

School and Home

(Continued from page nine)

But you will not awake some morning to find principal and interest vanished into thin air.

Home-staying women are not alone unwise in their investments; business women are just as indiscreet.

To the woman who depends on inherited money for support, Miss Kerr recommends bonds of the class legal for savings banks.

To the business woman she suggests the safe investment of a certain sum and speculation, if desired, with what's left.

"But no matter what the circumstances," she concludes, "a woman will always be safe in consulting her bank before investing."

THE ART OF TALKING WELL

It is, of course, superfluous to remark that the person who talks most does not always talk best.

It may almost be said that the real art of talking lies in not talking—the meaning of that remark being that the perfect, the sympathetic listener is often described as a delightful conversationalist.

The good listener is a person of discrimination and rare tact, for he either realizes that what you have to say will interest him, or he listens accordingly, or he will encourage the harmless twaddle with wise nods, and "ohs" and "ahs," of stimulated appreciation.

Few and far apart are the good talkers; they who can tell a yarn, or relate an anecdote so freshly and crisply that it is finished before one's interest cools.

A popular raconteur secured a very appreciative ripple of amusement recently when he recorded quite briefly that a lady he was out walking with called at the local confectioner's and inquired for "those buns are today's, because those I had yesterday weren't."

The secret of the art of conversation lies merely in having something interesting to say, and saying it interestingly.

COCOANUT SANDWICHES

1-3 cup cocoanut, grated; 1/4 teaspoon salt; 1/4 cup seeded Sun-Maid Raisins; 1/2 cup white bread; 2 tablespoons orange juice or 1 tablespoon lemon juice.

Wash and dry the raisins. Put through food chopper; add the grated cocoanut, which must be dry, and the salt and fruit juice; spread between thin slices of white bread, cut in three-cornered shapes. No butter is needed with this paste.

FRENCH RAISIN BUNS

1 yeast cake; 1/4 cup lukewarm water; 1 egg beaten; 4 cups sifted flour; 1 teaspoon salt; 3 tablespoons butter; 1 tablespoon sugar; 1 cup milk scalded and cooled; 2 tablespoons sugar; 1 1/2 cups Sun-Maid seeded raisins; Grated rind of half a lemon.

Dissolve the yeast in quarter cup lukewarm water; with 1 tablespoon sugar; Beat into the yeast one and half cups of flour and beat until smooth. Cover and set in a warm place to rise until double in size—about one hour. Turn out on a floured board and shape into buns or fancy twists. Let rise until light, about one hour. Bake in hot oven 15 minutes.

FAVORITE FRITTER RECIPES

Fritters are too often overlooked when housewives are studying economy in running their tables. The fritter not only furnishes an overcoat to cover leftovers, but it also saves serving bread. Also fritters may be served with or without sauce or gravies.

Suppose all of you are tired of the eternal hash, croquettes and ramikin dishes sacred to the left-over, turn their attention to fritters, make them in the wee sizes

Treat Your Liver Fairly

A disordered liver throws the whole system wrong and affects the health generally. Beecham's Pills act directly on the liver, cleanse and strengthen the stomach, regulate the bowels, remove all impurities from the system, and make you fit and well.

Beecham's Pills

Sold everywhere 25c-40 pills 50c-90 pills

and see how good they are. The same batter does for all except the dessert variety. To them sugar must be added. The batter may be made in the morning, for the best of modern baking powder does not begin to do its work until it is subjected to heat so it does not "die" in the dough made to stand.

EGGPLANT FRITTERS.

Peel and cut into dice or half inch cubes, one firm, fresh eggplant. Put the cubes into salted water and squeeze in the juice of a lemon and the juice of an onion. When ready, drain the eggplant dry, dip the cubes in the batter, and fry them as directed. A good cheese sauce may be served with these fritters, which makes them hearty enough for a main luncheon dish.

ONION FRITTERS

Peel and grate one large Spanish onion. Make the batter as directed, only use a tablespoonful of sugar instead of a teaspoonful. Dust the onion with a little salt and pepper, then stir it into the fritter batter. Fry as usual, drain and serve around the edge of the platter with broiled steak. In serving put some of the dish gravy over each fritter.

CRABMEAT FRITTERS

Make the batter as directed and when ready for trying take a quarter pound of fresh crabmeat, add to it the stiffly beaten white of an egg and a tablespoonful of very dry crumbs, then form it into small balls, dip the balls in the batter, and fry them as usual. Serve with lemon quarters and garnish with parsley.

SHRIMP FRITTERS

Open a can of dry shrimps, dip each shrimp into the batter, and fry in hot fat. Drain the fritters on a blotting paper and serve them served with tartar sauce may be served with them if liked. If the cold, remove the shells. They are then ready for fritter use.

FRITTER BATTER

Mix one level cupful of flour with one and a half level teaspoonful of baking powder, two level teaspoonfuls of cornstarch, a teaspoonful of sugar, a saltspoonful of salt, the yolk of an egg beaten into a half cupful of milk, a tablespoonful of melted butter and the stiffly beaten white of the egg. Mix the batter for sweet fritters add three tablespoonfuls of sugar. When the fritters have a filling, the batter slightly with a little additional milk or, in the case of clam fritters, with a little of the clam juice.

BEDSPREAD PATTERNS

Don't be discouraged if your bedspreads need replenishing. No, indeed. Just go to it and make some new ones.

One of the best kind to make is with very, but it wears almost forever. If you get a good quality heavy linen it literally wears for years, and goes through hard usage besides. You can edge the spread with a little fringe, if you wish to have it hang over the side of the bed, or you can embroider a monogram on it, or you can hemstitch edges as you wish.

Or you can buy a coarse ecru linen and work a border in fast colors in cross-stitch—faded green and blue, with a little rose and orange, for instance, for a room where there is no very bright color. Or you can, of course, make these bedspreads to match the covers on a bureau, dressing table and other furniture.

Another way to go about it is to make a colored sateen slip cover for the bed, and over this hang a dimity or swiss or other muslin cover, edged with a little strong coarse lace or else simply with a neatly stitched hem.

BEAUTIFUL HAIR IS HEALTHY HAIR

"Ten minutes a day for a month will start your hair on the road to health," says a specialist in such matters.

"Beautiful hair is only healthy hair. There is no such thing as one cure-all for all scalp. Serious difficulties call for individual treatment. But, in general, every woman can improve her hair by following a regular program.

"The most necessary accessory for the care of the hair is the brush. For polishing and cleaning, a brush with long, flexible bristles is needed. This gives a high luster and stimulates without breaking or pulling.

"The comb, too, must be selected carefully, for it must not break or pull the hair. The teeth of a good comb are well rounded and blunt at the ends.

"The front of the hair is usually badly abused and needs special care. Be careful to avoid break-

Society Leaders

Says It Is Best

Declares Tanlac Overcame Stomach Trouble of Years Standing—Only Medicine She Ever Endorsed.

Mrs. Mary Hurd, 736 King St., Regina, Sask., former president of the Parkdale Women's Club and well known in society circles, is among the latest residents of Regina to give a public statement in behalf of Tanlac. She said:

"I have never spoken publicly about a medicine before, but since I have derived such great benefits from Tanlac, it is a pleasure to recommend it. I suffered several years from stomach trouble, was extremely nervous and had awful headaches. My food always disagreed with me and many nights I could not sleep because the gas in my stomach was so bad I would be all filled up with it and felt like every breath would be my last.

"I took three bottles of Tanlac and all my troubles disappeared. I am now feeling better than I have in years, never have a sign of indigestion, am full of energy and always ready for my duties. Tanlac is simply grand."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

age and add nourishment to the new, weak hair, that is trying so hard to frame your face softly.

"Massage is of the greatest benefit. Begin at the nape of the neck and press the thumbs up the neck and work around the neck to the ears.

"This stimulates circulation through the blood vessels and sinuses and loosens the scalp of the hands on the side of the head until a pink color proves the restoration of a lively circulation.

"The way to correct an oily scalp is not by frequent washings, but by a tonic which will correct the condition which creates the oil. If the hair is kept brushed and free from dust it requires washing only at long intervals."

SAVES IRONING

Thin, cheap Turkish hand-towels used in kitchen and pantry instead of the regulation dish towels are easy to wash and do not need ironing.

Cotton crepe and seersucker, bought by the yard, cut into towel lengths and hemmed, make the "very best" glass toweling; conventional "glass" toweling cannot "hold a candle" to these. These absorb the ironing-board's extra fine polish to glass, fine china and silver. Coarsely woven old cotton cut into towels and hemmed with a long stitch is almost equally good.

AN ELECTRIC COMFORT

A heating pad, the heat electrically supplied, with three heat-comfort wires and high—such a when added is a welcome anywhere.

The entire knitted costume is seen everywhere—a one-piece affair or a separate skirt and slip-over blouse.

Envelopes As Holders

Excellent holders for tapes and buttons are the envelopes with transparent name spaces. A neat sewing table drawer is the result.

FRUIT COCKTAIL

1/2 can white cherries; 3 oranges; 1/2 can sliced pineapple; 3 bananas; 1/2 package Sun-Maid seeded raisins.

Cut the raisins, pineapple, cherries and oranges in small pieces. Slice bananas in thin slices. Mix together in order given and pour over them the juice from the pineapple and cherries. Serve very cold in cocktail glasses.

NEW UTENSILS

New iron gempans or frying-pans should be greased well and tried out slowly in the oven before using, in order that the fat may fill up the pores and prevent rusting.

TO CLEAN EYEGLASS CHAINS.

The fine safety chains which are worn with eye-glasses are rather difficult to clean because they are so small. The best plan for keeping a chain of this kind bright is to give it an occasional bath in a saucer of soapy water.

THE SPECIALIST.

Any woman who wishes to enter a profession or business should realize one thing. This is an age of specialists. Unless she specializes in some branch of business, or in some profession, she cannot hope to succeed.

MOTHER! BREAK CHILD'S COLD

Hurry! Move Little Bowels with "California Fig Syrup"



No matter what else you give your child to relieve a bad cold, sore throat or congestion, be sure to first open the little one's bowels with "California Fig Syrup" to get rid of the poisons and waste which are causing the cold and congestion. In a few hours you will feel like every breath would be your last.

"I took three bottles of Tanlac and all my troubles disappeared. I am now feeling better than I have in years, never have a sign of indigestion, am full of energy and always ready for my duties. Tanlac is simply grand."

Even if you call your family physician he will praise you for having given "California Fig Syrup" for the laxative because it never fails, never cramps or overacts, and even sick children love its pleasant taste.

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

A SUBSTITUTE

The next time you are without a hot-water bottle fill an ordinary glass bottle with boiling water. Covered with a piece of flannel it retains its heat a good while.

The Heaviest Part

"My husband was taking part in a dramatic performance last night, and he is so hoarse today he can scarcely speak."

When Renovating Fur

Use the blade of a safety razor for the cutting. Cut on the wrong side, not quite through, and then pull apart.

Old Potatoes Like New

Add a slice of lemon to the water in which old potatoes are boiled. It will prevent them from becoming discolored.

EVOLUTION OF THE SWEATER

Consider the evolution of the sweater! Once an ugly, ungainly, heavy thing worn only for athletics, today it is one of the most attractive articles of feminine apparel.

Of thin wool or silk, knitted into lace or block patterns, or with open-work stripe or check, it takes the place of a blouse, most effectively worn with a wool or silk skirt.

Gives Costume Effect

Often a fringed skirt is added and the whole is worn over a slip of the same color, giving the effect of an entire costume.

Hats, Scarfs, Capes.

The sweater is knit to get out the year and needles and anticipate her summer needs.

Envelopes As Holders

Excellent holders for tapes and buttons are the envelopes with transparent name spaces. A neat sewing table drawer is the result.

Nervous Exhaustion

The Only Sure Relief Is to Enrich and Build up the Blood

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders for headaches should never be taken; they cannot possibly reach the root of the trouble, and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear.

Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear.

Each 15-cent package of "Diamond Dyes" contains directions so simple any woman can dye or tint her hair, worn, faded things new, or if she has never dyed before, she can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Lowell, Mass.

DANGER IN CHIMNEYS

Many homes are burned as a result of faulty chimney construction. In one city where a record was kept of fires, over a thousand were started from defective flues. The use of a special flue is highly recommended for chimneys.

Where chimneys are not lined, there is always more or less danger, depending on the care in construction.

A good foundation is an essential to every chimney. It is often the settling of a chimney that causes cracks resulting in fire, if later on. If the subsoil is firm clay the footing will not require as much attention as if the ground were not firm.

Always excavate below the first line; a depth of three or four feet is ample; or, where there is a basement, put the footing below the basement floor. Make the footing 12 or more inches thick, depending on the height of the chimney and the soil conditions.

Many chimneys are built of a single row of brick and unless the mortar joints are very carefully made there is always a danger of cracks. In most old chimneys only lime mortar was used and the action of the moisture and heat has gradually caused it to disintegrate.

In many places bricks have fallen out of place in old chimneys due to weak mortar joints. Attention must also be paid to making the interior smooth so as to secure the best draft and prevent the collecting of soot, and doing away with the danger of the chimney burning out.

The use of special flue lining will remedy practically all of these troubles. It forms a smooth surface that will collect a minimum of soot. It prevents the fire reaching the work through mortar joints and being smoothed on the inside it gives better draft.

With the added protection and advantage of a smoothly lined chimney it would be a mistake for any builder not to go to this additional expense.

ODD SUPERSTITIONS ABOUT DOMESTIC CAT

There is something uncanny about the cat? The ancients were always very respectful to cats and superstitiously regarded them as "familiar spirits."

Some models are braided, even beaded, or appliqued in splashy colors.

Knitted hats, scarfs and capes accompany many costumes.

The cat is a symbol of liberty. The Roman Goddess of Liberty was represented as holding a scepter in one hand, a broken scepter in the other, and with a great cat lying at her feet.

No animal is so great an enemy to restraint as the cat and it loves, as those of us who have our hearing know, to ramble in the darkness.

The Egyptians held the cat in great veneration under the name of Bastet. This deity is represented with a human body and a cat's head. Diodorus tells us that whoever killed a cat, even by accident was by the Egyptians punished by death.

According to Egyptian tradition, Diana once assumed the form of a cat and excited the fury of giants. The Egyptians worshipped the cat as a symbol of the moon, not only because it is

WOMEN! DYE WORN, FADED THINGS NEW

Wearers of Dresses Skirts Coats Waists Kimonos Curtains Coverings Ginghames Stockings Everything

Each 15-cent package of "Diamond Dyes" contains directions so simple any woman can dye or tint her hair, worn, faded things new, or if she has never dyed before, she can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Lowell, Mass.

more active after sunset, but from the dilation and contraction of its orb, symbolical of the waxing and waning of the night goddess.

Then again a sort of tripod for holding a plate before a fire is called a cat because no matter in what position it is placed three of the feet that hold the plate are always on the ground. As a cat always lights on its feet so does this old fashioned tripod.

Everybody has heard the expression, "Fighting like two Kilkenny cats." The origin of this is the story of two cats who fought so furiously and so long in a Kilkenny saw pit, that when the battle was over only the tail of each was left intact.

Then again there is the old story of Dick Whittington and his cat. The immortal Dick was leaving London, beaten and dismayed when the city bells pealed out and seemed to say, "Turn again, Whittington, thrice mayor of London."

This prophetic message came true and the foundation of the famous "Dick's fortune" according to legend, begins with the story of a cat which he had committed to the care of a friendly sailor to give to a Moorish king, who was sorely distressed by rats and mice.

The cat cleaned out the rodents and the king rewarded Dick lavishly.

Another story of Dick says, however, that the cat which was the foundation of his fortune was a ship formed on the Norwegian model and called a "cat" or "catch." By means of "cats" he is said to have traded in coal, transporting it from Newcastle to London. One historian thinks the black faces of the coal-bearers may have given rise to the "Moorish" story.

The cat is said to have nine lives, and is considered more a conscious of life than most animals, because, toss it how you will, it invariably lights on its feet without injury. The feet and toes being padded so as to break the fall.

The expression grinning like a Cheshire cat arises from the custom once in vogue in Cheshire, England, of moulding their cheese like a cat.

Those who are inclined to despise the domestic cat should bear in mind that that particular animal bears a very prominent place in song, story, home and superstition.

PROTECT DISHES FROM DUST

Open shelves in your kitchen and pantry may have a quaint look but they are less desirable than the closed sort because they do not keep out the dust. Dishes that are not used very day have to be washed afresh when they are kept on open shelves.

Of course there is the advantage that open shelves are less expensive than those with glass doors, and this is something to consider now that building costs are still so high.

As a substitute for the glass door on an open shelf a curtain of unbleached muslin or some other closely woven cotton fabric is a good idea. This might hang by means of rod rings from the curtain rods so that it can be easily drawn back and forth. Bear in mind that it should be washed fairly often.

The rod rings for that reason are not so desirable for they are difficult to put through the wash. You might then put the curtain in a slot hem right over the rod or you might hang it by means of small curtain pins attached to the rod rings.

Give up the idea of using shelf paper on your shelves. It is any thing but sanitary, and if you have any insect pests or mice a paper house then the shelf paper is a perfect nuisance. Your shelves may be enameled white, so that they will look just as attractive, and shelves so treated may be wiped off as often as your wish without possible injury to the finish.

Will Whiten Wood

A little common soda added to the water with which you wash the sink board will keep the wood very white and free from stains.

To Tint Curtains

Add saffron to the rinsing water when washing ecru curtains. It will make them a much prettier and softer shade than when coffee is used.

Does Double Duty

Iron the small pieces, such as handkerchiefs, napkins and soft collars, on top of the sheets and you will save a great deal of time and fuel.

Stained Fruit.

If the kiddies' teeth are stained from fruit, rub a small quantity of salt on the stain and rinse the mouth immediately with hot water.

Secure Buttons.

If so many are constantly losing his buttons, try sewing them on with a small button on the wrong side, drawing the thread through both buttons at once. It is a secure and neat method.

A Shopping Temptation.

An original reason was given by a woman who has adopted the "shop by post" habit for doing her purchasing by her own friends. She explained that by shopping through the medium of a letter she was spared the awful temptation of buying articles that she had no actual need for. When she salutes forth in person she usually comes home with half a dozen things that she never intended to acquire, but on the stay-at-home principle she is spared the temptation.

This Will Ward Off And Break Up Colds

Just a teaspoonful of Dr. Caldwell's Laxative Syrup removes the congestion

THE two ailments that people generally regard as of the least importance are in reality the cause of most serious illness and of the greatest proportion of deaths. They are constipation and indigestion. Many doctors believe that colds, tonsillitis, a touch of malaria, will cause constipation, instead of constipation being their cause.

The fact remains that you seldom have a cold without constipation, due to general congestion. The only way to avoid colds is to keep up your vitality. You usually catch cold in the winter if you are run down. Therefore in cold weather exercise more; eat more fatty foods; drink four to six glasses of water a day; keep the head cool, the feet warm, the bowels open.

You are also less liable to colds if your system is free from the intestinal poisons of constipation, so empty the bowels regularly with the plain vegetable laxative like Dr. Caldwell's Laxative Syrup Pepsin. At the first sign of a cold,

Dr. Caldwell's Laxative Syrup Pepsin is a scientifically compounded Egyptian worm and pleasant-tasting laxative, safe to give to infants and children like it. Before you resort to cold remedies consult Dr. Caldwell's Laxative Syrup Pepsin. Any druggist will supply you, and the cost is less than a cent a dose.

TAKE DR. CALDWELL'S SYRUP PEPSIN LAXATIVE The family remedy

Maked Onions. Scoop out the centre of the Spanish onions and fill with minced ham, bread crumbs, salt, pepper, and sweet marjoram to taste. Add 3 cupfuls Graham flour. Knead with flour and set in the pan, buttering the top of the dough lightly with melted butter. Bake in moderate oven after the loaf has risen till its original size is reached.

Banana Pie. One and a half cups milk, 2 yolks, 1/4 cup sugar, 2 tablespoon cornstarch, 1 large or 2 small bananas. Mix sugar and cornstarch together. Add eggs slightly beaten. Add scalded milk and return double boiler and cook until mixture is thick. Mash banana with through ricer and add to the mixture. Bake in a pie tin. Sprinkle with whites and sprinkle over with egg cocoonut.

Appie Biscuit Pudding. Twelve or fourteen apples peeled, cored and sliced, one teaspoon egg sugar. Pack apples in deep earthenware dish, add sugar, half cup water. Cover with biscuit dough. Plunge closely to edge of dish with thumb or pastry iron. Bake in moderate oven; serve with rich cream.

SPORTS VEIL. Now that wintry winds have begun to blow the sports veil is demonstrating its usefulness. It is hardly recognizable as such, being a scant half of a veil or even mesh coming just to the tip of the nose and being drawn close across the upper part of the face.

YOUTHFUL APRON. For the youngster who likes to borrow a bit of pie crust and perform her own experiments in the kitchen, black sateen will make a serviceable apron. Flowers cut from bright-colored chintz are applied to form diminutive pockets.

This and That. It takes patience to be a good cook. Reb the creaky closet doors and bureau drawers with soap. Wipe off the broadsword palms occasionally with soapy water. Throw some rock salt on the slow fire and see how quickly it will burn up. Baking soda is a splendid remedy for rashes, such as prickly heat, poison ivy, etc.

Will Whiten Wood. A little common soda added to the water with which you wash the sink board will keep the wood very white and free from stains.

To Tint Curtains. Add saffron to the rinsing water when washing ecru curtains. It will make them a much prettier and softer shade than when coffee is used.

Does Double Duty. Iron the small pieces, such as handkerchiefs, napkins and soft collars, on top of the sheets and you will save a great deal of time and fuel.

Stained Fruit. If the kiddies' teeth are stained from fruit, rub a small quantity of salt on the stain and rinse the mouth immediately with hot water.

Secure Buttons. If so many are constantly losing his buttons, try sewing them on with a small button on the wrong side, drawing the thread through both buttons at once. It is a secure and neat method.

A Shopping Temptation. An original reason was given by a woman who has adopted the "shop by post" habit for doing her purchasing by her own friends. She explained that by shopping through the medium of a letter she was spared the awful temptation of buying articles that she had no actual need for. When she salutes forth in person she usually comes home with half a dozen things that she never intended to acquire, but on the stay-at-home principle she is spared the temptation.

BECOMING COLLARS. Upstanding ruffs of tafetta or tulle are seen on many of the new frocks. This softens the line about the back of the neck, and is more flattering than the severe

They Make Me Feel Stronger. What Tenby Bay Lady Says About Dodd's Kidney Pills

Dr. C. C. Archibald. Graduate on N. Y. Post Graduate Medical School and Hospital Practice limited to Eye, Ear, Nose and Throat. Office Bay Building, Great Street, opposite Guardian Office. Telephone 853-J. Office Hours—9 to 12 a. m. 1-4

Mark R. McGuigan, BARRISTER, SOLICITOR, ETC. Money to Loan. Cameron Block. Charlottetown, P. E. I.