NEWS AND VIEWS FOR WOMEN READERS





CHILDREN'S COUGH MINTINE



The Best Cough Syrup is Home-made. Here's an easy way to save \$3, 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

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.

Into a 16-oz, bottle, pour 2½ ounces of Pinex; then 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 16 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 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, heals the membranes, and gives almost immediate relief. Splendid for throat the description of the cough of the cough

tickle, hoarseness, croup, 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 "21/2 ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

Miss Allen's TESTED RECIPES

Cheese Soufflé

(We found this tasty recipe for a perfectly delicious cheese soufle in "The Key to the Cupboard," a book published by the Ladies' Aid Society) 2 tablespoonfule flour (teaspoonful salt (teaspoonful mustard

dash of red pepper
4 tablespoonfuls melted Crisco
1 cupful milk
34 cupful grated American cheese
34 cupful grated breadcrumbs
45 eggs

Blend four, salt, mustard and pepper with the Crisco, add slowly to the milk and let it boil up, stirring constantly. Have ready the cheese and breadcrumbs grated. Add to the mixture, take from the fire and add the besten yolks of the eggs. Let cool, then fold in the heaten whites of the eggs. Turn into a Criscoed baking dish and bake to a light brown. Serve immediately.

For light, tender cakes For digestible and flaky pastry For crisp, digestible fried foods

only develop discretion. Nothing makes a skinny man Woods, Burridge. seeing a fat man perspiring.



bruised celery seed and a very little

minced red pepper. Some house-

wives like one-fourth cup of to-

mato catsup in this soup, as well

This is very nourishing and deli-

Olive Oil Biscuits: Sift two tea-

spoons of baking powder with two

heaping cups of bread flour and one-

half teaspoon of salt. Mix together

one cup of sweet milk and four table-

spoons of olive oil, then add this

Equid mixture to the dry flour mix-

ture. Stir till well blended, then

turn the dough out onto a floured

bread board and pat down to the re-

quired thickness (do not roll, One-

half inch high is about right.) Cut

with a biscuit cutter and place the

small discs of dough in a greased

pan. Slip the pan into a hot oven to

Cooking Oil: Sift together one-

fourth cup of sugar, one and one-

half teaspoons of baking powder.

one-half teaspoon of salt and one and

one-half cups of flour. Stir into this

three-quarters of a cup of sweet

milk, three tablespoons of any good

cooking oil on the market, and one

beaten egg. Turn into buttered

cuffin pans and bake 20 minutes

Tomorrow: - Games For a Child's

All inquiries addressed to Miss

hospital is convalescing at his home

Mr. and Mrs. Andrew McNally

spent the week-end in Kingston.

Mrs. Edmund Healey and little

daughter, Mary, Smith's Falls, re-

turned home on Friday after spend.

ing a few days with her parents

Mr. and Mrs. H. Smith. Mrs. M

A. Whalen was a Kingston visitor

A man can't talk with his mouth

Very few of these European

One of the most noted, successful

and richest men of this country in a

recent article said: "Whatever I am

and whatever success I have attained

in this world I owe it all to my wife.

From the day I first knew her she

has been an inspiration and the

greatest helpmate of my life." Health

is the first essential of every wo

man who wants to be a successful

wife and to hold the love and admi-

finds her energies flagging and dark

circles appearing under her eyes, she

has backache, headaches, nervous-

ness and "the blues," she should take

Lydia E. Pinkham's Vegetable Com-

record of helping 98 out of every

She Kept Her Locks Dark and Glossy.

With Sage Tea and Sulphur.

though, at home is mussy and

'Wyeth's Sage and Sulphur Com-

pound." You just dampen a sponge

becomes beautifully darkened, glossy

For Coughs, Colds

and the relief of in-flammatory conditions

of the throat arising from Bronchial, Asth-

erangements of the

Gum and other medi-

cinal agents. Successfully used for 60 years.

tory Organs.

100 women who try it. There i

nothing better.

and luxuriant.

full of hairpins but a woman can't

statesmen egging on another war

talk with a pipe in her mouth.

got shot at during the last war.

SECRET OF HIS SUCCESS

-The Editor.

in a hot oven.

in Elgin.

bake for about ten minutes.

TOMORROW'S MENU Breakfast Apple Sauce Fried Eggs Wholewheat Toast

Luncheon Celery Corned Beef Hash Muffins. Dinner Hamburg Meat Balls Mashed Potatoes

Spinach Orange-Banana Salad Coffee, Cornstarch Pudding Recipes Called For in Menus to

"Baked Tuna Royal: Turn one can of tomato soup into a bowl and it to taste with salt, pepper and a drop or two of Worcester sauce. Now place in a baking dish casserole two heaping cups cooked rice, arranging this rice in a circle so as to leave a cavity in the middle of the dish; in this cavity put the contents of one can of tuna fish. Pour the seasoned tomato soup over all, sprinkle with buttered bread crumbs, cover the dish and bake for 30 minutes in a hot oven. I am sure other Column Readers will find this dish delicious." Contributed by Mrs.

Bean Soup: Use the black Mexican beans if your grocer has them. or the kidney beans. To one pint of beans add four quarts of water and Kirkman in care of the "Efficient one can of chicken soup. Also add Housek eping" department will two slices of lean bacon or the hock answered in these columns in their which is cut off a strip of ham. Let turn. This requires considerable this mixture boil till the beans are ime, however, owing to the great very tender, adding a little boiling number received. So if a perconal water if the liquid evaporates con- or quicker reply is desired, a stampsiderably. In the meantime boil two | ed and self-addressed envelope must eggs hard, slice them up into rings, be enclosed with the question. Be and drop them into the hot soup just sure to use YOUR full name, street before it is served; also flavor the number, and the name of your city soup with one-fourth teaspoon of and province.

TWO SINNERS.

Ella Wheeler Wilcox. There was a man, it was said one

Who went astray in his youthful Can the brain keep cool and heart keep quiet,

When the blood is a river that's run-And boys will be boys, the old folks

And the man is the better who's had his day.

The sinner reformed, and the preacher told Of the prodigal son who came back to the fold.

And Christian people threw open

With a warmer welcome than ever

Wealth and honor were his to command. And a spotless woman gave him

And the world strewed their pathway with blossoms abloom. Crying "God bless lady, and God ration of her husband. If a woman bless groom!"

There was a maiden who went In the golden dawn of her life's pound, the medicine which holds the

young day. She had more passion and heart than head.

And she followed blindly where fond Love led.

And Love unchecked is a dangerous guide. To wander at will by a fair girl's

The woman repented and turned from sin. But no door opened to let her in.

The preacher prayed that she might Sage Tea and Sulphur, no one can be forgiven. But told her to look for mercy in Heaven.

That the woman is stoned, while dition of other ingredients called may. Oh, how could dad!

the man may go. A brave man wedded her, after all, But the world said, frowning, "We shall not call."

OPERATIONS PERFORMED.

Walter Woods, Burridge,

Spread at Bazaar, Westport, Dec. 3 .- Mrs. Manford Blair underwent a successful operation for goltre on Saturday last in and look years younger. the Toronto Hospital, Dr. A. L. Lockwood, performed the

eration. Vincent Brown, Bedford Mills, underwent a successful operation for appendicitis at the Kingston General hospital on Saturday.

A number of radio sets are being installed in Westport and vicinity. All the Sunday schools are busy preparing Christmas programmes and they promise to be very interesting.

The embroidered bed spread donated by Miss Florence Stinson and Dancing develops the muscles, drawn for at the bazase held by the That's all serviced Now it it would Ladien' Guild of St. Paul's church, ion Saturday, was won by waiter

madder on a chilly morning than Dr. H. J. Fahey, Believille, who has been very ill in the Kingston! Her Father's Bark

By H. LOUIS RAYBOLD.

The proprietor of Shadow Mountain Inn sat at his breakfast table alternately opening mail and stowing away a substantial meal. It was so decidedly pre-season that he and his daughter Sylvia were the only occupants of the big dining room, which was built out over the lake and afforded an appetite-stimulating view of blue lake, forested islands and dim hasy peaks backgrounding the

lower hills of the opposite shore. Sylvia, immersed in her own thoughts, paid little attention to her father's running commentary on his correspondence, which dealt mostly with the reservations of would-be vacationists at the inn.

Suddenly, however, she jumped. "Dad!" she exclaimed in startled wonder, for her father had uttered a peppery word, banged on the table with clenched fist and was regarding an open letter with wrath that Muffins Made with Vegetable threatened to become even more explosive What is it. dad?"

"Of all the cast-fron nerve," thundered her fatter. Wants a job, does he? Had the pleasure of towing the Shirley, did he? Would like to have a talk with me, would he? Well, he shall, and hear what I think of him. Soaked me twenty dollars for towing me last summer because an idiot nephew doesn't know a crank shaft from a piston ring!"

The incident still rankled. It had occurred the previous summer when Carter Stuart, Drake's nephew, whom he had hired to run his party launch | tithe of the goods extracted. -though he knew next to nothing about marine engines, especially broken-down ones-had taken a down the lake on a picnic.

ing boat, which wheezed them aboard but could not tow the larger launch. Promising to send help from to pour upon the ground a libation the inn, the passengers departed. to the gods before draining their gob-Darkness was fast falling when a powerful motor boat swung into the of those times, what do you suppose

Carter described the episode to his uncle with bitterness. "One of those blowing up some and I told him I ed home. He haggled and he held out he got me here he stuck out for twenty-said that was the bargain. Nothing for it, uncle, but to turn over | isn't a religious question. my week's wages that I happened to have with me. What can you do about it? Not my foult!"

or course, what uncle had done had been to reimburse him, but between what he called his aggrieved relative and the rich guy from the harbor his vocabulary of smarting epithets was well-nigh depleted. Twenty dollars for an eight-mile tow! And now this letter. Sylvia was reading it.

"Dear Mr. Stuart,-Can you find me a job this summer? I'll do anything, but running your party boat would most hit me. Had the pleasure of towing the Shirley last summer. Would like to have a talk with you. "John Peabody Griswold." "John Griswold!" said Sylvia to herself in amazement. Then aloud:

money or something recently?" Her father nodded. "Yep-guess be glad to have a talk with him!"

"Didn't the Griswolds lose their

he smiled-oh, gloriously!

There was lots to be said.

Sylvia was down on the dock paint-When you darken your hair with | ing her cance on the late June morning that he arrived. She saw him tell, because it's done so naturally, swing up the veranda and disappear so evenly. Preparing this mixture, into the office. Her heart beating, she laid down her brush, followed troublesome. At little cost you can | him to the office door, and listened For this is the law of the earth, we buy at any drug store the ready-to- shamelessly. A moment later/she use preparation, improved by the ad- crimsoned and fled in shame and dis-

A grievance nursed all winter, a five minutes. When the teacher looklong distance telephone that his chef | ed over the composition she was not or soft brush with it and draw this of the past ten years was retiring a little puzzled. She couldn't underthrough your hair, taking one small from cheffing, a delayed consignment strand at a time. By morning all of cantaloupes—they all combined to lal sport should give up in so short gray hair disappears, and, after an- make Drake Stuart the personifica- a time. "Hugh," she remarked, lookother application or two, your hair tion of anger.

young bandit that stung me to the grace, is a sign of old age, and as we Shirley, that my numbskull nephew two worms."-Harper's Weekly. all desire a youthful and attractive | didn't know merely had a loose wire! appearance, get busy at once with | Don't you know the towing rates on Wyeth's Sage and Sulphur Compound this lake, young man? I've been just dying to find out who the blanketyblank robber was and tell him what! I thought of him. Taking advan-

It was right here that Sylvia had fled and that Griswold had inter-

the wrong man. I towed the Shirley, not?" but as for taking a cent-' "Never was towed but the once," thundered the other. "Don't lie-" told you any such nonsense? That

fellow you had running the launch?" "My nephew?" said Stuart. "You insinuate that my nephew-" self," the other reminded him pleasantly. "Perhaps he is a grafter as

Stuart choked, then seemed troubled. This young man confronting before? bim had a way with him and a level

ook that his nepnew Carter uid no possess. And there had been that other little matter in which Carter had undoubtedly used his uncle's name to cash a worthless cheque.

"Besides," said Griswold, "when you hear my real reason for coming here you will see I would hardly wish it prefaced by such an act. I am very keen about Sylvia. Yes, please hear me out. I've met her several times at the hops over at the Harbor House. Dad went to smash this winter, but he's pulling out and by fall is going to need me in the eustness. Until then I've got to earn my living, and if, while I am doing it, I could forward my courtship to Sylvia, with your permission-" He paused hope-

Willy nilly, certain facts were penetrating Stuart's brain. His nephew had lied to him to get \$20. This young man had reason on his side. His daughter Sylvia deserved the best. Here was a suitor of breeding, fine family, personality, and a frank presentation of his desires which de-

served kindly recognition. Stuart was, after all, a father and gentleman. "My mistake about the towing, I fancy," he said briefly. 'Hang up your hat."

moned his daughter, and John Grisdescend the stairs slowly. "Sylvia," said Stuart meekly,

show John Griswold the boathouse.

A moment later Drake Stuart sum-

WE TAKE ALL. GIVE NOTHING.

Destroy Forests, Sea Food, Etc., Without Thought of Replenishing. Once more the scientists and publicists are tuning up their voices to sing a song of warning against waste. Drake Stuart flipped the letter One gathers that civilization is spendover to his daughter, still growling. ing its capital like a drunken sailor, destroying forests, animals, sea food and all the rest of it, without proper care to refertilize the earth with a

Such conduct would have been irreligious in ancient times. To-day we call it uneconomic. The language has crowd of young people eight miles changed from that of the heart to that of the head, but the crusaders Picnic over, the engine refused to for conservation of national resources budge for the homeward trip. Carter would not be sorry if we could get tinkered a while ineffectually. His back enough of that old devotional party, growing restless, hailed a pass- feeling to keep us from starving our mother planet.

When the wise men of Athens used lets in the free and hearty fashion they thought they were doing?

The custom was a dramatization of the fulfillment of man's sacred rich guys from the harbor. It was obligation to replenish the earth. To-day that obligation is no longer was up against it, and he asked how sacred. It has become an academic much it was worth to me to be tow- question for the economic to worry over, or the foresters, or somebody. for fifteen, but when I gave in and The forests are disappearing, greatly to the detriment of soil, climate and the earth's future fertility. But it

The latest example of our criminal waste has just been announced by the United States Bureau of Fisheries. We're exhausting our oyster supply so far as the Maryland oyster beds are concerned. How? By not pouring a libation to the gods. By not dumping the empty shells back into the waters where the oysters breed, so that the young oysters may have a firm foundation to cling to while growing large enough to grace a banquet,

The trees have begun to shed their leaves, and in every suburb the autumnal air is turning blue with the incense of burning leaves. To burn leaves is to rob mother earth of her great primal fertilizer.-New York Sun and Globe.

Jet Used Ages Ago.

Jet has been used for ornamental purposes since prehistoric times. Acso. Hope so. Write him that I have cording to Pliny, the name is derived no job at present, but-" and he laid from a river or town in Lycia called ominous emphasis on the words, "I'd Gagas, hence the term "gagates," which has been gradually shortened Sylvia, who acted as her father's to "jet." Buttons, rings, amulets and clerk until the regular occupant of other jet ornaments have been found the position arrived, sat long over in barrows of the bronse age in Engthe composing of the reply to young land. Jet seems to have been formed Griswold, with whom she was not un- by the metamorphosis of wood. acquainted. She had thought the Minute examination discloses woody towing business rather shabby, but structure, and the general structure he danced-oh, wonderfully! And of conferous wood. When rubbed it acquires a static charge and draws When John received her, note, he particles toward it; from this prosmiled contentedly. "Would like to perty it has probably acquired the talk with him-" So far, so good. name "black amber." It ignites readily. The value of the total annual world production of jet is estimated at only \$20,000.

When Noah Fished. In a public school recently the children were called upon to write an essay, and at the appointed time little Hugh submitted an effusion on the ark, in which he made the statement that Noah fished one day for about stand why anybody fond of piscatoring up from the essay, "you say that "Well - well - well! Here's the Noah fished for only five minutes?" "Because," was the prompt explana-Gray, faded hair, though no dis- tune of twenty dollars for towing my tion of Hugh, "he didn't have but

Ready to Concede.

An army officer tells of a friendly argument that arose between two young chaplains of different denominations, in which the senior chaplain cleverly got the better of his

"Let us bury the hatchet, my brother," he said. "After all, we are "Look here, Mr. Stuart, you've got both doing the Lord's work, are we "We certainly are," replied the ju-

nior chaplain, quite unarmed. "Let us, then," said the senior, "do The young fellow's eyes blazed. it to the best of our ability, you in "Careful, please. Not one cent. Who your way and I in His."-Harper's.

Her Short-Range Experience. From a story-"Triz was but a frail child and this life of sin and "You called him a numbskull your- infancy was all she had ever known."

Rowing Coach—You want to come out for the crew? Huh! Ever rowed

Candidate-Only a horse, air.

The Only Way

To Test Tea is to Taste it.

Natural Leaf Green Tea is proving a revelation to those who have been users of Japans. TRY IT—YOU WILL LIKE IT

Death of a Young Woman.

Pittsferry, Nov. 30 .- A gloom was cast over this community on Monday, when word was received that Miss Viola Gillespie, daughter of Mr. and Mrs. John Gillespie, Woodburn, had passed into eternal rest after an 'llness of over two years. The late Miss Gillespie was nineteen ite with everyone. Her sweet dis- on Wednesday when Mr. Stillman's wold watched a slim, wet-lashed girl position won for her many friends appeal to set aside the judgment who deeply mourn her death. She was against him in his recent divorce a member of Woodburn Methodist | suit comes up for hearing. W. E. Long, Easton's Corners, and Baby Guy.

former pastor of Woodburn Church, also Rev. C. W. Hollingsworth Sydenham and Rev. A. S. Doggart, Pittsburg. The casket was banked with beautiful flowers.

Mrs. Stillman Confident. New York, Dec. 5 .- Mrs. James years old and was a general favor- A. Stillman will not be in court

church and before her illness took | Mrs. Stillman, confident of vican active part in all the "church's tory, is spending about ten days in activities. She leaves to mourn her New York shopping, and will then loss her parents and little sister return to Grand Anse, Que., for an Dorothy. The funeral service was old-fashioned Christmas in company held at her home on Wednesday af- with James "Bud" Stillman, her ternoon and was conducted by Rev. oldest son; Alexander, the second,

You'll win the fight against Constipation with Kellogg's Bran!

Kellogg's Bran guarantees permanent surprised at the improvement. relief if it is eaten regularly. Two tablespoonfuls each day; as much with each meal in chronic cases—taken consistently-will work health wonders driving out toxic poisons, freeing affected organs and allowing nature to eliminate the wastes in its own way

Think what this means to health when you know that constipation is human ailments; that it is often the direct cause of Bright's and diabetes; that, in milder form, it is responsible for sick headaches, biliousness, nausea, sour breath, pimples, etc.

and what it leads to! Free your family | Kellogg's Bran.

It is wonderful news for every con- | from its ravages; free yourself from stipation sufferer to know that its grip! Within a week you will be

Kellogg's Bran is not only a permanent relief from constipation, but it is a health food, containing mineral salts as well as other vital food elements that are a necessity to human

Eat Kellogg's Bran as a cereal, or sprinkle it on or mix it with other hot or cold cereals because it is ready responsible for a large majority of to eat. It is delicious cooked with hot cereals. And, you have missed much if you do not know the delights of bran muffins, bran raisin bread, bran griddle cakes, etc.

Leading hotels, clubs and restau-Get a package of Kellogg's Bran rants serve Kellogg's Bran in indito-day and fight against constipation vidual packages. All grocers sell

Ladies' Over-Gaiters

in all the newest shades

MEN'S SPATS in Fawn, Beaver, Brown or Grey LADIES' OVERSHOES RUBBERS to fit any shaped shoe.

The Sawyer Shoe Store 184 Princess St. Phone 159.



friends

Good, clear daylight and a well placed mirror are the best friends that a woman has, They place honesty before tact, and tell the truth-unpleasant, if it has to be. Daylight and the well placed mirror are, too, the best friends of Peerless Erasmic Soap.

Peerless Erasmic is the daylight soap that will cause your complexion to revel in the nearness of eyes; give to it a pearly clearness and glow of youth all your own; enable your skin to meet fearlessly the scrutiny of other women, and enable your mirror to answer you pleasantly, whilst speaking the truth."

Peerless Erasmic is more than beauty to the skin. It woos the Penses with its subtle fragrance. Neither pronounced nor obvious, it is the perfume of good taste-an clusive fragrance



25c a cake at all good stores, where you can also obtain Brasmic Shaving Stick, Solidified Brilliantine, Bath Crystals (Perfumed), Shampoo Powder, Concentrated Perfumes and Poudre de Riz.

Canadian Agents and Imports "BRASMIC" Perfumers ANGLO-AMERICAN AGENCIES