

Economy

The old saying "a stitch in time saves nine," is just as true with us as with our grandmother. Any kind of garment, whether for outside or inside wear, for big or little people, will wear much longer if the thin place and small holes are darned or strengthened as soon as discovered. Nothing gives one more self-respect than to be neat and clean. Even if the garments are not of the latest cut or the most expensive fabrics their neatness alone will command respect.

Here are some suggestions for making over garments:

A lady's coat and skirt suit can be made into a very serviceable one-piece dress.

Long coats can be made over for one's self, or a top coat for a young girl or boy.

A short coat can be remodeled for a dress for a girl, using remnant for combination.

Waists can be tinted and recut for a gympe for a girl, or a camisole, or a baby's cap, or a covering for a woman's summer hat.

From worn nightgowns, infant dresses, children's petticoats or corset covers can be made.

If the gowns are heavier, the worn yokes may be cut off. Sew up the end, run a tape through the hem and you have a slip cover for fine dress or coat, when hung in the closet.

From men's worn shirts, children's dresses, combined with remnants, can be made blouse waists for a boy, bibs for the baby, or apron for the woman.

Old neckties make beautiful patch work comfort tops or couch covers.

Old sweaters may be washed, dyed unraveled, re-knit for women's or children's sweaters, scarfs, caps or wristlets.

Keep all scraps of silk or velvet, for patch work quilts, couch covers, shopping or work bags.

Stocking tops or old underwear may be used for bloomers, petticoats for babies or little girls, bed socks, dust rags or wash rags or for miscellaneous mending.

If possible mend knit underwear with knit underwear patches, basting the patch over the hole. Stitch with machine, hemming down the raw edge by hand.

Health For the Baby

The baby of today is the man or woman of tomorrow. Thus the success of the future man or woman depends upon the baby's present welfare. If the baby is sickly and ill nourished, it is not to be expected that he will grow into a strong, active man who will hold his own in the business world a few years hence. Mothers it is a duty you owe the future to keep your little ones well now. This can be easily done if Baby's Own Tablets are kept in the house. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus made baby healthy and strong. Considering them Mrs. W. Orser, Elginburg, Ont. writes: "I have a fine healthy boy three years and have used Baby's Own Tablets for him ever since he was a small baby. I certainly think them a splendid medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The adder must be a mathematical reptile.

Nine-tenths of the born leaders of men are women.

The mosquito isn't the only bore that sings at his work.

The philosopher's scales are used less out of his own hands.

Moving a Town in Nova Scotia.

The only town in the Provinces with vacant houses to-day is Port Hood, Inverness Co., N. S. These houses were erected at that town when the coal mine there was being operated. A loan company advanced on mortgage the greater part of the cost of their erection and shortly afterwards, owing to an accident the mine became flooded and was closed down. In consequence many people left Port Hood and the loan company had to take over these houses under their mortgage. In Sydney where dwellings are unusually

scarce, a syndicate, formed for the purpose, bought these forty houses, which are now being dismantled. One hundred cars will be necessary to transport the knock-down dwellings to Sydney. There they will be set up in groups of five, and already application have been received for the rental or purchase of all of them.

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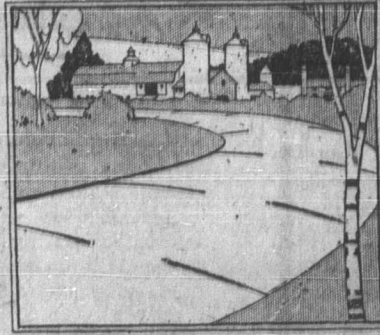
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