

DRESS

BY ANNE RITTENHOUSE

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Why This Mad Desire to Glitter and Shimmer? Women Are No Longer Content Unless They Wear Spangles, Bugles, Gold, Silver or Jet, and There Are Those Who Say That This is a Sign of Decadence. Scene: Any dressmaker's establishment you care to mention, or the evening gown department of any shop that comes to your mind. Dramatis personae: Any group of women, young or old, who are yet youthful enough to dance or dine out or "doll up" in the evening for any occasion.

Metallic Threads in Use.

Enter the dressmaker or one of her representatives, intent on showing one of these women "something in evening frocks." If she is a vain woman, with a knowledge of the woman who is flourishing in this year of grace 1919, she will bring a frock that glitters and shimmers like unto the moon's wake on the midnight ocean. She will bring cloth of gold or silver, metallic lace or net, brocade lamee, spangles, bugles, beads, jet or tinsel. Only if she is really not anxious to get the customer's order, or if she is painfully ignorant of the wants of the woman of today, will she bring fabrics that are free from the metallic or the resplendent.

For we have gone to the mineral kingdom for the makings of our evening frocks. The humble silk worm no longer satisfies our taste for the gorgeous, even though the skill of the finest silk workers is taxed in the making of the brocade or velvet. However gorgeous it is, its splendour must be added to by something metallic.

We are no longer content to be lower-like. Even the debutantes want to be like the "glow-worm in a dell of dew," and each one wants to be the brightest glow-worm in the dell. Once this scintillating type of things was seldom chosen by women

of real taste, save perhaps by singers or women of the stage. The woman of recently acquired fortune would have been afraid of being branded "nouveau riche" if she wore such a frock; but now—well, there is really no alternative. You simply have to go in for the glittering unless you want to be positively eclipsed by the other women who do.

Is It Decadent?

For all of which tendency we have been accused of, decadence. We are told that only very primitive or very decadent people care for so much glitter in their array. We are reminded that when women are more brilliant in speech and intellect, they give less thought to the brilliance of their dress. If our wits were keener our metallic laces and spangles would not have to be so dazzling. This story is told of the Empress Josephine, who was a very scintillating and clever woman, even though she did not contrive to hold down her job as empress as long as she would have liked. Once one of her husband's relatives, who were always trying to stir up petty troubles for Josephine, planned to humiliate her by appearing at one of her receptions in a gown that was far more resplendent than was the one that Josephine was planning to wear. It was a gorgeous, shimmering, glittering creation calculated to make Josephine green with envy.

Josephine got wind of it, and, being a very wise woman, she immediately changed her own plans. She discarded the gown she had planned to wear and in its place donned the simplest little white muslin frock, diaphanous enough to reveal enticing bits of flesh tints at the arms and shoulders, but entirely shimmerless. Moreover, she wore but a single piece of jewelry. Then came a single diamond, and, of course, Josephine won. Paris was getting tired of glittering things anyway, and the artful Josephine, in her artless white muslin

frock, set a fashion that did not soon abate. But we have by no means tired of the metallic in evening frocks. Nor could anyone less clever than Josephine hope to defy the present vogue for things metallic.



Evening gown with metallic-net with tulle sash.

THE HOUSEHOLD

Edited by Anne Rittenhouse.

CONGRATULATE YOURSELF.

If you do your own cooking, to you belongs the credit; and if you merely in the capacity of mistress of

your own house, supervise the cooking of the cooks that come and go, then some measure of the credit is still due to you, for the uncontested fact that American cooking has enormously improved within the last generation. It is a movement in efficiency in which men have had very little to do. It is because the women have taken an intelligent interest, because they were open-minded and because they were willing to do something besides merely study to make things that their mothers had made that this very great improvement in the American cuisine has come about.

A few days ago a noted specialist pointed out the fact that a decade or more ago the greatest of all American maladies was dyspepsia. It was an ailment that enormously curtailed the efficiency of thousands and thousands of Americans. The American was known the world over to be a dyspeptic. Pick up any volume of a magazine or newspaper of forty or fifty years ago and glance through the pages, and you will be almost sure to come upon some allusion to the fact that there were countless persons who were victims of bad cooking and an improper diet. The number of ads for antidotes for dyspepsia would be proof enough of this state of affairs. It tormented the individual and baffled doctors. Then the matter began to clear. People realized that their troubles were due to bad cooking and, an abnormal taste for heavy, greasy, soggy food. Tons of pies, doughnuts, heavy cakes, hot breads and griddle cakes were consumed in every household in a year. Meats were fried and tried in the most unwholesome ways. It was small wonder in which we did not thrive on such a diet. But as soon as we began to realize that there lay the trouble, we went about it to modify our cook books. We borrowed from France and England, Italy and Spain. Even China and Japan taught us valuable things about preparing rice or tea, for instance. Not only did the good housewives revise their own cook books, but they had to educate prejudiced husbands and children to realize that the new, more wholesome dishes were better. And so dyspepsia had practically disappeared. The word itself is rarely heard.

There are too many men in the world who are not content with wasting their own time

LIFT OFF CORNS, MAGIC! NO PAIN

Drop Freezone on a touchy corn then lift that corn off with fingers



Tiny bottles cost only a few cents.

Drop a little Freezone on an achy hurtling, then you lift it right out! It doesn't pain one bit. Yes, magic! Why wait? Your druggist sells a tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and callouses without soreness or irritation. Freezone is the much talked of ether discovery of a Cincinnati genius.

How Animals Take Their Baths.

Human beings pay a good deal of attention to washing, but animals, under natural conditions, seldom wash in the sense in which we understand the verb. The contemporary press has come to the conclusion that, broadly speaking, the only creatures which wash themselves in water are the birds, and many of them—most, in fact—are absolute enthusiasts in the practice, as anyone can see, even in towns, in the case of the sparrow. Some birds, however, much prefer a shower-bath to going into water and splashing it over themselves; pigeons love a bath in the rain, and larks and cockatoos seem to bathe in this way. It might be suggested that the high temperature of birds, which about equals fever-heat in man, accounts for this love of washing in water. The birds, which do not bathe generally make up for it by dusting themselves. Evergreen, who keeps poultry knows, or ought to know, that one of the necessities of fowl-life is the dust bath, and the custom of using dust instead of water extends to all the birds of the game and poultry family; while some few employ both dust and water, like the common sparrow.

Reptiles do not wash at all, but merely soak; deliberate washing with water seems to occur only with elephants. The aquatic tribe, like the game birds, take a roll in sand, but most of the hoofed animals contrive to keep their coats in order without either dry or wet cleaning.

Many supple-bodied animals find they can do all they want by licking; such are the cat and the mouse and their respective relatives. Bats are very assiduous both in licking and scratching themselves; and the continual scratching of the monkey tribe is not so much a search for parasites as a kind of natural currying-combing.

Camplone—Republic.

There is in Europe a candidate for the position of the world's smallest republic. Two square kilometers enclosed in Swiss territory, declaring themselves Italian politically, intend putting forward the claim to be a free state. This is Camplone, Camplone, famous in the fourteenth century for her artificer sons, who helped build the cathedral of Milan, the baptistry of Bergamo and the cathedral of Monza. How the little territory was originally Italian and is now in the midst of Swiss territory is an ancient story and a long one. Camplone aspired to independence before the war, but putting private concerns aside she boldly supported the Italian cause, giving the Italian army something like 100 recruits. As the Republic of Camplone she will still send men to the Italian army, for she wishes to retain the protection of Italy. She intends gaining her new status in a perfectly legal manner. The matter, backed by reference to the "fourteen points," will be brought before the Italian Parliament. There will be a plebiscite—the result of which is a foregone conclusion—and Camplone, two kilometers square, will take her place in the world, a full-blown republic.

The Cactus.

In the hot desert regions of Africa and Mexico the cactus stores in its thick leaves every drop of water or dew that it can get, so that there is always a supply, not for a day but for a dry season, says an exchange. In reality, the spines of the cactus are remnants of its leaves, and the so-called leaves are modified stalks. In the western regions where the cactus grows it has very little use for leaves, that would only wither away from the heat, so it reduces them to a very effective weapon against all enemies, and then swells its stalks to make the kind of water-tank it can best use for its purpose. The best proof of the efficiency of its reasoning is the fact that it exists where very little else can, except a few plants which have similarly adapted themselves to circumstances.

Let the cow and litter run out on sunny days. Sunshine imparts health and vigor to the young pigs. The more favored a man sees the more he is unwilling to grant. Query: Does a man suffer more by ignorance or by knowledge?

Gretna Green to be Forgotten

GRETTA GREEN seems about to revert once more to a figure of speech. London despatches tell of these losing down of the vast cordite plants built there early in the world war.

To most Canadians the words may never have meant much more than a nickname for any rendezvous of sloping couples, but there is a real Gretna Green. Twice has it been conspicuous among English towns, once when its chief industry was matrimony and again when, as a war remarked, it started making a new kind of high explosive.

Now it is about to sink into obscurity, with the end of its war contracts, which represented an investment of some \$50,000,000 in our money and the employment of more than 6,000 workers.

Gretna Green is a village in Scotland, tiny except for its munitions boom, less than a mile from the 19th Earl of Argyll, which marks the England-Scotland boundary line in that vicinity, near the Solway Firth, and about nine miles northwest of Carlisle. Upon its proximity to the border line rests its first claim to fame, for the English marriage laws seem sloping couples to Scotland just as the divorce laws of some 47 of the United States make Reno desirable for would-be divorcees.

Before 1754 Fleet Prison was the figurative "Gretna Green" of England. Until that time the English law recognized marriages as valid so long as they were performed by clergymen of any denomination, but it imposed a fine upon clergymen who would perform the ceremony for couples who had not proclaimed their intentions either by banns or license. Such fines had no terrors, of course, for clergymen imprisoned in Fleet, for debt, and some of them undertook to marry couples who wished to avoid the expense of the customary public ceremony. Less scrupulous persons soon took advantage of this example, and tavern keepers fitted up places where they brought couples to be married by the "fleet parsons," and in some cases young women of the underworld lurked there for marriage as an easy means of compelling their husbands to pay their debts.

These abuses were checked by the famous Hardwicke act of 1754, which made unauthorized marriages voidable, and thereupon Gretna Green became the romance spot of the British Isles. All the Scotch law required was that two persons should declare their intention to be married in the presence of witnesses; and the British law then, as now recognized marriages as legal so long as they conformed to the laws in the places they were consummated.

At Gretna Green, as in Fleet Prison, were persons who exercised cupidly at the expense of a "waiter," innkeepers, ferryman and taxicab drivers exploited the couples who fled to Gretna Green. Any witnesses would have served, but the "professional witnesses" there, like the "marrying parsons" of some American towns, engaged "waiters" to bring couples to them, and when the railroad from Glasgow to Carlisle started running the station platform at Gretna Green thronged with these obnoxious "commission men."

A pioneer of this unique industry was John Linton, formerly a waiter to Sir John Gresham, described as a "man of fine presence and manners," and another, a Mr. Beattie, was a personable adventurer. But later traffickers were ne'er-do-wells and town drunks.

According to popular legend, blacksmith shops were favorite meeting places for eloping couples, but authority is lacking for the stories of smithies who would, pause while shoeing horses to help legalize marriages. Many famous Englishmen were married at Gretna Green, among them Lord Eldon and Lord Brougham, both of whom later became Lord Chancellor, and Lord Erskine, while he was Chancellor; Charles Manner Sutton, who afterwards was Archbishop of Canterbury, and Lord Westmoreland and Miss Child, the latter a daughter of the man who founded Child's Bank.

During the three decades when Gretna Green flourished there were more than 7,000 marriages recorded there, nearly 400 of which were performed in 1865, the year before Scotland enacted a law which made a three weeks' residence a requisite to marriage.

Marriage by declaration still is legal in Scotland, and it is interesting to note that our own marriage laws deviate from the English common law in respect to marriage, and the provisions of most of the states in the United States follow closely in the Scotch law in this respect. As in Scotland, every state has made some provision for previous residence, obtaining a license, or registration, but there is the widest leeway permitted for the form of the actual ceremony.

Only seven years ago publicity was given the marriage of two young people at Cambridge, Mass., who wrote their own marriage service and had it repeated to them by a Justice of the Peace, whereupon that official pronounced them man and wife thus, "Since you wish to unite in marriage, and have notified each other of the same before me and these witnesses, I now, by virtue of the authority vested in me, pronounce you man and wife."

Teleautograph. Two Swedish engineers have invented a teleautograph that can be used on either a short or long circuit without adjustment, or even on a telephone line. More than 200,000 people are employed in the mines in India. After piling for some time, Mrs. Hollick, wife of M. B. Murphy, aged forty-three years, passed away on Nov. 28th at Chatham. The late Mrs. Murphy was born at Maple Grove, Leeds county, and was a daughter of the late Joseph Hinkler. Some men lie when they attempt to stand up for themselves. No woman escapes a dream because it is becoming threatening.

Simply say H.P. to your grocer—he will hand you a bottle of the most appetising sauce in the world. But be sure you DO say H.P., because you want

H.P. SAUCE

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In New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against trouble by taking

GOLD MEDAL HABLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's national remedy since 1896. All druggists, 50c. a box. Guaranteed. Look for the name Gold Medal on every box and accept no imitations.

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In Centre of Shopping and Business District
250 ROOMS
100 BATHS
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The Best Cough Syrup is Home-made.

Here's an easy way to cure it, and yet have the best cough remedy you ever tried.

You've probably heard of this well known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.

Take a 16-oz. bottle, pour 2 1/2 ounces of Pinex (50 cents worth), add plain granulated sugar syrup to fill up the bottle. Or, if desired, use clarified molasses, honey, or corn syrup instead of sugar syrup. Either way, it tastes good, never spoils, and gives you 17 ounces of better cough remedy than you could buy ready-made for \$2.50.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, hoarse or tight cough, lifts the phlegm, heats the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extract and has been used for generations for throat and chest ailments.

To avoid disappointment, ask your druggist for "2 1/2 ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute relief, or your money refunded. The Pinex Co., Toronto, Ont.

The Cough That "Hangs On"

The hacking cough that makes your throat "creaky" Chamberlain's Cough Remedy is best created by taking

Chamberlain's Cough Remedy

It is entirely different from other cough medicines, for it not only soothes, but also heats, restoring the affected parts to a healthy condition.

Give for Throat
—Jenny Chamberlain

Death doesn't end all the things we are ambitious to look into the hall of fame.

Is Your Child Under Weight?

These Tables Will Show You What Your Child Should Weigh to Be in Proper Proportion to Height—If the Child is Below the "Danger Point" it is Time to Act.

Boys		Girls	
Height	Average weight for height	Height	Average weight for height
Inches	Pounds	Inches	Pounds
35	32.0	35	21.0
36	32.5	36	22.5
37	34.5	37	23.5
38	35.0	38	25.0
39	37.5	39	26.0
40	39.0	40	28.0
41	40.5	41	29.5
42	42.0	42	31.0
43	43.5	43	32.5
44	45.5	44	34.5
45	47.5	45	36.5
46	49.5	46	38.5
47	51.5	47	40.5
48	53.5	48	42.5
49	55.5	49	44.5
50	57.5	50	46.5
51	59.5	51	48.5
52	61.0	52	50.5
53	63.0	53	52.5
54	65.0	54	54.5
55	67.5	55	56.5
56	69.5	56	58.5
57	71.5	57	60.5
58	73.5	58	62.5
59	75.5	59	64.5
60	77.5	60	66.5
61	79.5	61	68.5
62	81.5	62	70.5
63	83.5	63	72.5
64	85.5	64	74.5
65	87.5	65	76.5
66	89.5	66	78.5
67	91.5	67	80.5
68	93.5	68	82.5

Note: The tables show the average weight for height. Children below the "Danger Point" are underweight.

CAREFUL investigation shows that one child in every three is under weight as the result of malnutrition. The chances are one in three that your child is in this class. The tables presented here will enable you to find out. In the Students' Army Training Corps one in five was unfit because of being under weight, while in the adult army the proportion was about the same. This condition could have been prevented by proper attention during school life, so that these young men would have developed normal, healthy bodies. By neglect in childhood they have been sentenced to see their healthy comrades pass them in the race for success. It is not necessarily the children of poverty that suffer from malnutrition. Your boy or your girl may look well and still be under weight. The regular use of the scales is the only sure test. Other indications of malnutrition you may note are—easily tired—nervous—restless—finicky appetite—irritability—difficult to manage—talk in sleep—lack of happiness and spirits of a normal child. These symptoms tell of the exhausted condition of the nervous system. They tell you that the blood is thin and watery, and wholly unsuited to nourish the starved body.

It will take a little time to restore the wasted tissues, but the use of Dr. Chase's Nerve Food will very materially aid. Digestion is weak, appetite is fickle, but in the meantime Dr. Chase's Nerve Food supplies in condensed and easily assimilated form the elements which go to make up rich, red blood. Careful attention should be given to the eating habits of the child. Good, wholesome, nourishing food must have the preference. Exercise should be limited and daily rest is required in cases of extreme exhaustion. By sharpening the appetite and strengthening the nerves of the digestive system, Dr. Chase's Nerve Food soon removes the chief causes of malnutrition and builds up the system generally. Improvement will soon be noticed, not only in the way of increased weight, but the eyes will be brighter, the cheeks a better color and the spirits and happiness of healthful youth will again express themselves. For your protection the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box of the genuine Dr. Chase's Nerve Food. 50c a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.