

Fireside Cheer Means Winter Happiness

In your dreamhouse there is always a fireplace.

It may be that the nearest approach you now have to the family hearthside is the radiator in your apartment or a hot-air register, or perhaps an oxygen-consuming, air-vitrating, gas log. But if you have, notwithstanding, any of that innate longing for a home of your own, you never think of that home without thinking of its fireplace. Your other qualifications may vary. You may stipulate that that home must have a sun parlor and a breakfast room; that it must have a laundry chute and a dumb-waiter; that it must have a separate

bathroom for every bedroom, and that it must have electric lights in the clothes closets. But with these stipulations there is always, is there not, the conviction that there must also be a fireplace or so?

Perhaps there is in all of us just a little of the Paris. We are worshippers of fire, although we may show that spirit merely by our willingness to sit spellbound and mentally relaxed for hours before the dancing flames of the hearth fire. There is spellbinding charm in those reds and oranges and yellows, blues, greens and purples that form their ever-changing medley of color over the

logs or coals of your open fire. If you have arrived at the enviable stage where your dream house is a reality and actually have your open fire you are to be congratulated. Truly the long winter evenings should have little terror for you. A friend or a book, and what more do you need so long as there is wood in the wood basket?

There was a time some generations ago when the open fireplace was looked on with much the same distaste as we look now upon the stove in the parlor or dining-room. For it was the humber folk who had still to depend on open fireplaces for heat-

ing. The others had Franklin stoves, or even central heating systems. It was only one's poor relations who still had to gather round the open fire, and the hearth was considered a very dusty, crude embellishment to any room. To be sure, there were old manor houses in this country and fine old castles and country halls in England where the fires were still kept burning winter days in the old fire places. But it was not infrequently that householders had these hearths disfigured by putting in them a stove in place of the old grate or andirons. It really seemed to them far more suitable to a well-furnished house.

But we have got back to a genuine liking of the old-time fireplace. And the display of accessories for the fireplace that you may see in any large shop ought to be proof sufficient to show that the fireplace has come into its own.

Fireside accessories add much to the charm of the hearth. If you had ancestors with fireplaces properly fitted you are indeed lucky for from the full-rigged ships that used to stand by the hearthside to hold dust brush and shovel, tongs and bellows, to the old iron dogs that supported the big sticks that made the fire, all the old fireplace fittings are useful and an addition to your furnishings. However, if you have no such old fireplace furnishings, you can make up for the lack in the shops, which are full of modern replicas of the old things, as well as modern things built in modern lines.

There are very interesting shops where old American furniture is dealt in, and in these shops you can pick up many antiques from our own Colonial days that are worth while. There are old fire screens an old andirons, old sets of brushes and shovels, and old trivets that held the tea-kettle where it would stay hot, old roasting forks and old chestnut roasters. And in the present-day shops there are all these things, as well as others—fenders and fireside seats and Cape Cod fire lighters, and baskets and boxes for holding wood and even chemicals to put on the wood to make it burn all the bright colors of the rainbow.



"California Syrup of Figs"

For a Child's Liver and Bowels

Mother! Say "California," then you will get genuine "California Syrup of Figs." Full directions for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Children love this delicious laxative.

Exercise and Massage Two Aids to Truly Beautiful Arms

BY LUCREZIA BORI
The Famous Spanish Prima Donna

The fashion of short sleeves that seems destined to hold throughout the spring and summer again brings to mind the necessity for cultivating the beauty of your arms.

Exercise will help to bring their contour into the slender rounded line so desirable in short sleeves and in the sleeveless evening gowns, and the daily application of a bleaching lotion will help to whiten your arms and banish any freckles or other blemishes that may mar their beauty.

Many arms are inclined to be flabby above the elbows. When a woman first begins to put on weight it is apt to appear around the upper arm and shoulders. If the upper arm is inclined to be fat and flabby it will deny the youthfulness which a face may express. Exercise will make flabby flesh firm and keep it rounded.

This arms are also built up through exercise and massage. A few exercises which tend to keep the arms in rounded lines will be found beneficial if gone through regularly.

Whenever possible your arm exercises should be taken in the open air or before an open window. If the weather is cold put on a sweater and an old wool shirt or blouse.

Stand erect with your chest well forward. Reach your arms directly

high and your back arched. Slowly bend your arms at the elbows and bring them down until your hands are in line with the tips of your shoulders. Repeat this movement ten times.

Raise your arms and forcing back your elbows bring your hands downward until your finger tips touch the back of your neck. Return your arms to a horizontal position and go through this movement ten times.

Another arm exercise begins with raising your arms sidewise to a horizontal position. Turn your palms upward and force your arm back as far as you can. While in this position count slowly from one to ten, and at each count describe a complete circle about twelve inches in diameter, by pivoting your arms from your shoulders. Repeat this motion ten times.

Exercising with dumb-bells and even with a pair of flatirons will develop your arms into the lines to which nature intended them to conform. Stand with your hands naturally at your sides. Take a pair of light dumb-bells or flatirons. Clasp them and throw your arms backward as far as you can. If you tilt your body forward while performing this exercise and throw your chest up it will open your chest, walls and improve your carriage. This motion



INFLUENZA LEAVES THE BLOOD THIN, THE NERVES WEAK

The Danger From the Disease is Seldom Over When the Acute Stage is Passed—Tonic Treatment Strongly Recommended.

Doctors have agreed that Spanish influenza is really a severe form of the gripe, which became known in this country a number of years ago under the French name of "la grippe" and which has been epidemic several times since.

The danger from gripe is seldom over when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The gripe leaves behind it weakened vital powers, thin blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence. Until the blood is built up there can be no complete recovery of strength and health.

COULD HARDLY CRAWL ABOUT

Among the many victims of a gripe who proclaim the value of Dr. Williams' Pink Pills is Mr. Amos Kaubick, of Petite Riviere, N.S., who says:—I was taken down with a severe attack of a gripe, or influenza. After a time the early symptoms of the trouble left me, but I did not regain my usual strength, and I had always been a strong man. There were times when I felt I could hardly crawl about, and I was so run down I could scarcely go about my business. I continued taking medicine but it did me no good. Then I found the trouble was affecting my digestion and the disagreeable feeling from this added to my general misery. I was finally advised to take Dr. Williams' Pink Pills, and I decided to try them. I had only been taking the pills a few weeks when I found my strength returning, my appetite improved, and still continuing the use of the pills a few weeks more found me restored to my old-time vigor. I can most strongly recommend Dr. Williams' Pink Pills to all who have passed through an attack of influenza, as a safe medicine for renewing their strength.

WEAK AND RUN DOWN

Miss Irene Bootes, Portsmouth, Ont., says:—"I take much pleasure in recommending Dr. Williams' Pink Pills, because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms, palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was taking doctor's medicine, but it did not help me, and I was much discouraged. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned, my appetite improved, and in a little more than a month I felt my old-time vigor had returned. I am sincerely glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have a good word to say for them."

HELPED HIM WONDERFULLY

Following an attack of gripe, Mr. William Fielder, of No. 132 First street, Albany, N.Y., suffered from stomach trouble. He says:—"I was very much run down after having the gripe and lost both in weight and strength. My stomach was often sour and was very weak. A dull aching pain in the back of my head caused me much distress. An article in the paper brought my attention to Dr. Williams' Pink Pills and I gave them a trial. Before the first box was finished I felt stronger and kept on with the remedy. I am feeling good, and my stomach is as strong as it ever was. I have gained in weight and strength and no longer suffer from headaches. Dr. Williams' Pink Pills certainly helped me wonderfully and I am glad to recommend them."

Three Minute Journeys

Where the Ravages of War are Being "Repaired With Lace."

All the world knows the condition in which Belgium and northern France found their industries when the invaders were forced back and the owners returned. So there is no need to repeat the old story in a glance at the bright new story.



In a Belgian Village.

It is hinted at in this sketch, drawn from a photograph taken in the street of a Belgian city. Without a word of explanation it tells its tale. But it is interesting to know that those who in the years before the war visited the interesting cities of Brussels, Bruges, Malines, and the lesser but as interesting smaller places, and brought home fine exam-

ples of lace-making—again will be able to have the laces they liked. For the Belgian peasants are "back on the job."

With their curious lace-making tables, rounded and padded, and adjusted to the height and the angle each likes best, they go out into the village street when the day is fine and make their laces in the open air. A little more than ruins but a short time ago—these lace-makers ply their trade to the crash of falling walls and the busy sounds of swift repairs.

Other laces, as we know from old tales, are made in damp cellars, for only in dampness can these laces be made. There is no lack of damp cellars in Belgium even now, for construction of new houses isn't as speedy as the wish for them. For generations, perhaps, the scars of battle will be plain in many a shell-torn place.

But the most interesting thing of all is not the war-torn homes, the wrecked factories, the returned workers, nor yet the hum of industry reawakening. It's the spirit with which the lace-makers are going to work. As though with their fragile fabrics of thread they were rebuilding their devastated villages, and with delicate lace wiping out the ravages of war, the lace makers beg to their tasks with a will. To many a person—lace lover or not—this is the most pleasant thing to be found in that land of war—ruined cities and villages.

Hundreds of captivating tales of how man has made use of the wonders of nature and turned them to his advantage and comfort are told in the "Book of Wonders." Get a copy at the Whig office by presenting coupon along with \$3. This special price only to Whig readers.



Try These Movements to Develop Arms and Chest.

In front of you with your hands clenched and your palms turned upward. Snap your fists together as your arms meet in front. Next draw your arms backward as far as possible, bending your elbows and keeping them as close to your side as you can. During this exercise take care to keep your chest as far forward as possible, and as your elbows come backward take a deep breath. Go through this movement ten times, breathing out as your arms go forward.

Raise your arms and stretch them high above your head. You will find that in this position your chest is

should be repeated at least ten times. A delightful bleaching lotion which will whiten the skin on your arms is made as follows:

Bristed almonds 1 ounce
Orange flower water . . . 4 ounces
Rosewater 4 ounces
Borate of soda (soda) . . . ½ drachm
Spirits of benzoic 1 drachm

Make the first three ingredients into an emulsion. Let it stand for twenty-four hours and then filter and add the soda. Shake until it is dissolved, then add the benzoic drop by drop under continual shaking. This lotion may be used in your brush water or applied undiluted.

INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for a Sour, Acid, Gassy Stomach—Distress vanishes!

Stomach acidity causes indigestion! Food souring, gas, distress! Wonder what upset your stomach? Well, don't bother! The moment you eat a tablet or two of Pape's Diapepsin all the lumps of indigestion pain, the sourness, heartburn, and belching of gases, due to acidity, vanish—truly wonderful!

Millions of people know that it is needless to be bothered with indigestion, dyspepsia or a disordered stomach. A few tablets of Pape's Diapepsin neutralize acidity and give relief at once—no waiting! Buy a box of Pape's Diapepsin now! Don't stay miserable! Try to regulate your stomach so you can eat favorite foods without causing distress. The cost is so little. The benefits so great. You, too, will be a Diapepsin enthusiast afterwards.

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CANADIAN RED CROSS LEADERS.

Lady Drummond of Montreal, who leaves this month for the International Red Cross Convention at Geneva, in Toronto, with Noel Marshall (on left), chairman of executive, and Major-General Ryerson (on right), past president and member of the executive of Canadian Red Cross.

REGAINED FLESH AND STRENGTH

To rebuild the blood, to strengthen the weakened nerves and to get back the lost flesh and strength is the problem of the victim of an attack of influenza. How Mr. Charles Darling, of No. 14, Week street, Bath, Me., accomplished this is best told in his own words.

"My doctor treated me successfully for the gripe," he says, "but he did not seem to help the after-effects of the disease. I had headaches nearly all the time, my strength was nearly spent and I often had to lie down and rest. I was pale and lost in weight and had a dull, languid feeling most of the time. My blood was very thin and poor and my stomach troubled me."