

NEWS AND VIEWS FOR WOMEN READERS

Indigestion Gas On Stomach Pains After Meals

Many people suffer terribly from gas and pains in the stomach after every meal, and are kept in constant misery.

For the past 44 years Burdock Blood Bitters has been bringing hope and joy to thousands suffering from various forms of stomach trouble, helping them to eat three square meals a day; helping them to eat anything they wish, without having to suffer for it after.

Mr. Fred Nielson, Moose Jaw, Sask., writes: "All last summer I was troubled with stomach trouble and indigestion, and also gas on the stomach. I could not eat anything except some light food and even then I would be bothered with pains after each meal. I could not work a whole day without being done out. I had tried everything; doctors, medicines and pills, until I read about Burdock Blood Bitters. I have taken four bottles and it has nearly, if not completely, restored me to health again."

Keep Catarrh Away With Vicks

"Finest Thing I Ever Used," Says New Brunswick Lady.

Vicks is good for common colds, sore throat, bronchitis, catarrh, croup, tonsillitis, grippe and all inflammations of the nose, throat or lungs. The ingredients, Camphor, Menthol, Eucalyptus, Turpentine, Thyme and Juniper Tar, make Vicks equally effective for inflammations of the skin, such as cuts, burns, sores, bruises and skin itching.

Mrs. Thomas Brown of Sandy Point Road, St. John, New Brunswick, says: "Vicks VapoRub is the finest thing I have ever used. I had catarrh of the throat and nothing seemed to do me any good. I read about Vicks and bought a jar at the drug store. I was relieved at once, but I kept on using Vicks. I now feel quite well."

Vicks is a salve that acts like a plaster and a vapor lamp at the same time. It is absorbed and inhaled. A valuable family remedy kept on hand in millions of homes. Vicks is used constantly for all the daily ills and hurts of all the family.

At all drug stores, 50c. a jar. For a free test size package, write Vicks Chemical Co., 344 St. Paul St., W., Montreal, P. Q.

Though Vicks is new in Canada it has a remarkable sale in the States. Over 17 million jars used yearly.

GALLAGHER'S TAXI SERVICE 960 DAY AND NIGHT

Home-made Remedy Stops Coughs Quickly

The best cough medicine you ever used. A family supply easily and quickly made. Saves about 25c.

You might be surprised to know that the best thing you can use for a severe cough, is a remedy which is easily prepared at home in just a few moments. It's cheap, but for prompt results it beats anything else you ever tried. Usually stops the ordinary cough or chest cold in 24 hours. Tastes pleasant, too—children like it—and it is pure and good.

Four 2½ ounces of Pinex in a 16-oz. bottle; then fill it up with plain granulated sugar syrup. Or use clarified molasses, honey, or corn syrup, instead of sugar syrup. If desired, thus you make 16 ounces—a family supply—but costing no more than a small bottle of ready-made cough syrup.

And as a cough medicine, there is really nothing better to be had at any price. It goes right to the spot and gives quick, lasting relief. It promptly heals the inflamed membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splendid for bronchitis, croup, hoarseness and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, famous for its healing effect on the membranes.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex," with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

A Christmas Suggestion

Brown Betty Tea Sets including Tea Pot, Cream and Sugar, overlaid with silver deposit make a useful gift. Priced from

\$11.50 up

Also separate Tea Pots in quaint new shapes from

\$1.75

Kinnear & d'Estere

Jewellers PRINCESS ST., KINGSTON "The Gift Shop of Kingston"

Efficient Housekeeping by Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Grapes
Cereal
Wholewheat Griddle Cakes
Coffee Sirup

Dinner
Porterhouse Steak
Mashed Potatoes
Stewed Celery
Lettuce, Russian Dressing
Coffee, Bavarian Cream

Supper
Spanish Omelet
Olives
Biscuits
Cocoa, Jelly
Cake

Making the Popular New "Shade Pulls"

Every housekeeper who sees the new shade pulls in shops or at a friend's house, immediately wants some like them for her own home. Not for years have we had a vogue which is as universal as this one. "They dress up a window, so!" one woman declared to me, "I shan't be happy till every window in my house—at least, every window downstairs—has one." This feeling is shared by multitudes of other housekeepers.

So today I am printing directions for making them. I am sure that many of my readers will use them. It is just these little touches that beautify a home. There is no doubt about it, a room has a "richer" look if its window shades are outfitted with these new tassels and cords.

Materials: A number seven steel crochet hook and two balls of number three crochet cotton (either white, gray or ecru—depending upon the color of your window shades).

To make the Four-Inch Tassel: Cut a piece of very stiff cardboard four inches long (the width does not matter) and wrap the crochet cotton around this 125 times. Then tie

it somewhere with a small piece of string (so that it will not lose its shape when you slip it off the board). Slip it off and cut the threads at one end; at the top end, tie it again so as to form a little knob; this small knob will later be slipped into a crocheted "cap" to form top of tassel.

To Make the Crocheted Cord: There are many ways of making the cords to these new shade pulls but a crocheted cord is as pretty as any kind (I regret that I cannot give directions for making the woven or braided kind as they are made on looms—often on a homemade loom consisting of a shingle with nails in it—and it would be impossible for me to describe the method of doing it; one would have to be shown how to make them—mere words could not adequately describe the method). Take two threads of the crochet cotton and make a chain 70 stitches long. The two ends of this cord are passed through the top of the tassel "cap" and secured to the tassel itself, before the little cap is slipped onto the top of the tassel.

To Make Tassel Cap: Chain five and join. Single crochet eight times in ring, twice in each stitch in the second row, making 16 stitches for third row. Single crochet once in each stitch in every row. Make this cap eight rows long, then turn it inside out before putting it on tassel.

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.

IF STOMACH IS SOUR, UPSET

Instantly! End Flatulence, Gas, Heartburn, Indigestion



Chew a few! Stomach fine! So pleasant, so inexpensive, so quick to settle an upset stomach. The moment "Pape's Diapepsin" reaches the stomach all pain and distress from indigestion or a sour, gassy stomach vanishes. Millions know its magic. All druggists recommend this harmless stomach corrective.

Social matters and romantic affiliations should be pleasant. Those whose birthday it is may be assured of a successful, happy and prosperous year. A child born on this day will be favored by fortune and rise in life.

Monday's horoscope is not very important. The augury is for the routine course of events, but those in the employment of others may find things pleasant and unfolding for their benefit. All financial risk should be avoided.

Those whose birthday it is have the presage of a quiet and uneventful year, although persons in the employment of others may find conditions favorable. It may be hazardous to risk money in any manner. A child born on this day may be expected to have a rather quiet and uneventful career.

TO-DAY'S FASHION

By Vera Winston.



A Darker Shade of Trimming Gives This Brown Suit Its Distinction.

Brown remains one of the smart Winter colors. It is a most practical color for the serviceable suit, and a suit of this type becomes ornamental when it is as attractive as the one above. The trimming, consisting of bands of brown fur and tasteful brown embroidery is darker in tone than the suit. Note the uneven line of

Old Dutch
Contains no lye or acids. Soft and flaky won't scratch.
A little goes a long way.
MADE IN CANADA

WE SERVE GOOD MEALS
Good meals served to your liking. EVENING PARTIES given first class attention.
THE VICTORIA CAFE
354 King Street. Sing Lee and Gan Lee, Props. Telephone 763.

embroidery where the suit coat ties at the side. The collar, with its soft puffing about the face, is also most effective. The skeptic always has in stock a whole lot of things he doesn't believe because he has not investigated them. If both sides of the story could be told at the same sitting there would be less trouble in this old world.

BOOKS

MORNING IN THE WEST.

By Katherine Hale. Publishers, The Eyerson Press, Toronto.

It is to our Canadian poets that we must look for the interpretation of the soul of Canada, and of these poets is Katherine Hale. As a delightful reminder of days spent together in an observation car as we crossed the brown prairies, watching the straight lines of steel stretching eastward to the horizon, of galeties in Vancouver and of a sail on a sunlit sea to Victoria, we have received her latest book, "Morning in the West." In these short poems she has caught and held the spirit of our cosmopolitan land. The Indian maiden Cun-na-wa-bum lives again for us "The tip-end of a swan wing for her fan," and in "Buffalo Meat" we read with a thrill the story of the English girls we have known as older women, who ventured forth with the high courage and daring of their race, from Piccadilly ballrooms to the Canadian west, shared her husband's hardships and loved him the more for the touch of savagery aroused in him from the dangers to be faced. The French counterpart of these brave English women is portrayed for us in one of the most striking pieces of work in this interesting collection of verses, "Madame de Couronnement," who "excels at bridge" yet motoring home to the Chateau Laurier from an Ottawa gaiety, shudderingly hears the howl of a dog in the streets of Canada's capital that brings back hours of the lonely agony on the banks of the Red river while the wolves howled, when the world was half a century younger. But the songs are not all of the west. A motor trip through familiar country brings us to North Frontenac and the great

rock at Bon Echo "that blazes with color in the sun." In a canoe, the dwellers in a crowded city steal close to the monster crag and in the dusk watch the shadows as they pass, daring to dream the great, elemental forces of nature find here their old abiding place—and their worshippers.

The Round Table, December.

The first article in the December number of The Round Table introduces summaries of the proceedings of the Imperial and Economic Conference. It shows the change in attitude that had taken place since the 1921 Conference, as a result of constitutional and economic difficulties which gradually made another conference a necessity, and the atmosphere in which the 1923 conference met. The world situation which confronted it is also described, and attention is drawn to characteristics which made the conference different to all that preceded it. The actual conclusions of both conferences the reader will find in an appendix.

The problem of Europe, the most intractable of the questions which faced the conference, is discussed in the second article. It traces the steps and the blunders which led up to the present crisis and suggests the policy which this country should adopt now that the proposed committee of enquiry in which America, as well as the Allies, was to have taken part, has come to nothing.

The third article, "Inflation and Deflation," deals with the currency problem. Another article describes our work in Mesopotamia, where a new experiment in Anglo-Asiatic relations is being conducted. The next article gives a vivid sketch of Ireland as it is from an Irish pen. The article that follows—is a weighty survey of the economic and financial conditions of India, in which natural forces play such a preponderant part that the European standards can hardly be applied. The first section of the United Kingdom article discusses among other things the effects which Mr. Baldwin's new fiscal proposals are likely to have on English political life, and the election prospects. Unemployment is also dealt with and the special measures which have already been taken to cope with it. The usual articles from the Dominions follow. The Canadian article shows the enormous possibilities of that Dominion in other directions than agriculture.

TOMORROW'S HOROSCOPE BY GENEVIEVE HENKLE

SUNDAY AND MONDAY, DECEMBER 9-10.
Sunday's astrological map holds prophecy for lively and prosperous conditions in all alliances. Especially should affairs of the church and benevolent organizations flourish under an active and friendly Jupiter.

Now you'll like Bran!

Post's BRAN FLAKES
WITH OTHER PARTS OF WHEAT
DELICIOUSLY MALT FLAVORED
A LAXATIVE FOOD READY TO EAT
CANADIAN POSTUM CEREAL CO. LTD.
Windsor Ontario Canada

Now Millions like Bran

In one short year Post's Bran Flakes has become the daily cereal of millions of people. And all because Post's Bran Flakes has done for them what no other nourishing, inviting food will do. By its genuine laxative qualities, it has brought them back to normal. It has eliminated fatiguing poisons from their systems, brightened their eyes and cleared their complexions.

You, too, will welcome this delicious laxative food. Crisp, delicate flakes with a wonderful flavor and with most of the food value of wheat—but with all the laxative value of bran. Try Post's Bran Flakes with Other Parts of Wheat tomorrow. Order from your grocer—but be sure you get Post's Bran Flakes.

Made in Canada
Canadian Postum Cereal Company Limited
Head Office: Toronto Factory: Windsor

POST'S BRAN FLAKES
With Other Parts of Wheat
A Laxative Food

"FREEZONE"

CORNS lift right off



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then rub it in. See it lift right off with ease. Truly, Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the salve, without soreness or irritation.