

SCHOOL AND HOME



Honest Wool
Honest Workmanship
Honest Wear



The UNDERWEAR that Overwears

ATLANTIC UNDERWEAR Limited
MONCTON, N.B.

HAVE YOU EVER GIVEN THOUGHT TO THE JOY MAKESHIFT TOYS GIVE CHILDREN?

Many mothers are making up their minds this day, and that toys with which one can make things have come to take their place. The reason is that these toys are believed to develop the child's ingenuity and help to build his character, for they make youngsters think, while other toys amuse only until their newness is worn off and then are usually cast aside.

Going a step further, extremists in child development are favoring a sort of back-to-the-primitive movement which teaches children to make the most of the by-products or home leftovers that require a bit of thought to bring out their possibilities.

Few grown-up persons have any idea of the many possibilities of strawberry baskets, spoons of different sizes and wooden skewers when they are combined with a small hammer and nails, a bit of stout string, a jack-knife and the ingenuity of a small boy. Wagons, mills, furniture, trolley freight-cars and a dozen and one things can be made with them by the child who thinks. The constant need of repairs is part of the game, and perfecting any of the devices aids in the child's development.

Clothes-pins have points of usefulness undreamed of by the laundress. They make dolls which, when dressed with beads, painted and capped and legs stuck into a little wooden disc are fascinating companions. Whole families may be so made, and the children dolls are properly sized in proportion to the parent pins by cutting off a bit of the legs of the clothespins. Again, the pins make excellent birds by adding wings and attaching them to up-and-down pulley lines, and innumerable other toys may be created from clothes-pins by the small boy or girl who likes to make things.

If the cook can be induced to save wishbones, they can be made into the most grotesque of dolls by adding sealing wax feet and heads, painting the features white and dressing them in any way liked. One youngster made groups of such dolls on wee floats made of a strip of board mounted on spool wheels with shower caps. Milk bottle tops are also in demand for small wheels where the trucking is light. Egg shells carefully halved by an experienced hand make fine, though frail, boats to use on a sheltered washbowl lake, where many a wee paper doll with a cork body has a perilous passage from shore to shore. With a small supply of raisins and prunes and a few wooden toothpicks, an odd race of dolls may be created in the sea, sailed by the egg-shell craft.

You may never have guessed it, but corrugated paper which comes around bottles and other things makes the most fascinating dolls' washboards, partitions in doll house forts in war times and other things needed in Toyland.

Bits of parchment or cardboard may become the background of a water-color painting and when ribbon-framed and hung in the doll-house these wee paintings sometimes reveal quite an amazing bit of talent which should be fostered.

Magazines, papers and posters of day furnish rare material for paper dolls, puppet shows, army and navy games, fashion shows for dolls and scrap-books.

There is always one child or more in every group who is clever at this sort of toy-making, and the others, once shown how, develop along their own lines.

Left-overs are cheap, safe and wise playthings for a change.

REMOVE THE CAUSE

When one's blood contains less than the normal number of red corpuscles or lacks the normal amount of coloring matter in the red cells, we say he is anaemic—has weak blood.

The common symptoms of anaemia are general weakness, shortness of breath on exertion, tendency to dizzy or faint spells, dull and more or less constant headaches, fluttering or palpitation or darting pains about the heart, nervous irritation, unsatisfying sleep, flabby appetite, paleness of the lips, together with "that tired feeling."

The causes are well nigh innumerable, but foremost is bad air, indoor life, air contaminated by gas stoves unattached to flues, lack of sunshine, digestive disturbances, improper food or small unnoticed hemorrhages are a few of the causes.

The treatment of anaemia is naturally the removal of the cause.

Fresh fruits and green vegetables offer the best or most assimilable iron for the building of new blood. We all know the necessity of sunlight for plant life. If you have ever picked up a board that has lain on the grass for some time you have undoubtedly noticed that the grass beneath the board is yellow or a very sickly green. So it is with human life. Sunlight is a powerful stimulant to the manufacture of blood corpuscles.

Don't depend too much on blood tonics. Iron in the blood must come from natural food, not from medicine. True medicinal iron stimulates digestion, perhaps, and thus stimulates blood-making organs to activity, but it can hardly be counted on as an aid in the actual making of the corpuscles themselves.

MARRIAGE CUSTOMS.

Our fashionable jewelers have made something very beautiful out of the wedding ring, which was once only a sign of bondage.

But it has not been changed in all parts of the world. The iron band, which is so heavy that the woman can scarcely lift her hand, is still presented to the bride in Madagascar.

NOT THAT SORT.

Suitor (after proposing)—If you are already engaged why didn't you tell me so?
She (Indignantly)—I'm not the sort of girl that boasts of her conquests.

THE CHEERY MORNING WORD

He always said, "Good mornin'!"
And emphasized the good,
As if he'd make it happy.
For each one if he could;
"Good mornin', just good mornin',
To every one he met;
He said it with a twinkle
That no one could forget.

He always said, good mornin'—
And people used to say
That one of his good mornin's
Clung to you all the day;
And made you sort of cheerful
Just thinkin' of the sound;
It always was good mornin'
As long as he was round.

He always said, good mornin'—
And, glad and happy-eyed,
Those were the words he whispered
The mornin' that he died.
Those were the words he whispered
As cheerful as he could—
And I believe God's angels
Have "emphasized the good!"

"Good morning is a simple wish,
but we would all be the poorer if we did not use this pleasant salutation. How much more pleasant it is when those about you offer the ordinary commonplaces about health and weather. Heaviness and sorrow may be for a night, but joy cometh in the morning. Help each other to meet the day's work with courage and unconquerable faith.

THE EVENING STAR

The evening star a child espied,
The one star in the sky,
"Is that God's service flag?" she cried,
And waited for reply.
The mother paused a moment ere
She told the little one:
"Yes, that is why the start is there!
God gave His only Son!"
—Harold Seton in McClure's.

Gray Hair Becomes Dark And Beautiful
Try Grandmother's Old Favorite
Recipe of Sage Tea and Sulphur

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when she is the hostess, yes if the two are the only persons being introduced and are in a friend's house was to make it at home, which is probably a bow is better taste. But as it is the woman's place to take the initiative, she may be as certain as she likes in that respect. A man does not lead in extending his hand at an introduction, but if by chance a man did so—the kind thing would be for a woman to respond.

In public places, like railroad stations and hotel lobbies where restrictions of friends take place, it is good form to confine greetings to hand shakes.

Of course it is practically impossible to lay down definite rules about when you must and must not shake hands. Instinct and sense are good guides.

THROUGH THE FASHION LENS

Suede and kidskin have been used for the smart little sports hats that have come over within the last few seasons from London, but the London as well as the Continental milliners have employed antelope fur in some decidedly smart ways for the new season using the pattern crowns with brims of velvet. This makes one of the best looking fur hats that has come over, and owing to the flatness of this fur can be used in the same way that the suede is employed.

These have been introduced by a designer who makes a specialty of copying French model hats, modified and adapted to suit the English or American child. She states that English and American buyers come to her and declare that the French hats, although decidedly smart, are much too extreme to suit their customers' requirements.

For instance, a small velvet hat, having a double brim in front, and cut off sharply at either side, leaving the back brimless, was shown in the English copy with the brim taken slightly further back, which gave a softer line to the face, and was much easier for the average child to wear.

She has just made for the Palm Beach trade a small pull-on shape with close-fitting crown of lemon organdie, the brim in front of stiff yellow Petersham ribbon, ruffled and pleated, standing out at either side with a small wing effect.

Another American child has purchased a novel "Roman cap" with quartered crown; fitting snug on the head, and finished with a deep band of the material. This fastens under the chin with a narrow strip.

A quaint French fashion copied by the same woman for a New York firm is in sole cloy, with pointed wings either side, fastening to the crown with large crystal buttons. The crown is decorated with monkey fur.

SALADS.

Orange Salad—Peel the oranges, slice them crossways, take out the seeds, and cover with a dressing made in the proportion of three spoonfuls of salad oil to one spoonful of lemon juice, and add salt and a dash of cayenne; flavor, if desired, with a little grated orange rind. Fine as accompaniment of cold pork or poultry.

Egg and Cheese Salad.—Put slices of hard-boiled eggs in a dish, grate on nice cheese, add another layer of eggs, and so on alternately. Put a few capers and finely chopped pickles on top, pour mayonnaise dressing over all, and sprinkle grated cheese on top.

Celery Salad—Wash and wipe half a dozen heads of celery. Cut with shears in a salad bowl. Mix the yolk of one egg, one teaspoon of mustard, a little salt and pepper and the juice of two lemons with two table-spoons of water. Stir well together, drop over it three ounces

of salad oil, then add a spoon of hot water, and pour over the celery.
Chicken Salad.—Take the meat from one cold boiled chicken, and two teaspoons celery; do not chop either, but cut each into dice, and mix. Put two teaspoons cream into a sauce pan and boil; stir in four eggs well beaten, until it becomes like thick cornstarch; put the saucepan into cold water and stir on half a bottle of salad dressing; stirring to keep it from curdling; add vinegar to taste. When cold, pour over the chicken and celery.

A LUNCHEON DISH.

A change in the luncheon menu may be made by placing poached eggs on slices of friend eggplant, and covering with Hollandaise sauce.
Salt sprinkled on anything that has boiled over on the stove will smother the blaze and destroy the odor.

GRAY-DORT

Here are FACTS

No man need purchase the Approved Gray-Dort on hearsay. Facts like the following can be obtained from Gray-Dort owners everywhere.

"My Gray-Dort Sedan has given me perfect satisfaction in every respect. This is the third Gray-Dort car I have had. This present sedan I consider is the best value there is on the Canadian market," says J. T. Ewart of Montreal.

Aren't these some of the qualities you want in YOUR car? Let us show you how the Gray-Dort excels in them.

R. E. White

Charlottetown
GRAY-DORT MOTORS LIMITED, CHATHAM, ONT.
The "Class" of the Light Car Field

SOILED LACE.

Lace that is strong and whole, but soiled or stained, may be dyed a pretty color by steeping in tea and ironing while damp.

WILL RETAIN FLAVOR.

Left-over pineapple will retain its flavor if put immediately in an airtight glass jar and kept in the refrigerator until used.

If your oven is slow to heat you will find just as slow to act—its double action leavening with a slow or hot oven.

EGG-O Baking Powder

ORDER FROM YOUR NEIGHBORHOOD GROCER

CREAM IN COFFEE

Arsene Thibault de Berneaud, physician a century ago to the Bibliotheque Mazan in Paris, opposed with ierodity the use of a relative of new custom of adding milk or cream to black coffee. The latter, in the author's language, was "consoling, joyful and, I had nearly said, spiritual" in its effects. But let ever so small a quantity of milk or cream be added and the result upon the human economy was most disastrous.

Since the dawn of this vicious custom pneumonia and consumption in the cities had increased one-half and rural communities formerly immune were now beginning to show cases of these ailments.

According to Le Progres Medical, which obtained the above information from a new popular review, La Connaissance, de Berneaud pointed out that many eminent physicians shared his opinion. He seems to have had an obsession that all mixtures of fluids were injurious, and extended his prescription of time milk addition to tea, chocolate and betting on the speed of these birds spirits. Sustained by this pre-conceived notion, he was able to publish a long diatribe in 1826, in which he accuses cafe au lait of mpc victors by homing pigeons.

causing almost every derangement known to medicine. But, rabid as sounds, he was fatuous enough to admit that perhaps 10 per cent. of the people might be tough enough to drink cafe au lait without disastrous results.

CARRIER PIGEONS IN WAR

Carrier pigeons achieved fame and usefulness in war time during the Franco Prussian War. During the siege of Paris something like 360 birds were sent out and 57 came in with messages before the custom pneumonia and consumption in the cities had increased one-half and rural communities formerly immune were now beginning to show cases of these ailments.

The Germans trained falcons to follow and kill the French La Connaissance, de Berneaud pointed out that many eminent physicians shared his opinion. He seems to have had an obsession that all mixtures of fluids were injurious, and extended his prescription of time milk addition to tea, chocolate and betting on the speed of these birds spirits. Sustained by this pre-conceived notion, he was able to publish a long diatribe in 1826, in which he accuses cafe au lait of mpc victors by homing pigeons.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

- Colds
- Toothache
- Earache
- Headache
- Nuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pain

Each "Bayer" box of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing Co. Moncton, N.B. To assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Who Gets the Most for His Money?

THE fellow who buys haphazard—or the chap who puts his every-day purchasing on a business basis? The latter, of course. He is the one who reads the advertisements and discovers just where he can buy what he wants. He is the one who realizes the great value of advertising when it comes to the important business of spending his hard-earned money.

The well-informed shopper always has the advantage when it comes to stretching the dollars. And you can't possibly be up-to-date on the shopping news unless you make a practice of reading the advertisements.

The advertisements show you how to save money—and steps—and time. Watch them carefully. Anything that increases your purchasing power is working hard for you.

Make the advertisements serve you well.
Read them regularly.