

In the Realm of Women--Some Interesting Features

Don't Miss Our Aluminum Sale

W.H. Cockburn & Co.
Cor. Princess and Wellington Streets
Phone 216.
See Our Window Display

The Telgmann School of Music

Piano, violin and other stringed instruments. Aida V. Telgmann, B.E., teacher of Music and Delsarte system of Physical Culture. Pupils may begin at any date. Terms on application.

484 BROCK ST.
Phone 2217J.

The truest and best friend a man can have is a wife who does her best to keep him in the straight and narrow path.

Get Going

—5c Everywhere
Nothing like these Little Sun-Maids to put you on your feet—luscious, peppy little raisins. Full of energy and iron—practically predigested nourishment that you feel almost immediately after eating. Delicious when you're hungry—get you going again when you run down. Try 'em and you'll know.
Little Sun-Maids "Between-Meal" Raisins
Had Your Iron Today?

Why Fear Child Birth

Dr. J. E. Dye, noted child-birth specialist, devoted his life to women's ills. He discovered a new method of lessening the time and pain of labor, and adapted Dr. Byr's Nitrochloride Compound—a simple, non-toxic, harmless vegetable treatment that has proved a blessing to thousands of nervous women for three generations.
FREE BOOKLET
Telling about sterility, also revealing the cause of miscarriages, and how to prevent them. Give address to a woman's friend. Write today for
Dr. J. E. Dye Medical Institute, Box 220 St. Mary's, Ont.

The sound of thunder may be heard from 20 to 25 miles, and lightning is reflected from 150 to 200 miles.

Dear Peggy,
The ceiling fell in! I fairly wept when I saw all my cut glass filled with plaster. An hour later and our dinner would have been "na-poo," as Doug says. But cheer up, will have new wallpaper now!

It's freezing these days, but the cold doesn't bother me any more, for by rubbing on a little **Campana's Stabian Balm**

my face and hands don't chap, or become rough and red with the cold. It seems to prevent chapping, by building up the skin in such a way as to resist it. It's a real skin food.
As ever,
Marie

GAY IN TRIMMING

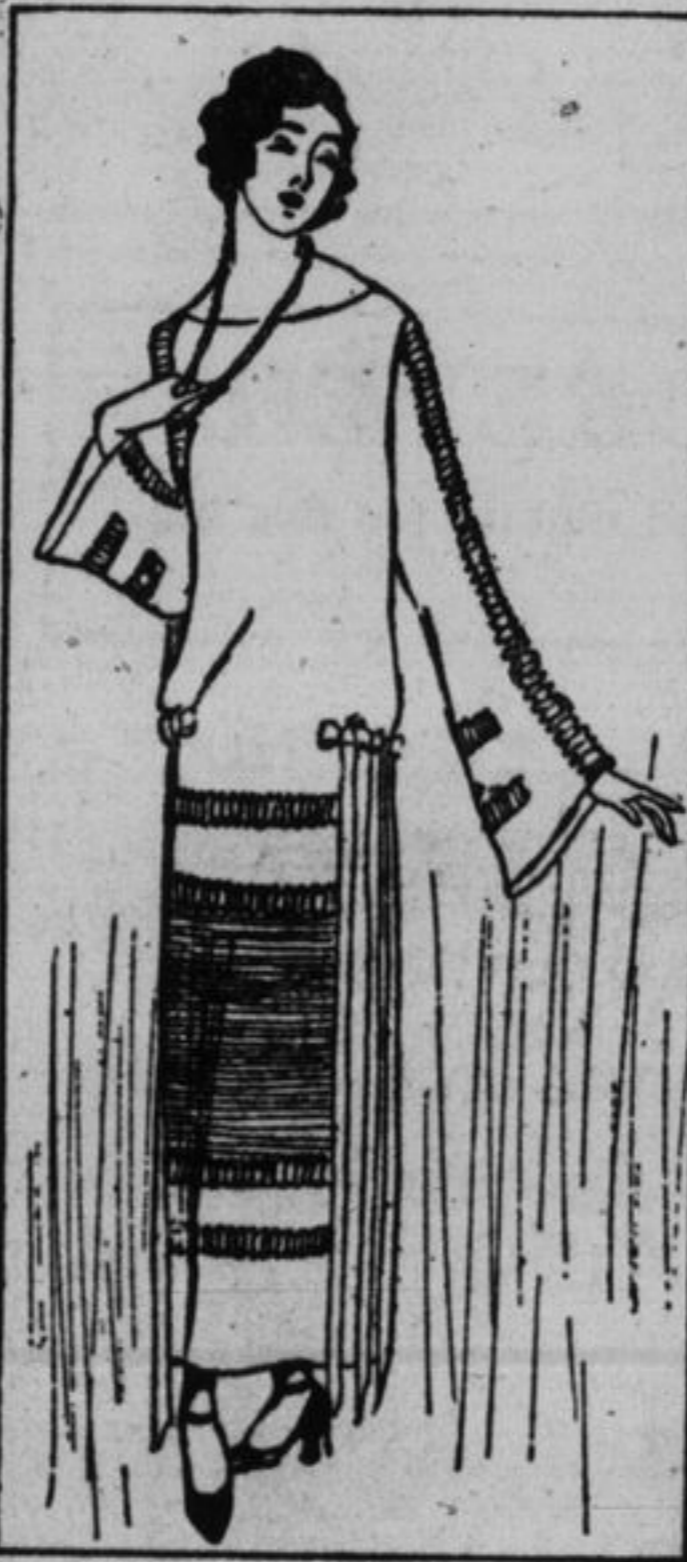
New Autumn Models Are Literally Embroidery Covered

Many of the Latest Afternoon Dresses Made of Crepe Romaine, Which Resembles Georgette.

Fashion still pivots on trimmings, asserts a fashion authority in the New York Tribune. Apparently dressmakers do not think that their clients are ready to accept a new silhouette, consequently they make little effort to create one. Women have been so definite as to what they would and would not accept in the matter of silhouette that designers still depend upon trimmings to give variety to their models. While many new ideas are constantly worked out in trimmings, there are likewise many variations of old themes.

Discriminating women seemingly have not had enough of embroidery. Some of the new autumn models in silk are literally embroidery covered, the pattern being so exquisitely executed that it seems a part of the fabric. Many of the newest afternoon dresses for autumn are made of crepe romaine of that new quality which resembles crepe georgette, but which has considerable more body and is more durable. A charming model developed in gray crepe romaine, is trimmed with hand-plaited bands of fallie ribbon set into open interstices, which are embroidered all around. Broad panels of tiny hand-run tucks in both the back and front give further ornamentation and weight to the dress.

Two colors of georgette crepe are charmingly combined in some of the new autumn dresses, the two tones being brought together by means of very elaborate embroidery. Navy and



Gray Crepe Romaine Model With Hand-Plaited Bands of Fallie Ribbon Set Into Embroidered Interstices and Hand-Made Tucks.

gray is a favorite combination. The dresses are so made that they appear to be almost of one solid color viewed from one point and of another when viewed from another point. For instance, in the combination of blue and gray the back of the dress is almost all blue and the front all gray.

MODES OF THE MOMENT

For the semi-dress occasion the black charmeuse gown trimmed in velvet or brocaded ribbon is usurping the place of the beaded gown. A long-lined black charmeuse has wide bands of electric blue velvet ribbon extending from the dropped shoulder to below the elbow where the charmeuse begins again. White beads in tiny design almost entirely cover the velvet. No other trimming is used.

Many of the velvet hats have reversible crowns with velvet on one side and embroidered effects of metallic cloth on the other. This treatment provided a hat for dressy wear as well as for street wear.

Crepe weaves continue to reign for afternoon wear in preference to the shiny surfaced fabrics. The little draped turbans of silver or gold cloth which are so popular in Paris at present are being pressed into prominence by many of the American shops. They are designed for evening wear and are suitable for any color, combination with which they are worn.

APRONS FOR LITTLE GIRLS

Cretonne and Percelle Excellent Material for Over Garment for Miss of Seven.

The dressiest of aprons for the young miss of about seven years is made of cretonne and percelle. It is the sort of garment that can be slipped on over rompers and worn as a regular dress or slipped on over a regular dress when romping is in order. The flaring skirt is cretonne in a gay design of red and green birds, blue and cinnamon posies. The bodice is of cinnamon percelle, in solid color. Patch pockets and sash are of the percelle also.

Most girls are happy when mischievous because they are in love.

A WARM WRAP FOR MOTORING



For motoring and under all conditions when durability is required, nothing takes the place of the raccoon fur coat.

PREFER LONG-HAIRED FURS

Wolf Trimming and Similar Peatry Hold Favor; Beaver and Squirrel Collars Shown.

There is a modified way of handling the voluminous lines of the new season that give grace and real comfort to the wearer of such coats, bought, first of all, from a practical standpoint. One manufacturer has made wearability his first consideration, and in doing so has designed some smart and popular numbers.

A preference is given to wolf trimmings and long-haired furs, although beaver and squirrel collars are, of course, included in the showing. Black ormandale has been used in fashioning one very opulent-looking model that is trimmed with platinum wolf. Wide mandarin sleeves make a nice complement to its full back and tailored braiding defining the sleeve section from the back is a clever means of accenting their fullness.

This model is typical of a group of coats showing varied sleeve treatments and braided necks that are smart. The use of a raccoon collar on a coat of ormandale is one of the particularly novel notes introduced in the fur-trimmed styles. Untrimmed ormandale and bolivia numbers are an interesting part of the showing, and in these models the beauty of the cheap pile fabrics seem most pronounced.

Jenny sleeves and a Jenny neckline are most aptly used on one of these untrimmed coats. Scarf collars edged with silk fringe and a modified leg-of-mutton sleeve are introduced on another coat that shows a circular fullness. Chenille tassels of large dimensions drop from the sleeves and form a rather handsome ornament. Among other features to be noted as particularly smart is the pouched sleeve gathered into a cuff. This hints of a peasant influence and has a decidedly youthful effect.

FANS THAT MATCH THE DRESS

Novelties of Coque in Delightful Colors, Black Net Lace, to Accompany Evening Gowns.

Novelty fans of coque in the most delightful colors are mounted on sticks of carved galalith and tortoise-shell. Those made of black and red coque feathers are particularly effective. However, these might be considered extreme by the woman who wears conservative clothes.

Black net or lace fans to match evening dresses are smart. Among this type now shown are some that might quite well have been chosen by those exacting Spanish beauties who were never without one of these romantic bits of femininity.

A chantly lace fan, in order to correspond with the dress, may have the design of the lace accentuated either by needlework or by hand painting the design in colors, and metallic effects.

As an accompaniment to the evening dress of plain-colored silk there are fans made of a succession of silk petals, and petals mounted on frames of carved ivory or amber, according to the color of the silk used. These fans may be had in almost every color imaginable. Some have ostrich feathers in a contrasting color scattered among the petals. For instance, one made of purple petals has yellow ostrich fuses, while another, of pearl gray, has the ostrich in rose color. These are made up in both small and large dimensions, the smaller ones being particularly adaptable to the young girl.

A New Style Point. One of the style points emphasized by models shown by one importer is the dropped shoulder accompanied by a broad, loose, undulating movement. This idea is especially featured in coats and suits, and particularly the jacquette, which is hailed as a mode extraordinaire.

A good jolly is worth all it will cause the other fellow to give up.

SOMETHING ABOUT WHITE ANTS.

"Always in the darkness working, tunnelling wherever they go, never from their labor shrinking. Great achievements they can show."

"To-night, Teddy," began Uncle Frank. "I am going to tell you about some insects that could clear up all the legged-off lands in North America in a very few years—provided, of course, that they did not turn their attention to the settlers' houses, when the process might take a little longer. When we were clearing land for tea and rubber in the low-country of Ceylon, we never bothered about removing the stumps, for we knew that the white ant would very soon do that for us. The coolies chop off a considerable amount of the wood for firewood, but the white ant attends to the rest. They are a great pest as they go for any wood they can find, but like most insects they have their appointed place in the great schemes of Nature. They clear the dead wood out of the way and assist in preparing for new vegetation. I have had many experiences with the white ant, or termite, as it is often called, but, perhaps, I should describe the insect to you.

What a White Ant Is Like.

"The white ant is not properly an ant at all. It is about the size of an ant, is of a dirty white color, and has short legs. Its jaws are something of an orange color and are very strong. The ants live in big colonies and make mud tunnels above the surface of the ground to wherever they are going. They die in the hot sunshine, and they must have moisture. They carry water along with them as they go to moisten the soil with which they are working. When the white ants wish to destroy a log they first coat it over with mud, and then they proceed to demolish it until at length only a frail and mud-covered skeleton remains, which one can push over with one's foot. When they get into a bungalow they soon make short work of it, and I have known bungalows where it was no longer safe to use the upstairs rooms for fear of falling through the floor and ceiling. The walls are soon reduced to practical-vanish, and it is no uncommon thing for a planter to knock the side of the house out by falling against a wall while wrestling, or romping, with a brother planter. The ants will leave nothing alone if they are constantly on the watch for them. A good dose of coal oil helps when one can get at them, but the little pests often come up inside of a beam, or work unobserved between the boards until the damage is discovered.



MADE IN CANADA

What a Wise Woman Knows

The woman who takes pride in her baking and is watchful of the family health is never won away from ROYAL Baking Powder.

She knows that it is absolutely pure and dependable—that for over 50 years it has been used in the best homes in the country.

It Contains No Alum
Leaves No Bitter Taste

ed too late. They seldom attack green-growing timber, but they will do even that at times, and in some places the planters had quite a bad time with them among the tea bushes.

Dress Clothes Not Despised.

"When I was just twenty-three, Teddy, I got my first billet as superintendent, and you can imagine that I was proud of being the youngest 'periya dural' in the district. I had my boxes packed ready to go for about a week ahead of the date on which I was supposed to take over charge, and I sent a box of clothes on ahead. It was just a military suitcase, but it contained my dress suit and shirts. I made up my mind, as I often did in those days, to dress for dinner every night, and I wanted to be sure that my dress clothes would be there when I arrived. They were there all right, Teddy. The man whose place I was taking told his servant to put the box in a spare room. This room had a cement floor and looked quite a nice room, but when I arrived, I found a thin line of earth from the wall to the keyhole of my box. Everything in that box had been reduced to rags and was covered with mud. I just dressed in pyjamas for dinner as usual. Young planters get a bit slack about dressing for dinner and more often than not they just get into their pyjamas. When you come in from work, Teddy, it is often getting late, and by the time a bath is over, dinner is about ready. It seems a waste of time dressing again as there is no place to go to after dinner, and the hard-working alms-dural is glad enough to tumble into bed. I was

talking about white ants, however, and their nasty ways. That bungalow was quite unsafe upstairs, and although it was a very beautiful bungalow it soon went to pieces and had to be burned down. The ants had eaten all through the beams and heavy foundation timbers, and the walls were as thin as paper. It was a haunted bungalow, Teddy, but I will have to tell you a creepy tale about haunted bungalows some other time, as I have promised to take Mother to the Opera this evening."

Tomorrow Uncle Frank introduces Teddy to another mountain.

Writ Issued Against City.

Thomas Holland, through his solicitor, C. A. Payne, issued a writ against the city of Belleville, and Police Constable George Stitt for \$5,000. This action is the result of the accident in which Holland figured with the police car recently, which was being driven by P. C. Stitt at the time. In the accident Holland's car was damaged and he was painfully injured himself.

Loss of Appetite—That Tired Feeling

Thousands take Hood's Sarsaparilla as their tonic medicine for that tired feeling, nervous weakness, impure blood, and testify that it makes them feel better, eat and sleep better. Hood's Sarsaparilla has given entire satisfaction to three generations in the treatment of general debility. It restores the appetite, relieves that tired feeling, enables the system to resist infectious diseases. Hood's Sarsaparilla aids digestion and makes food taste good. A good cathartic is Hood's Pills.

Better Christmas Puddings! Better Christmas Cakes!

and very much better—are made by using part Roman Meal and part flour in puddings and cakes.

<p>Recipe Plum Pudding</p> <p>Mix 1 Cup Roman Meal; 1/2 cup flour; 2 T. Spn Cinnamon; 1 T. Spn ground ginger; 1/4 T. Spn ground cloves; 1/4 T. Spn ground allspice; 1/4 cups seeded raisins; 1/4 cups currants; 2 cups suet; 1/2 cup chopped peel; 1/2 cup blanched almonds; 1/2 T. Spn salt. Mix well 2 eggs and 1/2 cup brown sugar. Stir in 1 cup milk. Stir both mixtures together. Mix well. Place in mould. Boil or steam 2 1/2 hours. Serve with caramel or hard sauce.</p>	<p>Finer flavor—richer color—more granular—more digestible—less soggy—and in every way superior products result from mixing ROMAN MEAL with flour. Make your Christmas treat a greater treat with Roman Meal—Nature's Nut-Brown Food.</p> <p>Recipe Caramel Sauce</p> <p>2 cups granulated sugar; 2 cups water; butter size of walnut; 2 tablespoons cornstarch—dissolved in cold water; 1 teaspoonful vanilla; 1/2 cup of the sugar to be browned. When golden brown add butter. Bring to boil, add starch and vanilla.</p>	<p>Recipe Christmas Cake</p> <p>Mix 1 1/2 Cup Roman Meal; 1 cup flour; 2 1/4 cups currants; 1 1/2 cups Sultana Raisins; 1 cup chopped lemon peel; 1/4 cup blanched almonds; 1/4 T. Spn ground cloves; 1/4 T. Spn ground cinnamon; 1/4 T. Spn ground ginger; 1/4 T. Spn allspice; pinch nutmeg. Cream well 5 eggs; 1 cup Brown sugar; add 1 cup butter; 1/4 cup molasses. Stir both mixtures together; beat well. Bake in well greased tin 2 1/2 to 3 hours, moderate oven.</p>
---	--	---

Add ROMAN MEAL to Your Daily Diet.

ROMAN MEAL is the only balanced combination of whole grains—wheat, rye, Flaxin, and comminuted bran. It is a delicious family food, to be used as porridge, or baked into anything half and half with flour. By using Roman Meal in some way every day, with plenty of milk and some leafy vegetables (preferably uncooked) you provide your body—and the bodies of your children—with every element necessary to sturdy health and long life, and correct the "deficiencies" of modern "excess acid" and "deficiency" foods. Roman Meal aids digestion, positively relieves constipation.

With one exception the most economical cereal sold.

ROMAN MEAL COMPANY, TORONTO.



With one exception the most economical cereal sold.

ROMAN MEAL COMPANY, TORONTO.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Hathorn*

In Use For Over Thirty Years

CASTORIA

THE HATHORN COMPANY, NEW YORK CITY.

