

In the Realm of Women--Some Interesting Features

For Quality



Call for them by name
it is your safeguard

RED-X SILVA PUTS SILVER POLISH

Pure
Safe
Sure

First choice of charlatans, snooty housewives. Its double whiteness is the surest sign of quality of its ingredients.

MADE IN CANADA
At All Good Stores



BANISH GRAY HAIR

MANY charming faces are aged by prematurely graying hair. If through illness, or exposure to harsh elements your hair has become gray, streaked or faded, "Brownatone" will bring back the look of youth. Thousands of women have tinted their hair to natural shades with this modern aid to beauty. Any shade from golden brown to black. Acts instantly, easily applied and guaranteed harmless to hair, scalp or skin. All dealers 50c and \$1.50. Trial bottle sent direct for 15c. The Eastern Pharmaceutical Co., 619 Coppin Blvd., Georgetown, Ky.

BROWNATONE

Brownatone is sold and recommended in England by Harwood Drug Co., T. H. Sargent and other leading dealers.

If Baby is Fat—

watch well for chafing and irritations of the skin. Many skin troubles will be avoided by careful washing with

BABY'S OWN SOAP

Best for Baby Best for You

ALBERT SOAPS LIMITED - MONTREAL

Miss Mason Got Six Silverplated Forks For Her Minto Tea Coupons. Read What She Says:

Montreal, P. Q.
Dear Sir—Enclosed find twenty-four 1-4c. coupons, for which forward to above address one-half dozen forks. We have been using your Tea for the past year, and have found it to be always very satisfactory.
Yours truly,
(Sgd.) Miss M. Mason.

In every half-pound and pound packet of Minto Tea there is a coupon and a list of handsome premiums in "Clinton" Silverplate that you may secure by saving Minto Tea coupons. Minto Tea is delicious in flavor and abundant in strength. Ask your grocer for it.

MINTO TEA

The Quality Tea with Quality Premiums



Hallowe'en
will be twice as merry
if you have

Laura Secord CANDIES

138 Princess St., Opposite Randolph Hotel.

FURRED FALL COSTUMES

New Soft Pelts Make Fur Trimming Very Lovely



Annette Bradshaw

By Annette Bradshaw.
There is an undeniable richness about fur, whether it forms a jaunty coat or whether it appears in trimming bands on a dress of cloth or velvet.

The softer new pelts make all manner of fur trimming possible, for the danger of fur being too stiff a trimming has been eliminated by the latest finishing processes. Entire fur suits and dresses are made, and they are as soft and pliable as the loveliest material.

More practical, however, is the combination of short fur coat and cloth skirt to match. This idea is carried out at the left in mole colored and cuffed in gray fox and

worn with a wrap-over skirt of mole-colored broadcloth. Covered buttons fasten the skirt at the left side, while a clever elastic placed across the opening on the inside holds the skirt together down toward the hemline.

The matching hat gives the costume a smart finish.

Black and white is always a stunning combination and it is especially so when the materials are black velvet and ermine, as in the frock above. A fold of the ermine drops in panel effect down either side and is matched by the sleeve and collar trimming. The hat is of black velvet shirred in soft folds.

EFFICIENT HOUSEKEEPING

By Laura A. Irkman.

Knitting a Circular Face Cloth. There is no nicer gift to give a friend who is starting on a journey—or, indeed, to give a bride for her chest or a young girl going away to school—than a circular face cloth. These useful and pretty articles are always appreciated. Here are the directions for two kinds:

Circular Face Cloth with Border: Set up 28 stitches. Knit 6, thread over needle, knit two together, then knit plain, leaving two stitches on the first needle. Turn and knit to with-

in three stitches of the end, thread over, knit two together, thread over, knit one.

Slip one, knit 6, thread over, knit 2 together, then knit plain, leaving 4 on first needle. Knit back to within three of end, thread over, knit one, thread over, knit two together. Slip one, knit 7, thread over, knit 2 together, knit plain leaving six on first needle. Knit back all the way. You should now have 40 stitches on your needle. Knit two bind one, knit one, bind one, knit five, thread over, knit two together—and so on leaving eight on first needle. Knit back all the way. You should now have 33 stitches on your needle.

Then repeat border pattern, each time leaving two more stitches on first needle until you have made four points in the border. In the fourth point, when you knit two, bind one, knit one, bind one, knit 5, thread over, knit two together, you keep on and make the holes between the divisions by knitting one, thread over, knit two together, thread over, knit two together, and so on to the end of the needle—then there will be one stitch left, which you knit. Then knit back all the way; you should now have 38 stitches on the needle. This finishes the first division. Repeat until you have made 12 divisions, then draw up center with cotton so there will be no hole.

Another Circular Face Cloth: Cast on 30 stitches, or any number divisible by three. Knit across plain. Turn, slip first stitch (always at this end of the needle, not at others.) Knit 28, leaving three stitches. Turn and knit, leaving six stitches. Knit back plain. Continue in this way till you have used up stitches, then knit across plain, knit back, turn and repeat from the beginning. Eighteen sections to a face cloth are the usual number of this method.


Answer to "Young Housekeeper": I think it is splendid that you are going to try to carpet your new little home in hooked rugs. I cannot describe conventional designs, as you ask, for that would be almost impossible. But you can trace such designs off linoleums and wall papers. I

know of a woman who always gets her designs in that way. You know linoleum and wall paper manufacturers often employ the finest artists to make their designs—so could really do no better than copy them in your rug-making. Tomorrow—Have You Tried These Pickles?



JAN IGNACE PADEREWSKI

Shown above with his wife, has re-entered the political field in Poland, and may again become president of that country. He will probably cancel his scheduled Canadian tour.



It all depends upon the Breakfast

BREAKFAST is the most important meal of the day. Many hours have elapsed since your last meal, and the nourishment it provided has been utilized by your system.

Your digestive organs have rested—Nature now demands that they resume their function of extracting new energy for mind and body from the nourishment you take.

Many things depend upon breakfast. It makes or mars your day and it affects your very future—no matter what your walk of life.

Eat the right morning meal and you will go to work with a will, clear-eyed, alert, vigorous of mind and body, self-confident, anxious to grapple with the day's problems, equipped to accept its opportunities.

Health commands success in business, sport and society; it makes life worth living—and health depends upon breakfast more than upon any other meal.

Eat the right breakfast and be healthy. Eat a good breakfast of Quaker Oats porridge—the finest of all foods and the most nourishing. The oat is almost the ideal food in balance and completeness. It is a body builder and a vim-food. And of all Oats, none can compare with Quaker. The cream of the crop goes into the Quaker carton. We secure the pick of Canada's best oats and about 55% of them mill up to the Quaker standard—just the large, perfect, flavoury grains. The puny or imperfect grains are discarded.

Milled into very thin flakes, Quaker Oats cook quickly all through and make the most delicious and the most easily digested porridge. They are full of nourishment—and the family that eats plenty of Quaker Oats is sure to be a healthy, sturdy family.

Remember, Quaker quality is only to be found in the Quaker carton. Tell your grocer none other will do.

Quaker Oats

In Sealed Cartons Only

QUAKER MILLS
PETERBOROUGH AND SASKATOON

Also makers of Quaker Flour, Puffed Rice and Puffed Wheat, Quaker Corn Flakes, etc.

The enormous demand for Quaker products is responsible for the Quaker mills at Peterborough—the largest cereal mills in the British Empire—the most modern cereal mills in the world. Floor space—451,944 Square feet. Grain elevator capacity—1,500,000 bushels. Come and inspect the mills. Visitors are always welcome.



Nights of restful sleep are assured if, on retiring, you take a cup of delicious

OVALTINE

TONIC FOOD BEVERAGE

THE chief causes of insomnia are overstrained nerves and digestive unrest. "Ovaltine" overcomes these conditions. The restorative elements it so richly contains, soothe and restore the over-wrought nerves, over-active brain, and disturbed digestion, promoting peaceful slumber.

At all druggists - 50c. - 85c. - \$1.50
Trial sample sent on receipt of five cents to cover postage and packing.

Canadian Office: A. WANDER, LIMITED, 455 King Street West, Toronto.

Social service in connection with children's hospitals. Co-operation with institutions working on behalf of the blind. Emergency relief in cases of disaster and crop failure.