

FOR AND ABOUT WOMEN

MODISH SUITS ARE MOST FAVORED IN SEMI-TAILORED LINES FOR SPRING WEAR

Not Quite so Severely Mannish as Formerly and Allowing for Vests Which Brighten and Improve — Heavy Silk Cord Used as a Trimming for Suits — Very Bright Colors Predominate and There Are Many New Shades to Choose From.

An elaborate afternoon dress recently seen, in a collection of spring models, was of black satin embroidered in peacock blue. This smart dress was a striped model, extremely long, narrow as two foot width but will bountifully fit.

Mannish waistcoats and other vest effects are featured in many spring suits, particularly those of strictly tailored style.

Navy serge and natural-colored abanisms is the strikingly smart fabric combination presented by Paquin in a new street suit.

Modish circular capes, more than generous in cut, with military or draped collars, persist in their attempt for popular acceptance as a spring wrap fashion.

For summer the smart separate skirt is being developed in such wash materials as pique, cotton, poplin and linen.

Many spring suit models show the rather extensive use of embroidery, as in most cases this embroidery is in the same color as the suit fabric, there is no offensive elaborateness in the general effect. Where contrasting colors are employed, a contrasting section of color contrast and harmony results in a pleasing effect.



The vest idea is strongly emphasized in the spring fashions and many fancy ones of silk, lawn and new fabrics are seen. They are tucked as the sketch shown in a block pattern or in groups of pin tucks.

Boudoir caps of lace are in many established styles and in such new forms as the Alsace bow effect and a shaped band type that fits down closely over the forehead and ears.

An audacious use of brilliant colors is the dominant note of interest in the Spring collection and the extensive use of ribbon of many widths and varieties.

Long fitted sleeves predominate in afternoon dresses, and many dresses on chemise-lines are to be seen.

The model illustrated has a vest of contrasting color which matches the heavy cording on the coat of this costume. The narrow belt is edged on both sides with cord which also appears on the cuffs.

Sat Up in Bed To Get Her Breath.

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, worn out feeling, involuntary twitching of the muscles, sleeplessness, restlessness, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.

Mrs. William Steeves, Chemical Road, N. B., writes:—"I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies, but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health, and can enjoy a good sound sleep, and can lie on my left side without any trouble."

Milburn's Heart and Nerve Pills are 60c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



Ribbon in irregular widths hanging in long streamers is a distinguishing feature of some attractive dress models by Paquin.

Foulards are used extensively for afternoon dresses by Paquin and several other Paris designers.

Have You Too Many Carrots on Hand?

Have you a big supply of carrots on hand? Then perhaps you may want to try some of these ways to use them up:—

Steamed Carrot Pudding.
1 cup grated raw carrot.
1 cup seeded raisins put through food chopper.
1 cup dry bread crumbs.
1-2 cup flour.
1 cup beef suet.
3-4 cup sugar.
1 teaspoon salt.
1 teaspoon cinnamon.
1-2 teaspoon each of ginger or grated nutmeg.
Two tablespoons candied orange or grapefruit peel, chopped fine.
Mix all well together; add enough cold water to make a stiff mixture; brush mold or bowl with a little butter. Close and steam 3-4 to 4 hours. Serve warm with lemon sauce or sauce of choice. To reheat the pudding put in top of double boiler until warmed through. This pudding will keep a week.

Carrot Soup.
One quart of thinly sliced carrots, one head of celery, three or four quarts of water, boil for two and a half hours; add one-half cupful of rice and boil for an hour longer; season with salt and pepper and a small cup of cream.

Carrot Croquettes.
Boil four large carrot until tender, 1-2 and rub through sieve, add one cupful of thick white sauce, mix well and season to taste. When cold shape into croquettes and fry same as other croquettes.

Carrot Preserve.
Boil the carrots until tender; peel them and to each pound add one pound of granulated sugar and one-half cup of water; flavor with lemon. Simmer slowly until rich and thick, then seal.

Carrot Marmalade.
This is a novel method of using carrots, but the conserve is delicious. Scrape raw carrots and grate enough to weigh one pound. Squeeze over the carrot the juice of one lemon and a half and set to cook in the upper part of a double boiler. Let cook for one hour or until the vegetable is tender, then add the grated rind and juice of two oranges and two cupfuls of sugar. Cook down until quite thick. This marmalade does not jelly as firmly as the regular orange or grapefruit variety.

Vimy Ridge

Tread softly here! Go reverently and kneel!
Yea, let your soul go down upon its knees,
And bowed head and heart abased,
To grasp the future gain in this sore loss!

For not one foot of this dank sod but drank
Its surfeit of the blood of gallant men,
Who, for their faith, their hope,—for Life and Liberty,
Here made the sacrifice,—here gave their lives,
And gave right willingly—for you and me.

From this vast altar-pile the souls of men
Sped up to God in countless multitudes;
On this grim cratered ridge they gave their all,
And, giving, won The Peace of Heaven and Immortality.

Our hearts go out to them in boundless love,
If ours—then God's; for His vast charity
All sees, all knows, all comprehends—
He has repaid their sacrifice;—and we—
God help us if we fail to pay our debt
In fullest full and all unstintingly!
—John Oxenham.

Tips To Homemakers

Potatoes can be used like bread crumbs for the stuffing of fowls and fish.

A spatula, that long, thin-bladed flexible knife-like tool, is one of the treasures of a good housewife—and can be bought for twenty-five cents.

A fresh fruit cocktail is made of grapefruit, white grapes and pineapple.

Always take the outer skin from lamb chops, it gives them a strong taste.

To scrub a wooden floor which has not been properly finished is ruinous. A broad mixed with sand is successfully to mask a large quantity of potatoes.

The old-fashioned Indian pudding baked with beef suet might well be revived.

The most inexpensive and dainty bed-room curtains are made from cheesecloth.

Cauliflower can be served with rings of carrots cut in fine straws around it.

A bread sponge made with yeast is light enough to use when it is full of bubbles.

A flannel bag filled with hot sand or salt is a good substitute for a hot water bag.

Sandwiches made of brown bread filled with honey and chopped walnuts are delicious.

Delicious muffins may be made of dried bread crumbs run through the meat chopper.

Every child should eat an apple a day. It will keep the system in good condition.

If one saves a teaspoonful of sugar a day, in one year five pounds will have been saved.

Lenten Recipes

Eggs, Rice and Tomatoes.
4 eggs.
2 cups strained tomatoes.
2 cups boiled rice.
2 tablespoons grated cheese.
1 tablespoon finely chopped parsley.
1 teaspoon salt.
Dash paprika.
Put the tomatoes into saucepan, and the rice; when hot, add the grated cheese stirring until heated through but not boiling; add the salt and pepper; mix all well together. Brush baked dish with a little melted butter and make a border of the rice, tomatoes and cheese. In the centre break the 4 raw eggs, being careful not to break the yolks. Dust with a little salt and paprika, place in hot oven 4 or 5 minutes, or until done to suit your taste. Sprinkle with chopped parsley.

Onions Baked in Milk.
Remove the skins and outer layers of good-sized onions and parboil them in salted water for an hour. (Re-

HOUSEHOLD EFFICIENCY

Madam Housekeeper, have you reduced your kitchen equipment to a scientific basis? Do you get full help value out of every pot, pan, dish, knife or other cooking tool in your food work-shop?

If not this is a good time to clean house, weeding out the non-essentials, sorting and organizing, and replacing outworn utensils used every day, and adding to the equipment such pieces as have proved real time and step-savers to numerous housekeepers.

Most kitchens are cluttered with tools seldom or never used—with pots and pans too large for use except on special occasions. These large utensils should be retired to upper shelves or store-room, where they will be out of the way and yet ready if needed. They are usually a motley collection of chipped enamelware, time a little rusty or dented, chipped china and earthenware, and assorted pieces not used, but "too good to throw away."

All such things should be mercifully cleared out and sold to the junk man. They are space wasters and dust collectors. The table drawers, where forks, knives, spoons, beaters, fancy cutters, etc., are kept, will also stand an elimination process. Implements seldom used should be put in a separate box and set out of the way of the daily help.

A few tools of the proper kind and in good condition should replace all the doubtful or imperfect ones.

It is surprising how few tools a good housewife can manage, and also surprising at what small cost some of the best kitchen helpers can be purchased.

A spatula, that long, thin-bladed flexible knife-like tool, is one of the treasures of a good housewife—and can be bought for twenty-five cents.

The spatula is the ideal tool for scraping bowls and pans free of dough or batter, to life dough shaped for cookies or doughnuts from board to pan, to lift cooked food from pans, and to add in getting puddings, jellies, etc., out of molds. A dozen other uses will suggest themselves to the cook.

The habit of dish-washing will praise and adore the simple plastic scraper made by inserting a flat piece of hard rubber in a metal holder and giving it a handle. It costs the whole sum of ten cents and is worth its weight in silver in the mussy job of scraping up after a meal. To keep sanitary, wash carefully in hot water after using, and then harden the rubber in cold water.

An egg-separator costs five cents and is worth a dollar when it comes to baking day. Separating the yolks and whites of six eggs is no job at all with this help. Set it over a cup, crack the egg over it, and the yolk falls neatly into the centre, while the white slips through the slots into the cup.

Small aluminum measuring spoons—three on a ring—measuring 1-4, 1-2 and 1 teaspoonful. They save the bother of using a spoonful and dividing it and provide for exact measurements.

The glass measuring cup is the next convenience. It is in its saving of spoiled dishes by insuring correct measurements. A little pitcher spout for pouring its value.

The grape fruit knife is useful in loosening orange and grape fruit pulp from the skins, in getting the eyes out of potatoes, coring apples, and in many other places where a curved knife-blade is handy.

THE SCAR.
You can never take back an unkind word.
You can never kill an unkind deed.
There are some things you can never undo, any more than you can pull out a nailhole.

If you don't want to leave ugly scar in the wood, don't drive the nail.

serve this water and together with the skins and outer layer use it as a basis for a vegetable soup. Drain the seasons, place them in a buttered baking dish. Dust them with flour or fine dry bread crumbs, cover with butter, and a sprinkling of salt and pepper, dot with butter, cover and bake gently for an hour longer. If desired gratings of cheese, mixed with an equal quantity of potatoes, coring apples, and in many other places where a curved knife-blade is handy.

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The Scandinavian Arrived Yesterday

Brought 1,287 Passengers Including About Five Hundred Returned Men—Brigadier General Green-Wilkinson One of the Party.

Bringing 1,287 passengers from Liverpool, the S. S. Scandinavian docked at Sand Point yesterday morning about 5.30 o'clock. The passenger list included 466 soldiers who have been discharged from the Imperial army, and are now being repatriated, also 83 officers and cadets, 147 women and 31 children.

With the reception committees looking after the wants of the passengers, and the Garrison Band playing lively music, those returning were given a hearty welcome back to Canada.

Among those who disembarked here was Brigadier-General Green-Wilkinson, C.M.G., D.S.O., of Sand Springs Island, B.C., who was accompanied by his wife, and Miss Wilkinson, who has seen service as a nursing sister.

The Brigadier General wears the C. M. G. ribbon, the D.S.O., and the badge for service in South Africa, the Sudan and Burmah.

The large number of passengers for the West were given quick despatch.

The following passengers were bound for New Brunswick points: Lieut. Guy Scott, Hampton.

Wm. K. McDonald, St. John. James T. Purcell, St. John. John W. Lorie, Chatham.

Charles N. White, St. John. Neil McDonald, St. John. Harry J. C. Ogley, St. John.

Frank A. Karkula, St. John. Harry Demaine, St. John. George W. Hapewell, St. John.

Mr. and Mrs. Alfred H. Thorne and two children, St. John. Michael Adams, St. John.

Mr. and Mrs. Harry Leona, St. John. Marcus Sharpero, St. John.

Marion M. Crockett, Fredericton. James Cameron, St. John. Wm. Howdle, St. John.

Charles P. Baker, St. John. Wm. Thompson, St. John. Mr. and Mrs. Herbert Phillips and two children, St. John.

Early in the season we had intimations of the dinky in our new headgear, and by this time men in the case are wearing the brims so narrow that they give a man's head the semblance of the proverbial peanut. There are many things to be reckoned with, however, before this style becomes nationally adopted.

For instance, the turned soldiers, those of them who wore the kindly came men hat, could hardly be induced to wear even a slightly narrower brim such as is seen on the average every day hat, much less would they consent to one of the new scant brimmed affairs which the effete east has been wearing for some weeks. Then too there are the men of the southern cities, who seek the extra width to shade their eyes from the hot sun's rays. And then the west-separates the real westerner from his Stetson if you think you can. They may all come to it sooner or later, but not in a heap.

The smartest materials are of course the soft, smooth finished felts, though there are some stiff hats shown. In the soft hats one can shape the edge of the brim to best suit one's facial contour, while the stiff hat is rather uncompromising along that line.

Following the colors shown in suits, brown and green will be the most popular. There will be the usual array of spring grays, light tans, oxford, fawn and maroon, these to be shown more for early wear in the silky velours of foreign manufacture.

Somebody has said that we shall wear our bows in the back this season, so in the back they are, and I suppose it is the exception that makes the rule, so they do have a few on the side. Braids binds some hats and others have raw edges.

Crowns are a trifle higher and reflect in their shapes the military note. There are no noticeable changes in derbies except for the afore-mentioned narrowing of the brim. Though we were told that we would be coming to stiff hats of pearl gray and light fawn before long as a sign of a case of history repeating itself, so far we have occupied this, and let us hope we do, unless we really go in for it and lose ourselves completely in Mid-Victorian ugliness.

Copenhagen, April 10.—The council of people's mandates which has been in control at Munich has been dispersed by the communists, who have formed a communist government there, according to a Nuremberg newspaper.

The agitators are said to be attempting to start a revolution and to proclaim a Soviet republic in Baden. They would also unite Baden with the Bavarian Soviet Government.

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April 1

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