



AFTER you've learned the various uses for Cox's Instant Powdered Gelatine, you won't try to keep house without it!

Cox's is not a "prepared" food—you're not confined to jellied desserts, for Cox's also makes delicious ice cream, blanc mange, frozen custard and sauces as well as soups, salads and savories.

Cox's is unflavored and unsweetened, so you can add pure wholesome flavors of the kind you prefer and sweeten it to your taste.

It's made in Scotland.

COX'S
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GELATINE

Send for a free copy of our book "Selected Recipes." It contains a number of unusual and economical recipes.

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J. & G. COX, Limited
P. O. Box 3009, Montreal

Thin People Should Take Phosphate

Nothing Like Plain Bitro-Phosphate to
Put on Firm, Healthy Flesh and to
Increase Strength, Vigor and
Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

Wrestling Book FREE
Be an expert wrestler. Learn at home by mail. Wonderful lessons prepared by world's champions Farmer Burns and Frank Gotch. Free book tells you how. Secret holds, blocks and tricks revealed. Don't delay. Be strong, healthy. Handle big men with ease. Write for free book. State age. Farmer Burns, 206 Ramge Bldg., Omaha, Neb.

**Have You Joined
Our Book and Music Club?**

Descriptions of Fashions Shown on Other Pages

(Continued from page 18)

8481—Ladies' Draped Blouse. Designed for 34 to 44 bust. No. 8295—Ladies' Two-piece Skirt. Designed for 24 to 36 waist. Width at lower edge about 1½ yards. The costume in medium size requires 6 yards 40-inch Georgette crepe—¼ yard 36-inch satin for girdle—¾ yard 36-inch lining for underbody. For dainty afternoon frocks nothing ever seems able to oust Georgette crepe, and most women are wondering what on earth they did before it came into fashion. It is particularly effective in the new gracefully draped blouses and tunic skirts like this model. The blouse closes on the left shoulder and the underbody at the centre-front, while the tucked tunic closes at the left side. The skirt is a plain dart-fitted model closing at the back.

8508—Ladies' Blouse. Designed for 34 to 42 bust. No. 8295—Ladies' Two-piece Skirt. Designed for 24 to 36 waist. Width at lower edge about 1½ yards. The costume in medium size requires 5¼ yards 44-inch plaid serge—1 yard 36-inch satin for trimming—¾ yard 36-inch lining for underbody. Plaids are prominent in the new season's fashions, and they form very smart frocks for informal wear. An oddly shaped collar is an attractive feature of the blouse, the fronts of which are draped around to form a girdle. It is attached to a gathered tunic with outstanding pockets. The skirt is fitted by darts front and back and closes at the back.

8477—Ladies' Blouse. Designed for 34 to 46 bust. No. 8295—Ladies' Two-piece Skirt. Designed for 24 to 36 waist. Width at lower edge about 1½ yards. The costume in medium size requires 6¾ yards 36-inch satin—¾ yard 40-inch white Georgette crepe for collar. The simple underblouse is mounted on a kimono underblouse with flowing sleeves, and an embroidered tunic section is attached at the sides and back. For the embroidery, which may be carried out in silk or wool, design 12352 is suitable.

(Continued from page 20)

8144—Girl's One-piece Dress. Designed for 6 to 14 years. Size 8 requires for dress with jumper 3¾ yards 36-inch voile. The closing is arranged at the back, and the jumper closes on the left shoulder.

7674—Juniors' Middy Dress. Designed for 12 to 17 years. Size 14 requires 2¾ yards 36-inch white linen for blouse—2¼ yards 44-inch serge for skirt, cuffs and collar—¾ yard 36-inch lining for underbody. The plaited skirt is attached to an underwaist of lining, and over this is arranged a middy blouse which slips on over the head.

7482—Girls' and Juniors' Coat. Designed for 8 to 17 years. Size 12 requires 3¼ yards 44-inch serge. The collar may be worn high or low, as preferred.

8046—Girls' and Juniors' Coat. Designed for 6 to 14 years. Size 12 requires 2¾ yards 54-inch check coating—3¾ yards 36-inch satin for lining. The collar instead of being buttoned up to the neck may be rolled low if preferred.

7503—Child's Single-breasted Coat. Designed for 2 to 6 years. Size 6 requires 3 yards 36-inch velvet—2¾ yards 36-inch taffeta for lining.

8115—Child's Shirred Coat. Designed for 2 to 8 years. Size 6 requires 3¼ yards 36-inch taffeta—2¾ yards 36-inch satin for lining.

8369—Child's Cape. Designed for 2 to 8 years. Size 6 requires 1¾ yards 44-inch serge—2 yards 36-inch satin for lining. The cape is gathered to a round three-piece yoke.

(Continued from page 21)

8359—Girls' and Juniors' Dress. Designed for 6 to 14 years. Size 8 requires 3¾ yards 32-inch gingham. Here is a charming little frock for the small maid, closing at left side-front and with the fashionable outstanding pockets.

8452—Child's Coat. Designed for 1 to 4 years. Size 4 requires 1¼ yards 44-inch serge—¾ yard white linen for collar and cuffs. Buttonholed scallops finish the collar and cuffs, and for the scallops design 11661 may be used.

6344—Girls' Dress. Designed for 4 to 14 years. Size 8 requires 3¾ yards 36-inch linen—½ yard contrasting linen for collar. The straight lines of this little frock are very becoming to the small wearer. It is suitable for linen or serge.

7419—Child's and Girls' Circular Cape. Designed for 4 to 14 years. Size 8 requires 3¼ yards 44-inch serge—2¼ yards 36-inch satin for lining. For early Fall wear capes are very smart in serge or tricotine.

8425—Girls' and Juniors' Cape. Designed for 6 to 14 years. Size 8 requires 1¾ yards 54-inch tricotine—1¾ yards 36-inch satin for lining. This is quite a novelty in capes, and is suitable for any of the woollen materials.

8529—Girl's Coat. Designed for 6 to 14 years. Size 12 requires 2¾ yards 54-inch velours. The collar may be worn high or low, making the coat adaptable for all sorts of weather. Outstanding pockets are just as fashionable for little girls as for their mothers and big sisters, and this attractive feature is introduced on this coat by means of a deep trimming band, which may be stitched in with the side seams of the coat. It is stitched to the coat across the centre-front at the top, but is open at the sides to form the outstanding pocket effect. Straight straps may hold in the sleeves at the wrist, and the belt is crossed in front and buttoned onto the coat. For early Fall wear this coat may be fashioned of serge or tricotine, while for cold weather the heavier cloths, like velours, Bolivia cloth, silvertone and the Scotch and English coatings, are suitable. No trimming is necessary, except stitching, although, if preferred, the collar may be fashioned of velvet.

8438—Girls' and Juniors' Suit. Designed for 8 to 17 years. Size 12 requires 3¼ yards 54-inch plaid velours. The suit consists of a single-breasted jacket in Norfolk style, with trimming straps applied below a square yoke, and a separate two-piece skirt. There is nothing natter for early Fall school wear than Norfolk suits like this, to be made of tweed, stripe or plaid suitings, serge or tricotine. The jacket is a very smart looking model, and the skirt has suspender straps and is gathered at the top. The closing is arranged at the left side seam. Of course, no skirt is complete without pockets, and this may have square patch pockets turned over at the top to form pocket laps.

8489—Girls' and Juniors' Cape. Designed for 6 to 16 years. Size 12 requires 2¾ yards 54-inch Bolivia cloth. The cape is gathered at the sides and back below a yoke, and the front is in coat style.



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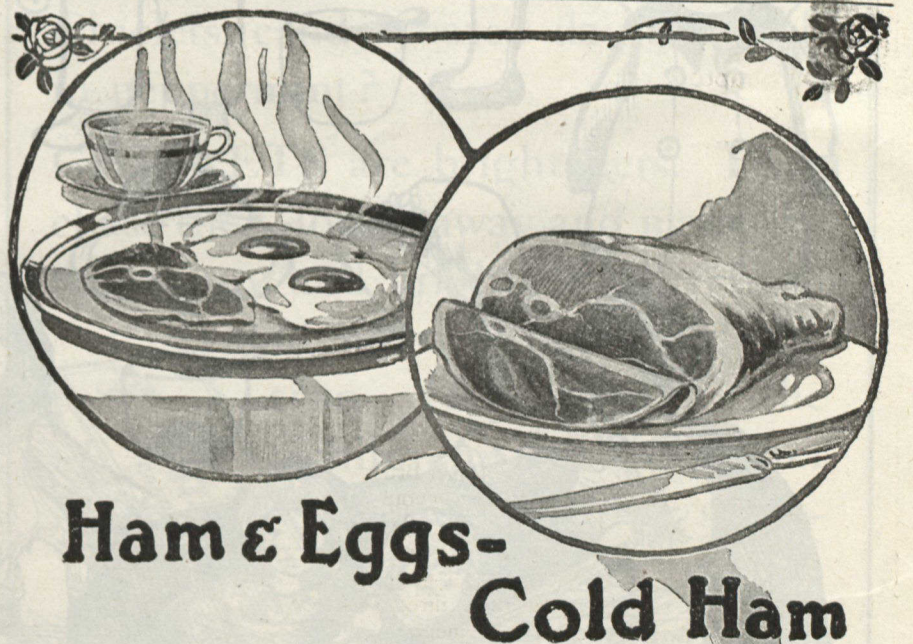
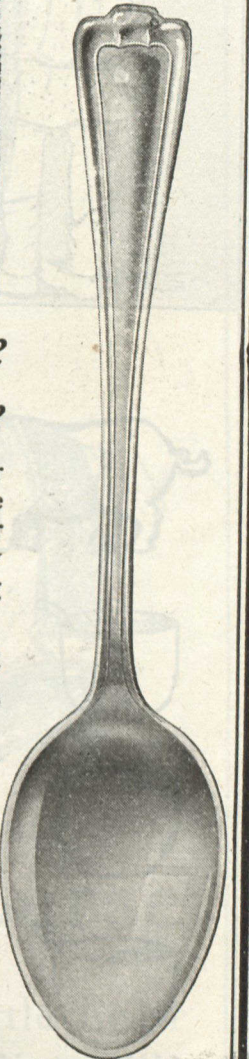
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