

NEWS AND VIEWS FOR WOMEN READERS

Efficient Housekeeping

- TOMORROW'S MENU
Breakfast: Grapes, Cereal, Wholewheat Griddlecakes, Coffee, Syrup
Dinner: Roast Chicken, Mashed Potatoes, Creamed Cauliflower, Lettuce, Celery, Coffee, Ice Cream
Supper: Cold Bee Loaf, Marmalade Sandwiches, Cocoa, Cup Cakes, Preserves

DIRECTIONS FOR CROCHETING A BABY'S AFGHAN.

Several readers have requested crocheted direction for the following: Infant's Crocheted Afghan; Buy four hanks of white, and three and one-half hanks of delicate pink Germantown knitting yarn, four-fold. Also one-half hank of delicate green four-fold Germantown, and a celluloid crocheted-hook number three.

in pink, drawing the white yarn through the two loops of the last st. on the twelfth row; break pink yarn. Now work the white and pink squares alternately till there are 11 squares in all, break the yarn, and secure all the ends neatly. Begin the next strip with the pink yarn and work again 11 squares. Nine strips of which five are begun with the white yarn and four with the pink yarn, form this afghan. Now work with the pink yarn a row of S. C. sts. all around afghan. (Scallop if desired.)

For the Rosebud: With the pink yarn make a ch. of 11 sts., skip 1 ch. next to hook and work 1 d. c. into each of the next nine ch., break the yarn, leaving an end about seven inches long; now gather down the side of the d. c. along the nine ch. at the bottom and up the two ch., draw together and twist, forming the rosebud.

To Make the Three Leaves and Stem of the Rosebud: With the green yarn make a ch. of eight sts., and work one slip stitch into the first ch. to form a loop, 7 ch., 1 sl. st. into the same first ch., to form a second loop, seven ch., 1 sl. st. into the same first ch. to form a third loop, 7 ch., skip 1 ch., next to the hook and work 1 sl. st. into each of the next six ch., thus forming the stem and the three little leaves; break the yarn and sew the stem with leaves underneath the bud, then sew all onto one of the white squares in the afghan. Fill all the white squares in the same manner.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to use YOUR full name, street number, and the name of your city and province. —The Editor.

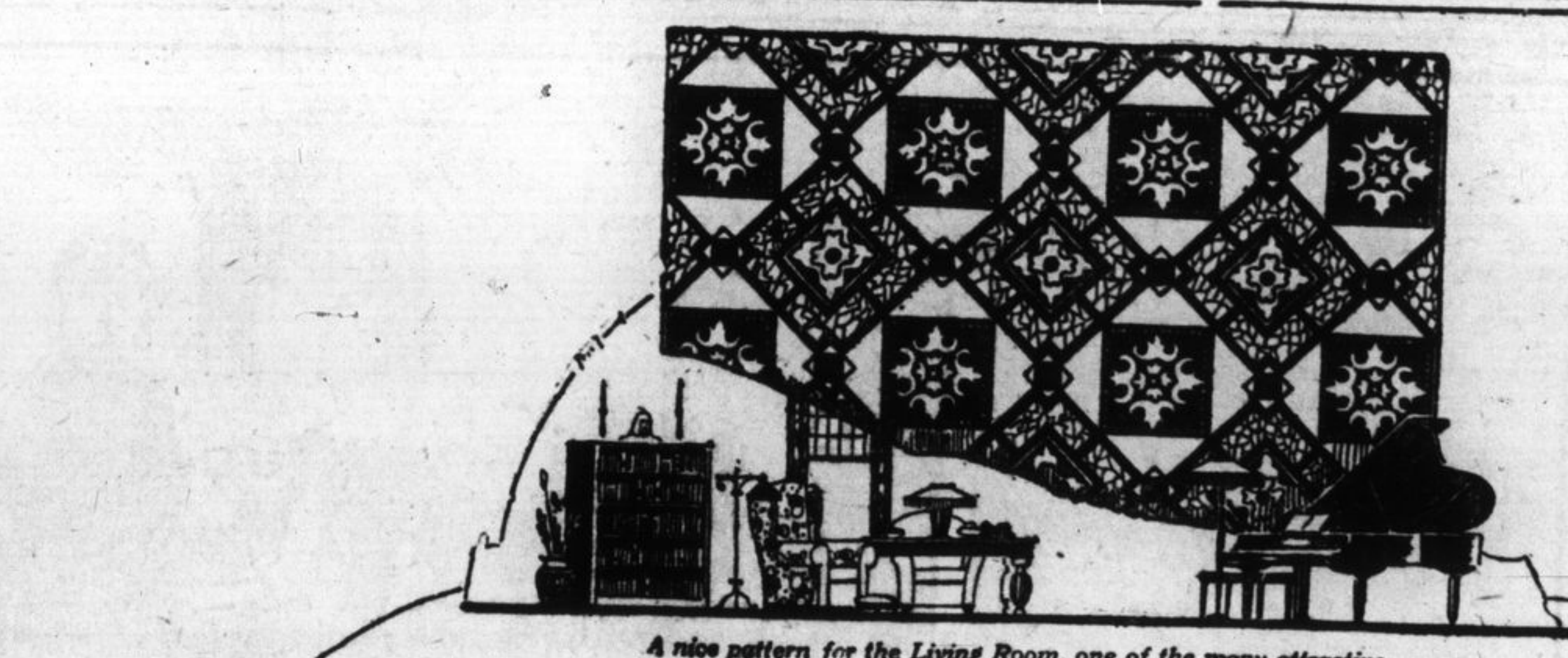
TO-DAY'S FASHION



Note the Use of Pleats and Frills on These Smart Blouses. While the overblouse remains in high favor, there is still much call for the smart blouse that tucks into the skirt. These are worn with coat sweaters and with the gay colored jackets.

ORINOLINES DROPPED FOR HOBBLE SKIRTS

Tighter and Longer is the Rule Dame Fashion Sets in England. Fashionable women of London, who have been anticipating some freedom of the knees this fall through the promised return of crinolines, got a shock this week when the fashion show opened and they found that the fickle genius of designers had switched from crinolines to hobble skirts. They noted, too, that not only are the dresses getting tighter,



A nice pattern for the Living Room, one of the many attractive designs available in tasteful colorings.

Dominion LINOLEUM is Appropriate for Every Room

DISCRIMINATING women everywhere, adopt Dominion Linoleum and Dominion Linoleum Rugs for all their floors as part of the permanent furnishing scheme for their homes. They try it first in one room, where it proves durable and attractive and it becomes such a time and labor saver that other rooms are soon covered with it.

Whether living room, dining room, bedroom, hall, kitchen or bathroom, there is a Dominion pattern to suit it and blend with hangings and furniture. A few such patterns are illustrated, but without the aid of color it is difficult to do them justice. You must see them to realize their beauty.

Every floor covered with Dominion Linoleum or a Dominion Linoleum Rug means less housework, more time for rest and recreation, and long years of satisfactory wear. Dominion products are highly sanitary. Their smooth, bright surface is stain-proof and non-absorbent and they cannot harbour dust or germs, neither can spilled liquids hurt them. They are warm, cosy and comfortable to walk on.

Let Your Dealer Assist You

His advice will be helpful for he has long experience. Tell him the room you have in mind; give him an idea of the style of furniture it contains and the color of wall paper and draperies. His recommendations will greatly aid your choice. Let him show you, too, the genuine quality that is built into Dominion Linoleum and Dominion Linoleum Rugs, and above all, note the moderate prices.

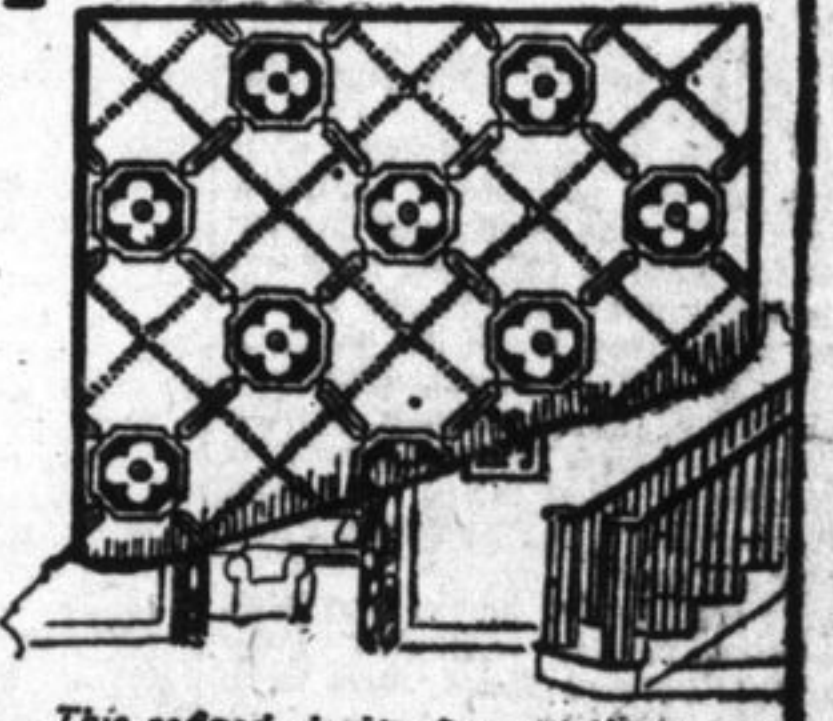
Send us your name and address, and we will mail you an attractive rug folder in four colors. Address Dominion Oilcloth & Linoleum Co., Limited, Montreal.



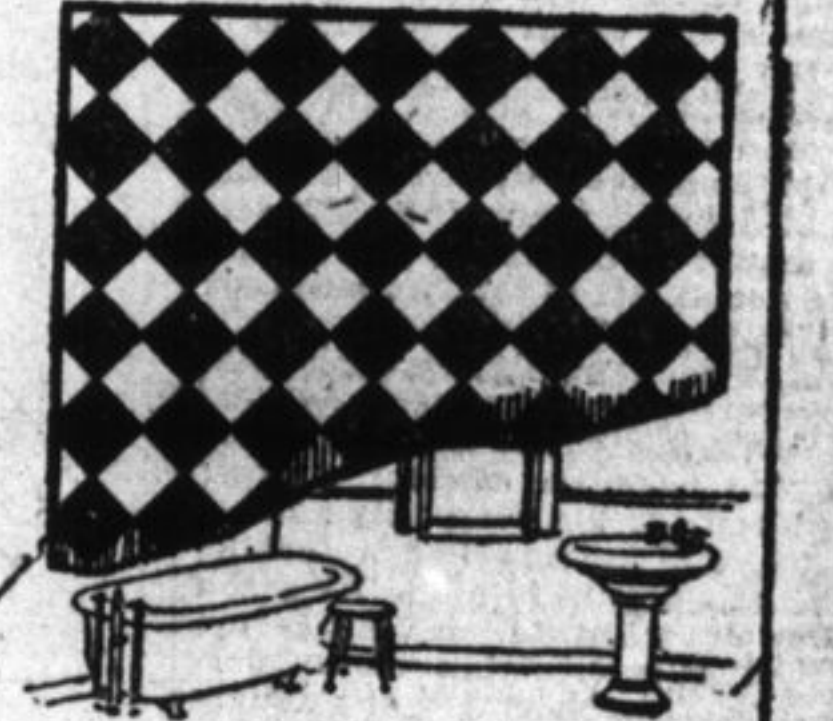
An attractive block pattern that looks well in any kitchen.



This pattern lends just that touch of brightness the bedroom needs.



This refined design is particularly appropriate for Hall or Dining Room.



For the Bathroom, there is nothing quite so suitable as a simple tile design.

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WHEN USING WILSON'S FLY PADS. READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY. of all Fly Killers 10c packet at all Druggists, and General Stores

H.P. SAUCE. There's an economy in using H.P. compared with other sauces and ketchups. H.P. goes further and lasts longer. The favour of H.P. is delicious and unique. of all flavors.

YOUR HEALTH. What "Growing Pains" May Mean to Your Child. Royal S. Copeland, M.D., New York. Children are loved by everybody. Nobody in the house can be happy if the baby is sick. A few diseases are monopolized by children. No period of life is immune from one sort of attack or another. Old age, for example, is noted for its degenerative conditions. The body is beginning to break down and to show evidence of decay. Many serious ailments are of this type. In childhood the tissues are tender and soft. They must be treated tenderly or suffering follows. In youth there are not the powers of endurance and such resistance to disease as adults possess. The difference in the fibre of the tissues accounts for this. In childhood any disease having fever as a symptom may have it run very high. In early life an attack, for instance, of indigestion, may cause the victim to have convulsions. The instability of the nervous system of extreme youth accounts for the violence of the signs of disease. There are some diseases, however, where the symptoms are much less pronounced in infancy than they are in old age. One is rheumatism. You probably recall rheumatism as essentially a trouble confined to advanced life. Unfortunately this

is not the case. However, this condition is entirely different in childhood than it is in adults. In grown-ups the symptoms of acute rheumatism are apt to be very severe. The attack comes on with great suddenness. There is a very high fever, possibly with delirium, and profuse perspiration, together with swollen joints. On the contrary, a child with rheumatism may give almost no sign of the attack. The fever will be low, perhaps 100, or a very little more. He may complain of pain in a few joints, but there is no visible sign of the inflammation observed in adults. The child may complain of pains here and there, and it is common, indeed, for the parent to describe these as "growing pains." The little boy may put on his father's rubber boots and drag the heavy things around the block. His knees hurt and you say he has "strained" them, or else that he has "growing pains." It is more than likely the little chap has rheumatism. Careful examination of the joints and the taking of the temperature may confirm this suspicion. In more severe cases the child refuses to use the joint affected. He won't walk, or bend the arm, or otherwise use the involved part. All such symptoms should be given attention. It is not natural or proper for a child to have pain

of any kind. "Growing pains" may be a term sufficient to satisfy the poorly-informed. But "growing" pains, or any other pains should be attended to at once. In the first place, you don't want the child to suffer, but even more important than to give him comfort, is to find the cause of the rheumatism or other condition. If it is due to an infection of some sort, the safety and health of the child are in danger. You must find why he is suffering and have the cause removed. You must not dismiss "growing pains" or obstinate pains of any sort in a growing child. Farmers Are Busy. Warburton, Oct. 3.—The farmers are busy at filling silos. The corn is but half a crop. Miss Vera Vanderburg left recently for Ottawa where she will attend Normal School. Elmer Bryan, Long Point, was a visitor at Robert Steacy's on Tuesday. Thomas Webster Samuel Horton and Gordon Kestler have installed radiophones in their homes. Mrs. W. G. Vanderburg who recently underwent a serious operation at the General Hospital, Kingston, is speedily recovering. A baby daughter has arrived at the home of Mr. and Mrs. Lenord O'Grady. Many from here attended the auction sale at James Leeder's, Tilley, on Tuesday afternoon. Rain is needed as the land is very dry for fall plowing.

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