

### Mothers Treat Colds The New "Direct" Way

No Longer Necessary to "Dose" Children With Internal Medicines to Break Colds.

Children's digestions are easily upset by too much dosing. Vicks Vaporub being externally applied, does not upset little stomachs. At the first sign of croup, sore throat, or any other cold trouble, apply Vicks freely. There is nothing to swallow—you just "rub it on."



**VICKS VAPORUB**  
Over 17 Million Jars Used Yearly

### NERVOUS SYSTEM IS RESTORED BY RICH, RED BLOOD

Weak, Nervous Women Can Renew Vitality By A Safe Treatment



The recuperative power of our systems finds its life in our blood. Create more red blood cells and we rekindle the fire of bodily strength, for rich, red blood is the driving force of life. If you are too easily exhausted, lack confidence and ambulating power, are nervous and too thin or pale you should think first of your blood. Create more red blood. Win back new strength. Nourish the body tissues. Rejuvenate yourself. Men and women can find an easy way to create red blood that makes their bodies tingle with the pulsing of life. Wincarnis gives to the blood the very elements from which it is created. For fifty years this red blood builder has restored exhausted sufferers. If your body vitality is at a low ebb, your system undernourished, your nerve power failing, go to your druggist today and begin the safe Wincarnis treatment. A sixteen-ounce bottle of Wincarnis, which is a fourteen-day treatment, is sold by all leading druggists for \$1.50. Wincarnis is so effective that only three table-spoonfuls a day need be taken. Try Wincarnis and see the difference just a few days will bring.

**FOR WINTER SPORTS WEAR**  
**JAEGER**  
(Pure Wool)

**WALL PAPER**  
New Spring stock of Wall Paper just arrived.  
Choice range of patterns to pick from.  
See us for estimates on decorating your home.  
**W. G. VEALE**  
314 BARRIE STREET

**Quality Perfumes**  
Narcissus, Ben Hur, Djer-kiss, Rhapsodie, Mahalia, Fantasia  
25c. dram, \$2.00 oz.  
**PRINCESS PHARMACY**

**CADILLAC**  
The Master of ELECTRIC CLEANERS  
New Ball Bearing Motor, exclusively a Cadillac feature. No oil or grease used. Why wait, when \$6.50 per month will buy one.  
**J. R. C. Dobbs**  
& Co.  
44 Clarence Street.  
Phone 816.

A K.C. Injured. J. H. Burritt, K.C., is reported to be resting comfortably at the Cottage Hospital, Pembroke, where he was admitted Saturday morning, suffering from painful bruises caused by a fall on the icy sidewalk near the main entrance to the Munro block.

## Efficient Housekeeping

**TOMORROW'S MENU**

Breakfast	Cereal
Stewed Prunes	Cereal
Fried Liver and Bacon	Coffee
Muffins	Coffee
Luncheon	
Spanish Omelet	Wholewheat Bread
Applesauce	Doughnuts
Cocoa	Cocoa
Dinner	
Lamb Stew (with Potatoes)	Peas and Celery
Letting Salad	Stewed Fruit Pudding
Hard Sauce	Coffee

and ground sage to suit individual liking (I, personally, like a high sage seasoning—about one teaspoon). Stir well, then pack the mixture into a small bread pan. Bake in a slow oven for three hours. Cool before turning from the pan. Cut in slices for serving—either hot or cold.

Bride: "We have a plaster cast of which we are very fond. I do not want it to get dirty. What shall I do? Wash it when the first dust appears?"

Answer: No, give it a thin coat of white shellac, then apply two successive thin coats of old ivory enamel in a semi-gloss finish, allowing 24 hours to elapse between the first coat with the finest grade of sandpaper when dry, to remove brush marks. This type of finish can safely be washed with lukewarm water and a little whiting, or with ends of mild white soap. This is called a "permanent" finish. Often the case one buys has a halcyon finish which soils readily and will not withstand washing; but they may be gently and quickly wiped with a cloth wrung out of cold soapy water (if they have become soiled) before applying the Permanent Finish.

Tomorrow: Some Good Hot Bread.

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 state.

—The Editor.

### AUNT HET



"I reckon I'll have to change doctors. Our old doctor knows my ailments so well he won't take 'em serious."

Fractured Her Hip. Mrs. E. Playfair, Carleton Place, slipped and fell while proceeding up-town from her home on Lake avenue. Mrs. Playfair was taken at once to her home where medical attention was given and where it was found that she had fractured a hip bone. On Saturday morning she was removed to the new civic hospital in Ottawa where she is progressing favorably though suffering considerably.

### WIDE JABOT A FEATURE



The very wide jabot gives distinction to this street frock of amber yellow jewel-tone, relieved with crepe de chine. This is the type of tailored frock fashion favors this spring—neat and simple, but with mere grace and imagination than the very severe models of the winter.

Building Large Cruiser. The Fred Gilbert Boat Co., Brockville, have under construction for the Quebec Development Co., of Quebec, a cruiser which will measure 40 feet in length with a beam of 10 feet. The boat will be equipped with six berths. Fred Gilbert was given a free hand in designing the cruiser and the plans call for the officers' cabins and general layout of the boat being similar to the design of the British submarine chasers used in the late war. The most modern equipment will be embodied in the craft, which will have electric starting and lighting devices.

A dinner frock that is lovely in color as well as in line is of beige lace over rose colored chiffon.

### MOTHER!

Watch Child's Bowels

"California Fig Syrup" is Children's Harmless Laxative



When your child is constipated, bilious, has colic, feverish-breath, coated-tongue, or diarrhoea, a teaspoonful of genuine "California Fig Syrup" sweetens the stomach and promptly cleans the bowels of poisons, gases, bile, souring food and waste. Never cramps or overacts. Contains no narcotics or soothing drugs. Children love its delicious taste.

Ask your druggist for genuine "California Fig Syrup," which has full directions for babies and children of all ages, plainly printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Ganoque to Build Bridge. Plans and specifications for the erection of the traffic bridge across the Ganoque river at what is known in Ganoque as the Punch Bow, were submitted to the Ganoque council. These were prepared by E. E. Blackwell, county engineer, who, Mayor Wilson announced, had put in a bid for the work. The figures, however, will not be made known until the other tenders which will be asked for are received.

James Patrick Higgins died at St. Vincent de Paul Hospital, Brockville, after an illness of over three years, aged seventy-one years. The late Mr. Higgins was born at Merrickville.

### Fat That Shows Soon Disappears

Prominent fat which comes and stays where it is not needed is a burden to carry, a hindrance to activity, a curb upon pleasure. You can remove the fat where it shows by taking after each meal and at bedtime, one Marmola Prescription Tablet. These little tablets are as pleasant and effective as the famous prescription from which they take their name. Buy and try a box to-day. All druggists the world over sell them, at one dollar for a box, or you can order them direct from the Marmola Co., General Motors Bldg., Detroit, Mich. You can thus say good-bye to dieting, exercise and fat.



## Built for Use Every Day

**SNYDER'S Sani-Bilt Living Room Furniture**, guaranteed mothproof, although handsome of its kind, is not built for mere show. It is built for hard, everyday use in the most used room in the house—the family living room of the modern home.

When a man wants to be comfortable after the day's work is done, he doesn't long to sit up in a stiff-backed chair or recline on a fancy spindle-legged sofa. Those days are passed and gone. Nowadays a man looks for a broad, low, Sani-Bilt Chesterfield or a deep, capacious Sani-Bilt Chair. He wants to relax and be comfortable.

In a house where there are children it is no use buying living room furniture that won't withstand constant use. Active little people are up and down, in and out, all the time. The Living Room belongs in part to them. Snyder's Sani-Bilt Living Room Furniture is built for the whole family, and the coverings are chosen for their durability, as well as their beauty.

Nor does a Sani-Bilt Chair or Chesterfield sag under heavy use. The springs rest on interlaced straps of a special, non-stretchable Scotch webbing, nailed securely to the frame. The springs themselves are more numerous than in ordinary upholstered furniture, the Sani-Bilt Chesterfield seat containing four rows of springs as compared to the usual three. They are of rust-proof, oil-tempered steel, very strong, cross-tied into place so that they may not slip from position under weight of constant use. The strain being thus equalized, no sags can occur. The edge of the seat is supported by a strong, steel wire stretched taut from arm to arm.

### The Moths Can't Hurt It

Snyder's Sani-Bilt Furniture is, of course, absolutely immune from moths. Moths can't hurt it. You may leave a piece of Sani-Bilt covering fabric or Sani-Bilt stuffing in the possession of moths for a year. At the end of that time the moths and the moth worms will be dead and withered away to dust. But the fabric will be unharmed.

We want to warn the public that there are certain other makes of upholstered furniture on the market claimed to be mothproof like Sani-Bilt. But the one and only Sani-Bilt process is the process used in the Snyder factory. No other manufacturer of upholstered furniture in Canada uses the Sani-Bilt process. It is a process which is applied to every particle of inside stuffing and every thread of the coverings, in our own factory.

**Beauty Founded on Strength**

The beauty of Snyder's Sani-Bilt is more than skin deep. It is beauty founded on constructional strength. The frames are built of thick, clear, solid hardwood without knot or flaw. Every joint is put together with a craftsman's skill, being dovetailed and corner-blocked, glued and screwed.

**Snyder's Sani-Bilt LIVING ROOM FURNITURE**  
Guaranteed Moth Proof



**MAKE SURE OF IT**

To make sure you are buying the genuine Snyder's Sani-Bilt Furniture, look for the Sani-Bilt Guarantee attached to every piece of genuine Sani-Bilt Furniture. Look also for the label under the Cushions. Leading dealers show a range of Snyder's Sani-Bilt Suites in which you will find quite a wide variety of prices. But, remember, at whatever price you pay you are protected absolutely by the Sani-Bilt Guarantee.

**SNYDER'S, LIMITED,**  
Waterloo, Ontario.



**ROBT. J. REID** AGENTS FOR THE SANI-BILT LIVING ROOM FURNITURE  
Telephone 577. 230 Princess Street.

We carry a full line of Snyder's Sani-Bilt Chesterfield Suites in plain Taupe and Figured Mohair.

**JAMES REID**  
Kingston's Biggest Home Furnishers

### THE WHIG'S ZOO

**THE Partridge** is a pretty bird,  
Of mainly brown and red,  
With spots of black and buff and white  
From tips of tail to head.  
Builds its nest upon the ground  
And lives on seeds and clover.  
The drum that this flyer sings  
Just makes him shake all over

**HE'S** just a little fellow,  
He lives down on the farm.  
The kiddies like to play with him,  
They know he'll never harm.  
Wherever is the mother hen,  
He follows very quick.  
He soon will be a chicken, will  
This fuzzy-wuzzy chick.

### COLLARED BY DATELESS BOYS



Junior college girls at Arkansas City, Kas., put on dog collars when boys organized a "dateless" club. Then the boys padlocked the collars and kept the keys. "We wear no man's collars," the girls retorted, filing off the locks rather than beg for keys.

Resigned the Position. A. C. Brown Granite Co. works. Owing to ill health A. C. Brown Lyndhurst, and Harold Green, Oak has resigned the management of the Leaf, has accepted the position.

**PEPS**  
STOP THE WORST  
COUGH OR COLD