

SEND NO MONEY!!
\$50.
CASH
PRIZE
LATEST SOLUTION.
This Puzzle Contest telling
STATES AND REPRESENTED
\$500 GOLD WATCH or
Try it at once. It may be won
by giving your Name and Address
Montreal, Canada.

George's

10¢

NAVY PLUG
TOBACCO

ITSELF!

and flavour because the

10c A PLUG
Manufacturers, QUEBEC

Cravenette Regd.

Showerproof Coats For Spring Wear

You will get about double the service out of a "Cravenette" (Regd) Showerproof Coat, that you can get from any other fabric.

Besides being stylish, attractive and dressy, "Cravenette" (Regd) Showerproof Coats are light and porous, easy and comfortable.

"Cravenette" (Regd) Showerproof Coats are made in the newest styles for men, women and children—or you can buy "Cravenette" (Regd) Showerproof Cloth and have garments made to order at any tailor's.

The "Cravenette" (Regd) trademark shown below, is stamped on every yard of the cloth and inside the collar of every genuine coat. Look for it.

If you cannot obtain goods, write

Cravenette Co. 32
P. O. Box 1934, MONTREAL, P.Q.

REGD TRADE MARK
Cravenette
PROOFED BY
THE CRAVENETTE CO. LTD.
Fascinating of
stamp on
genuine
"Cravenette"
Showerproof
Goods.



Protect Your Baby

Keep out cold draughts—save baby many a cold and sickness.

PERFECTION
SMOKELESS
OIL HEATER

All during the cold fall and winter months a Perfection Smokeless Oil Heater keeps the house warm. It can be carried from room to room—wherever you go. Warms up bathroom or parlor in next to no time. The Perfection burns nine hours on a single gallon of oil. Easy to clean and rewick. No smoke or smell.

Stock carried at all chief points

For best results use ROYALITE OIL

THE IMPERIAL OIL CO., Limited

Toronto
Edmonton
Montreal
Quebec
St. John
Winnipeg
Calgary
Regina
Vancouver
Saskatoon

Depressed, Nervous, Weak.

In these three words, taken from her letter, Mrs. BARNATT, of 53, Nightingale Road, Dover, writes:—"For months I have been Depressed and Nervous, and so Weak I could hardly walk. But your 'Wincarnis' has put new life into me. I can now go about my work with a new vigor that makes my house hold duties a pleasure. It is splendid to feel so strong and well."

Test "Wincarnis" Free.

If you send 6 cents stamps (for carriage) to Coleman & Co., Wincarnis Works, Norwich, England, they will send you a liberal sample bottle free.

Now Strong and Well.

Keep It Handy

YOU will find uses for it every day in the week.

Has no equal in cleaning the hands of dirt and grime. Cuts grease from floors quickly and easily. Absolutely harmless to skin or articles cleaned.

Many uses on large Sifter—Can 10c.

OF INTEREST TO WOMEN

Recipes Worth Clipping Now

THIS is nice for luncheon or tea. Use either the skin of beef, the top of the round or the neck. Simmer till it is very tender. When cool chop fine and season with pepper, salt, a few grains of nutmeg and the sweet herbs. A teaspoon of chopped onion may be added, if liked; parsley minced fine and four shreds of chopped fine are improvement. Bind with the liquor in which the meat was cooked reduced to half or less. A half-teaspoon of gelatine softened and melted causes the loaf to hold together. Press into a mold and put under a weight. If to be used at once a few slices of hard-boiled eggs placed here and there in the mold are pretty.

Port Wine Sauce for Game.

One-half cup of currant jelly, one-half cup of port wine, one-half cup of stock, one-half teaspoon of salt, two tablespoons of lemon juice, four cloves, a few grains of paprika. Simmer the cloves and stock and part of the game gravy long enough to extract the flavor of the cloves. Add the other ingredients and allow to become hot.

Bread Sauce for Game.

Cook together, for ten or fifteen

minutes, one-fourth of an onion and two cups of milk. Add one tablespoon of butter and salt and pepper as needed. Remove the onion and add one-third cup of fine bread crumbs. Melt one tablespoon of butter and stir into it two-thirds cup of bread crumbs. Cover the breasts of the birds with these, brown nicely and pour the sauce around.

Liver and Ham.

Stew separately half a pound of ham and one pound of calf's liver. Chop fine and mix. Add one-half cup of stock or meat gravy thickened with a little gelatine, one cup of fine bread crumbs and two eggs well beaten. Pour into a mold, cover closely, and steam two hours. Nice cold without sauce or hot with butter sauce.

Stuffing for Fowl.

Two cups of stale bread chopped fine, two tablespoons of butter, two tablespoons of salt pork broiled five minutes, one teaspoon of salt, one-fourth teaspoon of pepper, one tablespoon minced parsley and a pinch of with cold cream.

very slightly, with water in which the pork was boiled.

Cream Salad Dressing.

Three yolks of hard-boiled eggs mashed fine. Add one tablespoon melted butter, the yolk of one raw egg, two tablespoons vinegar, one-half cup thick cream, a dash of salt, one-half teaspoon salt, one-fourth teaspoon pepper. Beat well. This needs no cooking.

Delicious Bread Pudding.

Soak two cups fine bread crumbs in one quart warm milk. Add one and one-half cups granulated sugar, one tablespoon butter, yolks of five eggs and whites of two. Put the pudding mold on folds of brown paper in a deep pan, fill half full of water and cook very slowly till the pudding is set. The water in the pan must never boil and a sharp knife insert in the pudding will come out clean when the custard is done.

Drop one-half cup of tart jelly over the pudding and cover with a meringue made of the whites of eggs beaten stiff and added to one-half cup of sugar. Brown slightly in the oven. Eat cold with cold cream.

—Daily Mail.

When A Man Lies

By E. K. Woolley.

"Oh you never can believe a woman!"

There it was again—the old opinion that women are chronic liars. It seems to be so deep-rooted that even truth cannot dig it up.

Yet when it comes to deliberate lying to gain an end or to hide certain matters, or just for the sake of carrying on a sincere and open-faced lying, the prize must go to masculinity.

A man can lie without a prick of conscience. He will justify it in the name of business, or in that "all's fair in love and war." And every man believes it his bounden duty and inalienable right to lie to women.

One can tell when a woman lies. Her conscience troubles her. She is little

afraid of her soul's salvation. But a man has practiced so much and his conscience is so seared, that he can prevaricate without a betraying regret. Don't ever forget that the wise ones made Ananias a man.

A man fondly believes he is always believed, especially when he is prevaricating to a woman. Yet sometimes if he could look into the understanding of the woman he would be amazed at the half smile he'd find there. Really these glib women are often more intelligent than masculinity dreams.

It is safe to say that there are more men peacefully sure that their prevarications are holding good than there are wives and mothers and sweethearts who are not "wise," but woman

long ago realized the value of apparent credence, and that's how the half-smile came into her. In her soul, carefully hidden while she listens to William's whoppers.

Too many of us pride ourselves upon truth telling in the matter of disagreeables. Wouldn't you rather be married to a man who told you that you were looking younger every day than one who commented upon your crow's foot? What do you think of a wife who is frank about your faults, but somehow never thinks of commenting upon your virtues, either real or fanciful?

One of the happiest women I ever knew had a husband who lied to her continually. Everybody else knew he was faithful in her. But nobody told, and she died believing in him.

Fashion Hints On Late Styles

THE mandarin sleeve is one of the newest. It is as loose as the kimono but shows a distinct armhole which is usually cut to meet the waistline.

Butterflies are the fancy of the hour. Girdles are finished in the back with hush wired bows imitating a butterfly. Low-cut evening gowns look from the back like fluttering tulle butterflies. Hats are trimmed with butter-

flies and draperies are held with few butterflies.

Compose costume make very beautiful costumes possible. Each fabric is favored with a color, and when combined with another equally beautiful the costume becomes a real picture.

There is a favorite color this year and there are several shades. Today is the new dark shade and prevence is

a lighter shade blending lavender and gray. Taupe is still a favorite; mahogany, copper and maroon are fashionable. Green and browns are also favorites and usually combined with black in just the right amount to accent the man color.

Plain and broadcloth cloths of the same kind are combined, also plain cloth with broadcloth velvet. Plaids and plain fabrics are combined.

Politeness A Valuable Cult

IF regarded from no other point of view than as an asset in courting through life, politeness and the observance of small courtesies will be found a very valuable cult.

True, the blustering, pushing man or woman makes a way of its sort, but if closely observed neither can for closely observed neither can very readily come back another time with any success. Aggressiveness is

but the well bred man or woman knows often needed, but impoliteness never. When it is necessary to emphasize, even that may be done with dignity and without any loss of respect. Carrying weight far better than arrogance and rudeness ever can.

Many there are who think and say that with some people to be polite leaves the impression of cowardice,

better. They know that courtesy does not mean to be afraid of anything or anybody, and no mistake is possible. The courteous woman has always the refuge of silence, or, perhaps, the privilege of sarcasm, while the polite man can defend himself with his fists if need be, yet help his adversary up with all the courtesy of a friend thereby making a friend of him indeed.

Business Corner

I have heard it said that saving money is a luxury of the rich. But it isn't true—we self-supporting women, in some way or other, can make that luxury ours, if we really want to. It is only a matter of taking

WEALTHY BROKER ASKS

DIVORCE FROM "SAHARET"

Frederick W. von Frantz, wealthy stock broker and art connoisseur, filed suit for divorce against his wife, Mrs. Clarissa S. Ross von Frantz, a dancer, known on the stage as "Saharet," alleging statutory charges.

The broker was married to the dancer in New York on June 23 after a brief and romantic courtship, which began when he fell in love with an oil portrait of the woman.

According to the bill, Mrs. Von Frantz deserted her husband six days after their marriage.

Joseph E. Florida, the woman's dancing partner, is named as correspondent.



MRS. SAHARET.

Fashion Hints

Ears are coming into fashion again. The hair, which for some time past women have worn low and bandeaux, is now brushed back from the face, leaving ears clearly revealed. Earrings are consequently in great favor, the latest thing being large tortoise-shell rings or huge drops adorned with bells of gold.

The white glove is reserved in Paris this season for the all white robes, while champagne color gloves, of suede, it goes without saying, are adapted for all other formal toilettes. Those starving bank clerks who at \$20 per dozen should have heard of the latest fashion in gloves, are pinching on \$15 worth of violets.

Notes On Hats

One Montreal milliner shows a sensible hat for inclement weather. The shape is small with a brim covered with old-gold velvet although one may enter the color if desired. The crown is of black patent leather with an ornament of the same. By the way, the black patent leather rose is a feature of some costumes.

One rarely sees a felt hat. Everything is of velvet, silk fur with the effect of very little trimming. Goggles and brims are usually of contrasting material and this gives the effect of trimming, in a way. An otherwise severe effect can be softened by using a velvet or fur brim.

The "Tommy Atkins" chin strap has not grown common but is exceedingly becoming to a fresh young face. Few women will adopt the nose veil which was originated as a fad and is not becoming.

The Daily Hint from P. A.



These Goggles, 1913, by Bonington.

Vest fronts are an almost certain detail of the latest afternoon dress. This model is of midnight blue supple satin, with a white vest, printed in pompadour colorings.

Why doesn't she take
NA-DRU-CO Headache Waters
They stop a headache promptly, yet do not contain any of the dangerous drugs common in headache tablets. Ask your Druggist about them. 25c. a box.
NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED, 122

This oven test means

bake-day "luck"

If your baking results vary, you may find the reason in the flour. For there is only one way that a miller can assure you constant success. An oven test must be made.

So we take ten pounds of wheat from each shipment delivered at our mills. We grind this sample into flour. Then the flour is baked into bread.

PURITY

If this bread proves to be the "lucky" kind—high in quality, large in quantity—we use the shipment. Otherwise we sell it.

You buy luck in flour bearing this name.

No need to merely try your luck.

"More Bread and Better Bread" and
"Better Pastry Too" 529

Crisp and Snappy

Full of "Chews"
Full of Nutriment

TRISCUIT

the Shredded Whole Wheat wafer, which contains all the body-building elements in the whole wheat grain made digestible by being steam-cooked, shredded, compressed into a wafer and baked by electricity crisp and brown—a delicious, wholesome substitute for white flour bread, toast or crackers. A delicious snack for luncheons, for the bungalow in the woods, for automobile trips, for excursions on land or sea. It should always be heated in the oven to restore crispness and served with butter, soft cheese or marmalades.

MADE IN CANADA
A CANADIAN FOOD FOR CANADIANS

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.

171 Toronto Office: 49 Wellington Street East

Time spent using
Calvert's
Tooth Powder
is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.
Tins 15c, 25c & 50c. Sprinkler-top glass jar, 35c.
For a Trial, Send 2c. stamp to
P. C. CALVERT & CO.
309, Dorchester Street, West, Montreal.

WHILE YOU WAIT.

Beautiful shoulder scarfs are made of broadcloth velvet, bordered with fur.

The combination of white cloth and silk combined with dark fur is still good.

Rose-embroidered chiffon borders the bodice and tunic of some of the new gowns.

There are five or six hundred women practicing medicine in New York city alone today.

GIRLS WHO ARE PALE, NERVOUS

May Find Help in Mrs. Elston's Letter About Her Daughter.

Burlington, Iowa.—"Lydia E. Pinkham's Vegetable Compound has cured my daughter of weakness. She was troubled almost a year with it and complained of backache, so that I thought she would be an invalid. She was entirely run down, pale, nervous and without appetite. I was very much discouraged but heard of Lydia E. Pinkham's Vegetable Compound through friends and now I praise it because it has cured my daughter."—Mrs. F. M. ELSTON, R. D. No. 2, Burlington, Iowa.

Case of Another Girl.

Scanlon, Minn.—"I used to be bothered with nervous spells, and would cry if anyone was cross to me. I got awful weak spells especially in the morning, and my appetite was poor. I also had a tender place in my right side which pained when I did any hard work. I took Lydia E. Pinkham's Vegetable Compound and my symptoms all changed, and I am certainly feeling fine. I recommend it to every suffering woman or girl. You may use this letter for the good of others."—Miss ELIA OLSON, 171 6th St., Virginia, Minn.

Young Girls, Heed This Advice.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

—Miss ELIA OLSON, 171 6th St., Virginia, Minn.