Montreal, Toronto.

falifax, Nova Scotia.

DRESS

BY ANNE RITTENHOUSE

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ized, if they are a suggestion in out

fon, with long, gathered side pan-

els. It is embroidered in roses in

this season. They are applied all

At the house of Cheruit the roses

were closely placed on the surface of

Lacks Only Fragrance.

and, therefore, less cluttering.

monotonous surface.

before attempting it.

Edited by Anne Rittenhouse.

Good Things to Make if You Have

Frozen Cheese Salad .-- Moisten cake of cream cheese with cream,

and season with paprika and salt.

Pack into tiny cake tins, one for each

person, put in a covered tin dish or

box, and pack in salt and ice for

from the grapefruit and mix with an

qual quantity of Malaga grapes with

skins and seeds removed. Sweeten

to taste and add four tablespoons of

the liquid from maraschino cherries

Orange and Lemon Ice.—The rind

of three oranges grated and steeped

a few moments in a little more than

a pint of water; strain one pint of

this on a pound of sugar and then add one pint of orange or lemon

half frozen add the whites of four

Mint Sherbet .- Boll two cups of

water with three-fourths of a cup of

sugar, the peel of one lemon, and a

bunch of mint, and adding one tea-

ed frozen with the well-beaten

tall glasses with a sprig of mint in

each glass. The mint should be

washed and dipped in powdered

Coffee Ice Cream-Two cups of

boiled custard and half a cup of

strong coffee, half a cup of rich milk

and sugar to taste and freeze.

garnished with canned cherries.

is too lasy to return your kisses.

on except by the assessor.

literary romanters.

sugar while it is wet.

eggs beaten to a stiff froth.

The Ornamentation of Bright Flow- of silver to such surfaces as chiffon ers on Plain Surfaces, Designed By and metallic tissue. Cheruit, is Being Adopted in The work must be delicately done America in a Modified Manner. to be successful. It possesses all the New York .- The house of Cheruit danger that is embodied in figured was the only one in Paris to intro- fabrics. The American figure is not. duce actual roses on the surface of built to withstand splashings of color winter gowns. It took the form of a and line thrown over the surface. The that our sport apparel is English in cut of the house. It was an expensive by them. If the roses are skeleton-

caprice at the best. The women of Paris seem to have so much money to spend on clothes that their dressmakers can introduce almost any novelty and get the price for it; and the American dressmakers say they do not find much difficulty in persuading the public to pay the new prices for clothes, so that one cannot condemn real roses embroidered with gold on the score of

impossible extravagance. The trouble lies in the fact that this ornamentation is hard to get. It is only made in Paris, and only by one house; therefore, it was a difficuit piece of trimming for the American buyers to secure over there. They were hesitant about buying a gown ornamented in this manner because they realized that it was a dead weight expense unless they could copy it, and if they placed a large amount of money in sufficient material for copying and none of their clients liked the frock, they would be out of pocket. It was no pleasure to gamble in this fashion last summer, for prices in Paris were exorbitant, although one is coming to believe they were not as bad as exists to-day in New York. I know of no department shop in Paris that asks two hundred and fifty dollars for a cloth suit, ready made. One meets that price in New York at every turn.

Copying Genuine Flowers.

Each extreme novelty has its followers and its imitators. It was only natural, therefore, that Cheruit's use of real roses, which sold at prices no hothouse bloom ever reached, would put ideas into other designers' heads The result is velvet roses applied with an embroidery stitch or a thread

appetite and could not seem to get my

Creates Strength

Levere Lickness

Nothing Hastens Recovery Like Vinol

Sickness usually leaves the patient with poor,

devitalized blood, and so nervous and weak that it

often seems as though strength never would return.

Vinol creates strength by promoting a hearty appetite,

pure blood, sound sleep, thus builds up the weak-

Here is Proof that Vinol Creates Strength "The Influenza left me all rundown | "I was sick for months. I had no

ing seemed to help me until my daughter brought me a bottle of Vinol and it accomplished wonders for me it was fine. I found it gave me a

as it built me up and restored my good appetite and I rapidly gained in strength quickly. I cannot praise it strength."—Mrs. W. J. Nixon.

For all run-down, nervous, anaemic conditions, weak women, overworked men, feeble old people and delicate children, there is no remedy like Vinol.

Your money will be returned if Uinol fails - Leading Druggists.

All classes of high yield investments -

Private wires-New York, Chicago,

Corporation, Government and Municipal.

STOCKS-GRAIN-COTTON

BONGARD, RYERSON & CO.

Phone 1728.

"-Mrs. Albert Boutilier, Vankleck Hill, Ontario.

ened, nervous, depleted system to health.

Splendid Assortment for Woman Fond of Athletics.

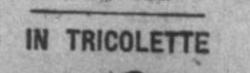
Pastime Apparel Very Much English in Cut and Fabrio-Knitted Suit May Almost Be Called In-

It is established that our most deightful fashions come from Paris, and it is becoming equally well established new kind of embroidery. It was or- large woman displays too many de- and fabric. We come to speak of the by the brother of the head signs; the small woman is swamped English walking hat, meaning the rather close-fitting hat with a tall crown curling up at the sides. English tweeds and fiannels are a part of every sportswoman's vernacular, as suits of these materials are of her wardrobe. We differentiate between the onlookers and the real adherents, and recognize the rights of the latter to be as plainly and unbecomingly dressed as the most rigorous exercise demands.

During the last year of the war the knitted sport suits made by hand appeared, first in Switzerland at St. Moritz and such places where winter sports abound. They were instantly accepted and were a boon to French and Swiss makers also, who could thus employ remuneratively their long winter evenings heretofore given over to lace making or the fine embroideries, the demand for which was interrupted by war. Now the knitted suit is indispensable. The great vogue over here for tricolette and jersey cloth has further stimulated this demand.

The wool jerseys are ideal, for they do not rumple or crush and come in such splendid colors that every taste may be gratified. Hunters' green is a favored color for some reason-it always looks well and does not always fade as do other brilliant and decided shades. Nothing is more picturesque than the fashion of topping white skirts with jersey coats of the most brilliant tones imaginable-green, yellow, and scarlet seemingly preferred. Undeniably they make gay color splotches on the landscape and add to the summer picture.

Less serviceable than the wool jerseys are coats of fine faille and stik poplin. They are as delicate and refined as the most conservative woman could ask, and come in such pretty, soft colors as French blue and pale rose. The coat usually has rather wide the manner invented by Cheruit sleeves which open over the blouse over the frock with an embroidery sleeve underneath and are not too tight. Deep revers cut away in front as a man's dinner coat rolls back at the ine, rather than an actuality, if they sides and now and then one finds a are broken by spaces, they have a sash finely fringed and belting in the certain merit and can be adopted by waist.—New York Sun. those in search of a variation from a





A Striking Combination of Black nd White is Successfully Combined In This Embroidered Tricolette Con-Add a little finely minced parsley and rub all thoroughly together.

IN FASHION LAND

three hours. Serve each cheese mold Small strings of beads are worn on on a white lettuce leaf with French Deep roke effects will be seen in the Iced Grapefruit .- Remove the pulp The hem of the smart freek is by no

Light frocks are scattered with gay Bold striped goods will be much used or some fruit juice. Pack in ice and for trimmings

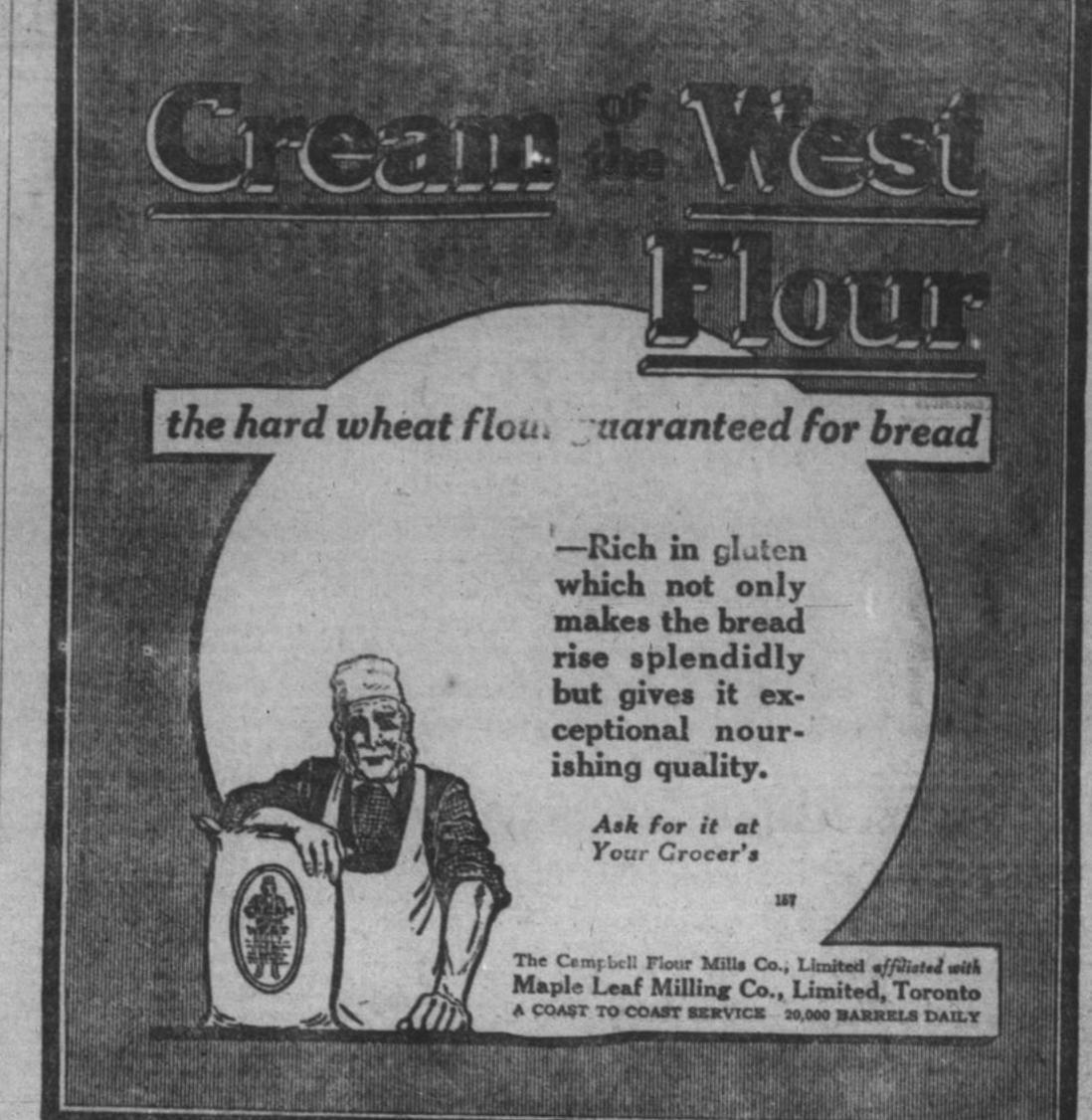
Many of the new sleeves end just A frock of chambray has a vest and hem of gingham.

Some separate skirts consist of four tiers of pleating. Many suits feature belt and waistjuice; pour in a freezer, and when | coat cut together. The tailored suit autocratically de-

mands a tailored hat. All-over stitching appears on the prettiest of fancy coats.

Coat of Mail Tunics. spoon of gelatine and the juice of There are in the smart shops some interesting tunics made of a fabric resembling coat of mail-chain armor. whites of three eggs, and served in really. These tunics are worn with kirts usually the same color but in a ifferent fabric, one of the heavy silks. The fabric is in silver and gold, and the tunics are made with short sleeves. a plain neckline and a narrow belt to hold in the waistline a little. The runics drop well over the hips.

Cherry Ice Cream,-Flavor a rich Oldest Man in Canada Dies. vanilla ice cream mixture with sweet, Vancouver, B.C., Nov. 13.—Chas. rich cherry juice. Freeze and servé Joseph Leroy, believed to have been the oldest man in Canada, died at his home in North Vancouver yester-Young man, beware of the girl who day, aged 104 years and two months. He was born at Versailles, France, Men never object to being overrat- the son of one of Napoleon's soldiers, and he himself fought with the North Conscience doesn't make cowards of in the American civil war before settling in British Columbia.

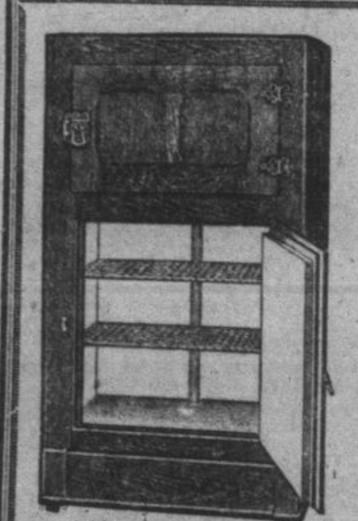


Keep It Handy to Promote Prompt Relief From Rheumatic Pains

and Aches. TV Z HEN you know what Sloan's Liniment will do, as thousands of men and women the world over know, you too, will keep handy. You will use it for those twinges of rheumatiz," for relieving that lame back, muscle stiffness and soreness, aches, all sorts of external pains and exposure aftermaths.

Only takes a little, applied without rubbing. Soon penetrates, scattering the congestion, bringing merciful relief to the throbbing. jumping part. Made in Canada. Three sizes-35c., 70c., \$1.40. Any druggist has it. If not we'd





Ice Box

For Year 'Round Service Is a Present Day Necessity

Health statistics absolutely prove that an Ice Box is a household necessity for the good of the family's health all year around. Better take this precaution and safeguard your food before it's too late. Here is a complete assortment of Ice Boxes in all sizes and styles a moderate prices.

STEVENSON

To the Women

Who Decide the Home Tooth Paste

All Statements Approved by High Dental Authorities

Note How Teeth Discolor Men's teeth in particular. Note how tartar forms.

Note how children's teeth decay-and perhaps your owndespite the daily brushing. Every woman knows that old methods of teeth cleaning are inadequate. Every dentist knows it.

The reason lies in that slimy film. You feel it with your tongue. It clings to teeth, enters crevices and stays. And the tooth brush doesn't end it.

.That film is what discolorsnot the teeth. It is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. Thus most tooth troubles are now traced to film.

Dental science, after years of searching, has found a way to combat film. Dental authorities have proved this beyond question. Now the method is embodied in a dentifrice called Pepsodent. And we offer to all a 10-Day Tube to show every home what it does.

You Must Remove the Film

Pepsodent embodies an efficient film combatant. It is based on pepsin, the digestant of albumin. The film is albuminous matter. The object of Pepsodent is to dissolve it, then to day by day combat it.

Pepsin must be activated. The usual method is an acid harmful to the teeth. So this way long seemed barred. But science has discovered a harmless activating method. Five governments have already granted patents. Convincing tests show that this method solves the great film problem. And it brings a new era in teeth cleaning.

See for yourself what it does. Send the coupon for a 10-Day tube. Note how clean the teeth feel after using. Mark the absence of the slimy film. See how the teeth whiten as the fixed film disappears.

Those results show that film can be combated. The teeth can be protected and kept clean. Compare the results with the methods you now use, for your sake and your family's sake. This film question is a vital one. Cut out the coupon now.

A 10-Day Tube of Pepsodent to show you its effects. Send coupon.



Note the Glitter when the film is gone. This ten-day test will be

REG. IN

The New-Day Dentifrice A scientific film combatant, based on activated pepain, now advised for daily use by leading dentists everywhere. Ten-Day Tube Free THE PEPSODENT COMPANY Dept H-78 1104 S. Wabash Ave., Chicago, Ill. Mail 10-Day Tube of Pepso-

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OF TAR & COD-LIVEROIL

virtues of COD LIVER OIL.

consequences of such a grave character that you should not risk using inferior preparations.

ON SALE EVERYWHERE



Coughs, Colds, Grippe, Bronchitis,

Whooping Cough, Asthma, Etc. MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening Colds, when neglected or badly treated give rise to

MATHIEU'S SYRUP is the only gennine remedy whose te-

