

Well, Well!

THIS IS A HOME DYE
that ANYONE
can use



I dyed ALL these
DIFFERENT KINDS
of Goods
with the SAME Dye.

I used
DYOLA
ONE DYE FOR ALL KINDS OF GOODS

CLEAN AND SIMPLE to Use.

No danger of losing the WRONG Dye for the Goods
as has to color. All colors from your Druggist or
Sole, 12 1/2 Cent Color and 25 Cent Bottle.
The Johnson-Richardson Co., Limited, Montreal.

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The Public is an independent
democratic weekly. Each issue
will give you brilliant editorial
comment—moderate, accurate
and fair—and all the important
news of the week, in condensed
form.

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Publishers of the Citizen, Otta-
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as the most reliable, informa-
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for one year, and give you a
free copy of Henry George's
"The Land Question." Send for
them to-day.

THE PUBLIC
Ellsworth Building, CHICAGO

The Wide-Spread Value of Salt

By J. R. Campbell, M.D.

The value of the sea preserves it
from corruption; the salt of the
human body saves it from decay. In
the body of an ordinary-sized man there
exists about half a pound of salt, and
this supply must be constantly kept
up. All nations, even the most savage,
understand the use and value of
salt, and one finds the lowest type
eating their raw fish and meat dressed
with a sauce of seawater. Natives of
the French Congo who have not ac-
cess to sea salt, burn certain plants to
obtain salts or potassium as a sub-
stitute.

From the most remote times the hu-
man family has made many uses of
common salt. Long before the Chris-
tian era, Grecian and Roman writers
began to treat of it from a purely
scientific point of view. The salt of
commerce is chloride of sodium, as
was shown by the fact that in 1810
Sir Humphrey Davy produced pure
salt by burning sodium in chlorine
gas.

The uses of salt are indeed mani-
fold. Salt will put out a fire in the
kitchen chimney, yet revive a coal
fire when burning low.

Combined with vinegar, salt will
clean a family has made many uses of
common salt. Long before the Chris-
tian era, Grecian and Roman writers
began to treat of it from a purely
scientific point of view. The salt of
commerce is chloride of sodium, as
was shown by the fact that in 1810
Sir Humphrey Davy produced pure
salt by burning sodium in chlorine
gas.

Turpentine and salt will cure a
fellow's salt water used as a gargle
will strengthen the throat and harden
the gums; used as a wash it will
strengthen the eyes; used in the bath
it is a tonic; as a lotion for the hair
it prevents and stops its falling.

Damp salt will remove eye stains
from silver; lemon juice and salt will
remove iron rust and mildew on white
goods, and clean copper boilers bet-
ter than anything else.

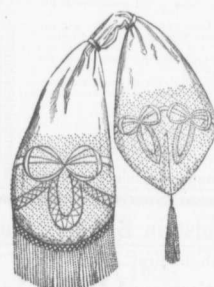
Salt enters largely into many in-
dustries. It is used in our factories.
Our meat curing establishments, in
our agriculture, in our soda manu-
factories; it fuses our glass, imparts the
detergent quality to our soap, gives
us salt fish and salt pork, and every-
thing else salt that is better for being
so, down to our dinner celery and our
breakfast eggs. It is invaluable in
ice cream making; and to the dairy-
man it is invaluable.

Embroidery Designs

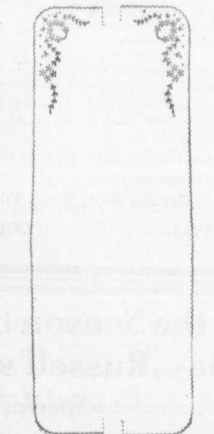
Designs illustrated in this column
will be furnished for 10 cents each.
Readers desiring any special pat-
tern will confer a favor by writing
Household Editor, asking for same.
They will be published as soon as
possible after request is received.



640 Design for Embroidering a Blouse
Front, Collar and Cuffs.
The background can be worked in Rhodus
or Punch work or in French Knots



651 Design for Banding or Embroider-
ing a Wrist Bag.
Especially adapted to May Manton's
Pattern 7392.



655 Design for Embroidering Frills for
Women's and Misses' Drawers.
Two frills each fifty-four inches long and
six inches wide are given.

The Sewing Room

Patterns 18 cents each. Order by
number and size. If for children,
give age; for adults, give bust
measure for waists and hips. Be
sure for skirts. Address all orders
to the Pattern Department.

BLOUSE OR SHIRT WAIST, 7666

Striped materials
are very much in
vogue this season
and they are al-
ways pretty used on
the blouse. This
blouse is made
without a shoulder
seam.

For the medium
size will be requir-
ed 2 1/4 yards of
material 27, 1 7/8
yards 36 or 4 1/4
yards 44 inches
wide to make
without seam at
back; 3 1/2 yards 27,
1 7/8 yards 36 or 4 1/4
inches wide to make
with seam at back.

This pattern is
cut in sizes 24, 26,
28, 30, 32 and 44 inch bust measure.

CHILD'S ONE-PIECE DRESS, 7130

Present fashions,
showing as they do a
great many frocks
that are made in
peasant style, are
ideal for the little
children.

The dress is made
all in one piece,
showing as they do a
slight opening at the front
which is closed with
ribbons laced through
eyelets. The under-
arm seams that are
extended into the
sleeves are the only
ones to be sewed up.
For the year size
will be required 1 1/2
yards of material 27, 3/4 or 44 inches wide.
This pattern is cut in sizes for children
of 4, 4 and 6 years of age.

CHILD'S ONE-PIECE PLAY SUIT, 7415

There is no other
garment which
makes the child
quite so happy and
contented as the
simple play suit.
This one can be used
for both boys and
girls.

For the 4 year size
will be required 3 1/4
yards of material 27,
3 1/4 yards 36, 2 yards
44 inches wide with
1 1/4 yard 27 for the
trimming.
This pattern is cut
in sizes for children
of 2, 4 and 6 years of age.

GIRL'S DRESS, 7815

EMBROIDERY DESIGN
The dress that closes
at the front is a
favorite one of the
season and has many
advantages. It is easy
to slip on and off, it
is smart in effect and
it is generally be-
coming.

The dress consists
of the blouse and
the skirt. The blouse
is made with front
and back portions
and includes only
shoulder and under-
arm seams. The skirt
is made in three
sizes and plaited. The
two are joined by
means of a belt and
the closing is made
at the front by
means of buttons and
buttonholes.

For the 12 year size will be required
6 1/4 yards of material 27,
yards 36 or 3 1/2 yards 44 with 6 1/4 yard 27
inches wide for collar and cuffs.
This pattern is cut in sizes for girls of
10, 12 and 14 years of age.

Take A Scoopful Of Each— Side By Side

Take "St. Lawrence"
Granulated in one
scoop—and any other
sugar in the other.

Look at "St. Law-
rence" Sugar—it's
perfect crystalline—its
pure, white sparkle—
is even grain. Test it point by point, and you will see that



Absolutely
Best **St. Lawrence** Absolutely
Pure Sugar

is one of the choicest sugars ever refined—with a standard of purity
that few sugars can boast. Try it in your home.

Analysis shows, "St. Lawrence Granulated" to be "99 1/2 to 100
Pure Cane Sugar with no impurities whatever."
"Most every dealer sells St. Lawrence Sugar."
THE ST. LAWRENCE SUGAR REFINING CO. LIMITED, MONTREAL.