

Meat May Be Injurious and Is Expensive!

Some people may eat lots of meat without injury to their health, but it's hard on their pockets. Others should avoid meat almost entirely, yet they eat it daily—these pay in both health and purse.

Either class will benefit by eating less meat and more Kellogg's Toasted Corn Flakes.

It gives much more nourishment than its cost in meat, is infinitely more easy to digest—consequently better for you,

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Kellogg's

CORN FLAKES

It's the original. 10 cents per package.

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Let me talk to you about Anaemia

Our blood is composed of red and white corpuscles—the red to nourish the body, the white to fight disease. In Anaemia, the red corpuscles are more or less deficient. Thus the blood cannot properly sustain and nourish the body. The eyes become dull, the face white, and a feeling of intense weariness pervades the whole system. There is nothing so effective in Anaemia as 'Wincarnis.' Because 'Wincarnis' floods the body with new, rich, red blood, which gives a sparkle to the eyes, brings the roses into the cheeks, and gives new vigour, new vitality and new life to the whole body. Will you try it?

Begin to get well FREE

Send for a liberal free trial bottle of 'Wincarnis.' Enclose six cents stamps for postage. COLEMAN & Co., Ltd., Wincarnis Works, Norwich, England. You can obtain regular supplies from all leading Stores, Chemists, and Wine Merchants.

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Robes, Gowns, Barrows, Flannels, etc. Everything necessary, good and durable, and ready for instant use. Sent return Mail. DUTY FREE and Carriage paid for \$6.10. British P. Order. Lists Free. Mrs. Franks, 175 Alfred St., Nottingham, England.

9503. Ladies' one-piece Corset Cover and one-piece Drawers.

The patterns here submitted are easy to develop and suitable for all lingerie fabrics. The corset cover and drawers are each one-piece models. The pattern is cut in six sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 2½ yards of 36-inch material for the medium size. Pattern 10 cents.

9870-9831.

Composed of Ladies' Jacket, Pattern 9870, and Ladies' Skirt Pattern, 9831. The combination is exceedingly smart and attractive. The models will develop equally well in ratine, sponge, chiffon, taffeta and other silks, linen, gingham, or linene, serge or cloth. The jacket pattern is cut in 6 sizes: 32, 34, 36, 38,

the blouse overlaps the left, and the fulness is gathered to a belt. A girdle or sash trimming forms a pretty finish. The pattern is cut in 4 sizes: 4, 6, 8 and 10 years; requires 3½ yards of 36-inch material for a six year size. Pattern 10c.

9667. Ladies' House Dress

Suitable for gingham, galatea, chambray, lawn, or percale, this model may also be developed in ratine, linen or linene, for more dressy wear. The fronts are cut low and a shawl collar finishes the neck. The skirt has a hem tuck at the centre back. The pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 5 yards of 44 inch material for a 36 inch size. Pattern 10c.



40 and 42 inches bust measure. The skirt in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 8½ yards of 40-inch material for a medium size for the entire suit.

Two separate patterns 10c each.

9722. Girls Dress in Balkan Style with long or shorter sleeve, and with two styles of collar.

Blue and green Scotch plaid suiting, with facings of blue, was used for this model. The blouse waist has deep box plaits in front and back. The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. It requires 3½ yards of 44-inch material for a 10 year size. Pattern 10c.

9690. Girls' Blouse Dress with Lining

White linen embroidered in self color was used for this design. It is also appropriate for silk, gingham, chambray, linene, challie, corduroy, velvet and serge. The plaited skirt is joined to an underwaist that may be of lining, and overlaid at its upper part with material to simulate a chemisette. The lining may also be cut low at this part, for deep neck opening. The right front of

9433. Ladies' Over All Apron.

Percale, gingham, chambray, and similar fabrics may be used for this practical design, which serves as a complete cover and protector for the gown, or dress underneath. It is cut with low neck and cap sleeve to insure coolness and comfort. In 3 sizes: Small, medium and large. It requires 5½ yards of 36-inch material for the medium size. Pattern 10c.

9862. Ladies' Waist with lining and chemisette.

This charmingly graceful model is most easy to develop. Its blouse shape is becoming to most figures. It has the popular drop shoulder sleeve, and is provided with a simple lining, that helps to hold the blouse shape. The design is suitable for silk, velvet, cloth or wash fabrics. Blue cotton voile, with frill of sheer lawn feather stitched in color to match the voile, made a pretty waist of this style. It will look equally well in white linen or wash silk. The pattern is cut in six sizes: 34, 36, 40, 42 and 44 inches bust measure. It requires 2½ yards of 44-inch material for a 36-inch size. Pattern 10 cents