HILDREN CRY FOR

Fletcher's
CASTORIA

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oria is especially pre-
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and Children all ages
onstipation, Flatulency,
d Colic and Diarrhea; allaying Feverishness arising there-
, and, by regulating the Stomach and Bowels, aids the
ilation of Food; giving healthy and natural sleep.

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utely Harmless - No Opiates. Physicians everywhere recommend it.

s Purity
akes it dissolve freely

No need to leave Sunlight Soap in the water, as you do the hard, coarse soaps.

Because Sunlight is purposely made to dissolve freely—

And being all pure soap, less of it is required to make suds.

Just swish the bar around a little in the water or rub the soap lightly from the bar.

You'll get plenty of pure, creamy suds instantly!

The $5,000 Sunlight Guarantee means Absolute Purity, Kindness to your Hands, Longer Life for your Clothes.

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It All Depends On You

Trot Paul Whiteman and His Orchestra 20513
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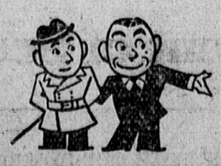

Trot Nat. Shilkret and The Victor Orchestra 20508
Gene Austin 20568

Song of the Wanderer

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the latest Red Seal records by famous Victor artists

Talking
hine Co. of Canada, Limited

AGE.

Old things, old houses, old times, old manners, old friends—are sometimes the dipest and truest. What an atmosphere we imbibe from antiques!

Old people—too, little appreciated in this day of "flaming youth"—are often the kindest, the most tolerant, the most broad minded, the sweetest, the most understanding, the bravest, the most patient, the dearest, the richest in experience and wisdom, the most serene. Do we pay enough attention to them and honor them? Do we write those letters to the "old folks at home"? The years are slipping fast. Better a loving word or act which will cheer them today, than a flower or a tear dropped on their grave tomorrow.

BUYING BABY CLOTHES

"That's where my money goes, Buying my Baby Clothes—"

The tininess of the stitches worked into the clothes of the baby-to—be was one way of measuring mother love in the olden days. It is not so today. This athletic age counts it a virtue to be up and out of doors, showing mother love by exercise and breathing proper amounts of oxygen, rather than sitting indoors stooped over fine linen, even for a baby—to—be.

The result is that many dresses for the newcomer are bought ready made and—since the young mother has had no experience by which to gauge her purchases she and baby sometimes have to suffer along with a poorly selected layette.

The first thing to consider in choosing baby clothes is their health aspect. Will they be comfortable for baby to wear? Will they bind at his neck or be too small in the armhole? Is there scratchy lace around the neck and, are the garments warm enough, or too warm, will they be easy to put on and take off? How are they to be fastened, and if buttoned, will he have to lie on hard buttons

Will they launder well is an important question to ask.

Their durability is also something to think about. Most baby—clothes wear for just about one baby and a half. How many garments of each kind will you need is a matter which deserves study. This depends upon how frequently your laundering can be done, and upon the health of both mother and baby, as well as upon how much the baby will be on dress parade and how much he will lie alone in his inobscure corner. It is rather a sensible plan to get plenty of the more necessary and useful articles, slighting the accesories if anything. The latter can usually be purchased at any time, and you never know how many presents Sir Baby is going to receive. His gifts are more likely to be the accessories rather than the substantials.

TOMATO COMBINATIONS.

Tomato Shirr—Into a gem tin, put half cup of tomato, cooked and seasoned with salt, pepper, and minced onion. Drop an egg into each compartment, cover with buttered crumbs, and bake.

Tomato with poached eggs—Thicken seasoned tomatoes with flour and when boiling hot drop eggs into it and poach as usual. Serve on toast.

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Tomoto—corn Scallop—Put in a baking dish alternate layers of tomatoes, corn and crumbs. Season with salt, pepper, onion and green pepper and bake.

Escalloped Cabbage.— Boil cabbage until almost tender. Put in a baking dish and cover with crumbs and tomato, and on top put a layer of grated cheese. bake.

Tomatoes and Rice.—Boil one cupful of rice in three cups of salted water until water has simmered out. Add half can of tomatoes and a tablespoon of bacon fat and simmer until the liquid is gone.

Tomato is a valuable addition to almost any meat dish. It adds flavor and makes the meat more tender by dissolving the connective tissue.

MAKE A DATE WITH DATES.

The date is a very ancient food, cultivated and prized from remotest antiquity. It's first home, so far as we know, was the Canary Islands and Northeast Africa. From there it was carried to Arabia and India and has been a chief source of wealth and staple article of food in this region for ages. Attempts have been made to transplant it to Europe, along the Mediterannean, but the fruits will not ripen that far north. One of our best varieties of dates however, is produced in Arizona and California, but it is a more expensive variety and most of the dates with which we are familiar are imported from the Persian Gulf and Africa.

Dates are not washed before being marketed as that would lessen their keeping qualities. For this reason all dates should be washed when used as food, and one is as certain to get clean dates if bought in the bulk as when buying package dates. Bulk dates are cheaper than package dates, and sometimes of better quality.

Dates are high in food value. They are not used as much as their value deserves. A nutritious and wholesome lunch might be a glass of milk and a dozen dates. Cut up, they are an acceptable addition to the breakfast cereal, in rice or tapioca pudding in salads, and even in applesauce. They may be used in breads and cake instead of raisins. Finely chopped and softened with cream, they make a delicious spread for sandwiches.

FOOD HABITS FOR CHILDREN.

If, at every mealtime, you worry about what your child eats, and whether he gets enough, you call particular attention to him and this encourages his habit of being finicky. Every child likes to be the star actor in the drama.

If you talk about his food habits before other people, that makes him feel important and he will want to keep on being different.

Even if he spills a little food, while he is learning to eat, that is much better than to make him become independent and nervous and fretful.

If other members of the family are fussy about their food, the child will be so, too. Children are great imitators.

YOUR HANDSHAKE.

A man is known by the handshake he shakes. How you shake hands is particularly important because it advetises to the newcomer the kind of person you are.

There are many varieties of this popular form of greeting. There is the limp handshake of the feeble character, which has not much back of it. There is the over zealous grip of the crude which makes you cringe. There is the long drawn out sawing up and down of the absent minded. There is the lifeless hand laid into yours which you find about as responsive as a pump handle. There is the gingerly offer of the finger tips which marks the snobbish; the over sentimental squeeze; the prolonged holding of hands; and last, and perfectly splendid, there is the dignified, hearty and wholesome handclasp which the soul speaks through. Watch your handshake.

OWNING YOUR HOME.

Half the people in North America own their homes, that is, they have the family domicile in their own names, taking no account of the mortgage on the roof. A large proportion of them are still paying for their homes, but that is no disgrace, it encourages thrift, makes the family more stable, gives them an estate, makes them better citizens with a "stake" in community welfare and government.

Many more families might own their homes, if they only thought so, if they looked the proposition squarely in the face and were willing to make some sacrifices. Families often fail to give consideration to the idea of buying a home, because they jump at the conclusion that it would be impossible, or they desire to live in a home beyoond their means. Even if one cannot buy at once the type of a home he wishes for life, it is wise to make a beginning and later that home may be sold and the price applied on another and more desirable home, the family having the advantage of a steady abiding place and the unearned increment through a few years.

"The gods provide thread for the web begun," says the adage, but one cannot place too much trust in anything but his own resources. In determining whether to buy a home one should consider the bargains to be obtained, whether the property will increase in value, what is the regular income of the family earners, what expenses as college or opreations face one in the near future, what would happen if sickness or loss of the present posistion occured, and how much the family can afford to pay each year for a home.

One can estimate that the rent money is applied on the purchase of the new home, but there will be taxes, insurance and upkeep. But the buying of a home will usually make the family willing to cut other expenses, and there are many ways in which funds can be coralled.

Perhaps one may rent a cheaper place until the family can save enough to make the first payment and move into the new home, or a roomer may be taken in and room rent applied on the purchase of the home, or the old auto may be made to serve a year longer. A family can cut many corners, in clothes, automobiles, and other running expenses, for the sake of the dear joy of owning a home.

QUICK QUILTING.

A practcal quilt for common use may be made of pretty calico, all of one pattern except the borders which are of darker color, to match the figure in the calico. The dark border saves the quilt from showing the soil about the edges.

Stretch the quilt on quilting frames; spread the cotton batting in a thin, even layer; cover with the top cover of the quilt, and pin all securely in place with rows of pins. With a yard stick, mark a checked pattern for quilting, diagonally across the quilt. In diamond shape, with lines about an inch apart; remove from the quilting frame.

To stitch the quilt on the sewing machine, lengthen the stitch to the utmost and be sure that the tension is not too tight. Stitch several lines, wide apart, in your design, first in one direction then in the other. Then fill in between these lines according to your pattern.

To protect the quilt, make a twelve inch strip, like the border, and baste it across the top and bottom ends, letting it lap over each side of the quilt six inches. This may be removed for washing more often than it is necessary to wash the whole quilt.

TABLES.

The tables are turned to many uses in the home today. They break up the stiffness of arrangement, give a touch of coziness, and fit well into the small house.

Beside the easy chair is the end table for magazines, while the book trough serves as a shelf underneath. The folding table sits at the head of the davenport ready to hold table lamp or books. The console table stands against the wall, beneath the large mirror or under the tapestry strip. Upon it are two tall candlesticks.

(Continued on page 13)

Found A Health Building Tonic

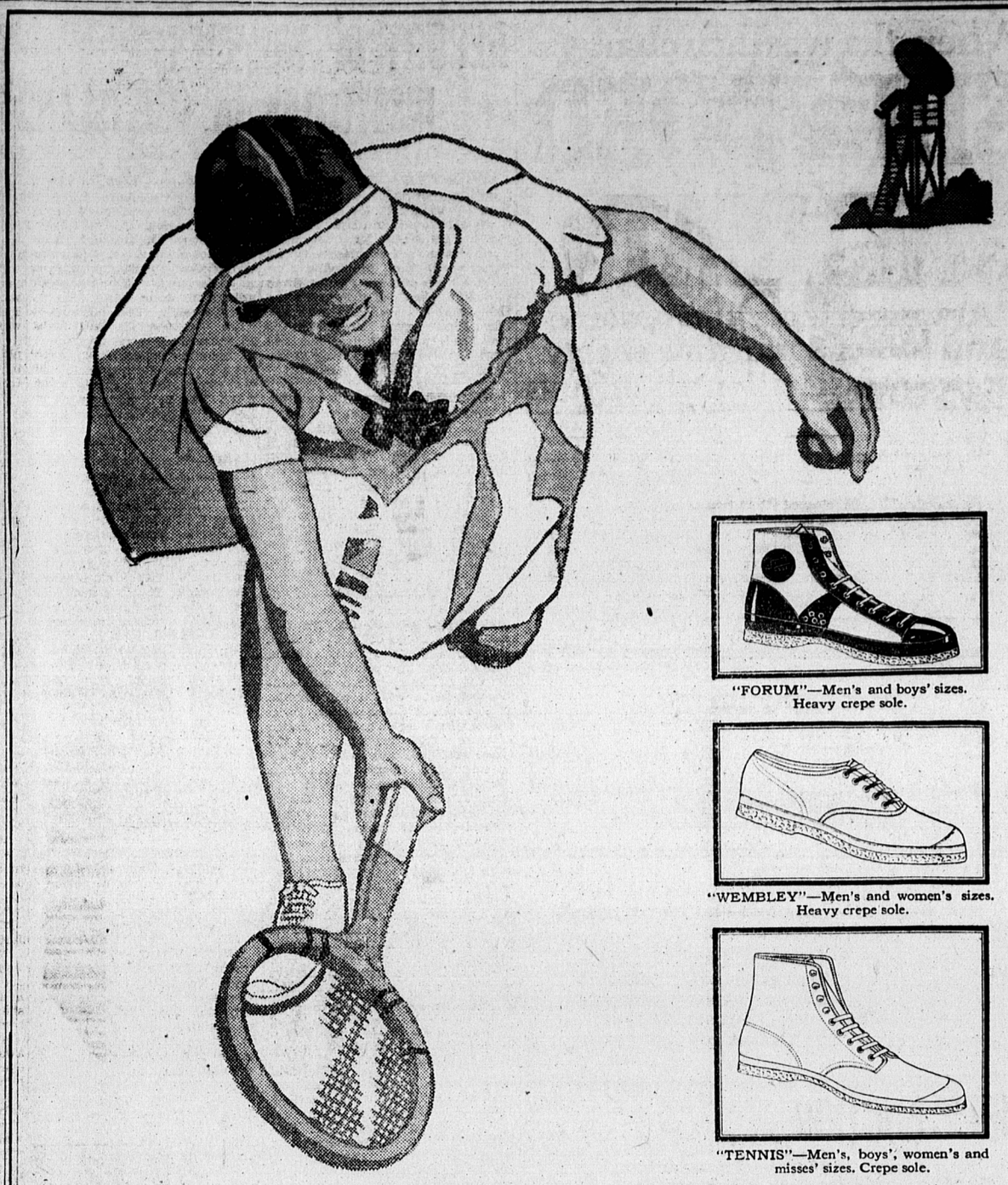
A Nova Scotia Lady Was in an Anaemic Cordition

Men and women who do not sleep well and are not refreshed and strengthened by a night's rest, are generally suffeing from thin, watery blood. The nerves fail to get the nourishment they demand and headaches and a worn-out feeling is the result. Building up the blood is the one sure step to renewed health and strength, and for this purpose nothing else can equal Dr. William Pink Pills. From first dose to last they enrich and purify the blood, and in this way promote better appetite, better rest at night, and renewed strength

Mrs. Mary E. Uhlman, Williams town, N.S., writes:—'I have received so much benefit from Dr. Williams' Pink Pills, that I would feel myself ungrateful if I did not let you know.

I was in a very poor state of health, and reached the stage where I had to remain in bed. A doctor was called in and he told me I had no organic trouble, but was simply run down from overwork. I had been left with a family to support, which I did by dressmaking. The doctor said my blood had almost turned to water, and advised a rest cure. I did not see how it was possible for me to take a very long rest, so I decided to try Dr. Williams' Pink Pills. Soon I found my strength returning and before very long I was able to go about my duties as usual again. This was a few years ago, and my health remained good until bout a year ago, when I broke out with humor of the blood. Again I consulted the doctor, who said my blood had become so thin that it had really poisoned itself. I told him I had bought several boxes of Dr. Williams' Pink Pill., and he told me to go on taking them as he thought they were just what I needed. I took eight boxes and again was in good health. I can therefore recommend these pills to all in a weak or run-down condition."

Dr. Williams' Pink Pills are sold by all druggists or will be sent by mail, post paid, on receipt of price, 50 cents a box. Try them to-day.



"FORUM"—Men's and boys' sizes. Heavy crepe sole.

"WEMBLEY"—Men's and women's sizes. Heavy crepe sole.

"TENNIS"—Men's, boys', women's and misses' sizes. Crepe sole.

FOR every branch of sport there is a Fleet Foot Shoe, each one built with a thorough knowledge of the requirements of that sport. There are Fleet Foot Shoes for tennis, basketball, baseball, for yachting, and for field sports, and for those other occasions when you simply want to do nothing in particular but enjoy yourself.

Fleet Foot Shoes are built for comfort, for long wear, with DOMINION thoroughness; and re-inforced wherever DOMINION research found greater strength necessary.

DOMINION RUBBER SYSTEM

FLEET FOOT

Fleet Foot is a registered trade mark stamped only on genuine Fleet Foot shoes

DOMINION RUBBER COMPANY LIMITED 11

Here are some of the crown jewels of the ill fated Rmanoffs, recently brought to Canada. The silver pallet bears the name of William Turner, then a 17 year old boy, who lived to becomes the greatest painter of landscapes in British art. The earrings, and brooch of pearls, diamonds and turquoises were brought from England by Albert Britnell.