

# FOR WOMEN

## Health Talks

We are indeed fearfully and wonderfully made, as one of old said. Our blood-vessels are not like plumbing pipes, stiff and stable, always of the same diameter.

On the contrary, the walls of our blood-vessels are elastic. Sometimes they contract and lessen the amount of blood passing through them. At other times they dilate and permit much larger quantities of blood to flow.

Contraction and expansion of the vessel walls are controlled by certain nerves, called the "vaso-motor nerves," the vaso-constrictors and the vaso-dilators.

There is a condition, called "Raynaud's disease," in which there is persistent contraction of the blood-vessels of certain parts of the body.

In children of frost bite there is temporary constriction of the blood-vessels. In Raynaud's disease there may be temporary constriction of the blood-vessels like chilblains, or—in severe cases—the blood supply may be cut off till the toes or fingers or tips of the ears or nose may actually grow black and be lost.

Fortunately, Raynaud's disease is a rare ailment, and we are lucky that the severe type is seldom met. This is a good thing, because cases have been known where the hands and feet have been lost.

In mild attacks, the tips of the fingers, or perhaps one finger alone, may be white as death. This condition is replaced by redness or blueness, depending on the reaction. This form is purely functional in its disturbance.

In severe attacks there is great pain and finally gangrene or death of the afflicted parts.

In still rarer forms there may be patches of involvement in the breast or elsewhere. Wherever there is local disturbance in the vaso-motor nerves, there is found constriction of the blood-vessels.

Blindness from involvement of the retina of the eye or loss of speech may be observed.

The attacks of Raynaud's disease may come off and on for years. Ill-health, worry and overwork are contributing causes.

Usually the attacks become milder as time goes on, and eventually disappear entirely.

In treatment of Raynaud's disease, rest in bed during the attacks is indicated. Warm baths and electricity will sometimes restore the circulation.

Applying a rubber bandage has been recommended. This is left in place for five or ten minutes. Then it is removed, and the reaction may cause the blood to return to the bleached out parts.

All the underlying causes of ill-health should be removed. The patient must be built up, protected from cold weather and encouraged to take regular but gentle exercise. What ever helps to improve the general well-being will go a long way toward eliminating Raynaud's disease.

**Catarrh Means Impure Blood**

It is a Constitutional Disease

When it affects the nose and throat and becomes chronic it weakens the delicate lung tissues, deranges the digestive organs, and may lead to consumption. It impairs the taste, smell and bearing.

Take Hood's Sarsaparilla, which by purifying the blood removes the cause of the disease, and gives permanent relief.

"I had catarrh of the head and stomach, and dreadful ringing noises in my ears. I decided to try Hood's Sarsaparilla; my health improved wonderfully and I adopted Hood's Sarsaparilla as my family medicine." Mrs. M. Jenney Shaw, St. John, N. B.

Too Much To Expect.

You are charged with permitting your horse to stand untended for over an hour," said the magistrate.

"Well, I defy anybody to teach the brute to sit down," protested the defendant, before being dragged away—Pearson's Weekly.

**A child, a kitten—and MUSIC!**

"A HOUSE is never perfectly furnished for enjoyment unless there is a child in it rising three years old, and a kitten rising six weeks," wrote Southey.

Add music and you have the third necessity, Mr. S.

EVERYONE enjoys music and with

**THE PHONOGRAPH SALON, LTD.**

19 King Square (Opposite Imperial).

the beautiful Victrola and the unequalled Victor Records, pleasant entertainment is ready at an instant's notice.

Here's happiness for everyone who lives in or who visits your home. Choose here from a wonderfully complete stock.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

## Daily Fashion Hint



7373 1761239

## FOLLOWING THE NEW MODE

Especially becoming to slender figures is this dress in black crepe satin. The head trimming about the waist and on the sleeves features bewitching color effects in deep blue and gold. Into the large armholes are set the flowing sleeves, which velvet ribbon, finished with the waistline. The neck is collarless and cut in the new boat-shaped outline. Medium size requires 3 1/2 yards 40-inch satin.

In mild attacks, the tips of the fingers, or perhaps one finger alone, may be white as death. This condition is replaced by redness or blueness, depending on the reaction. This form is purely functional in its disturbance.

In severe attacks there is great pain and finally gangrene or death of the afflicted parts.

In still rarer forms there may be patches of involvement in the breast or elsewhere. Wherever there is local disturbance in the vaso-motor nerves, there is found constriction of the blood-vessels.

Blindness from involvement of the retina of the eye or loss of speech may be observed.

The attacks of Raynaud's disease may come off and on for years. Ill-health, worry and overwork are contributing causes.

Usually the attacks become milder as time goes on, and eventually disappear entirely.

In treatment of Raynaud's disease, rest in bed during the attacks is indicated. Warm baths and electricity will sometimes restore the circulation.

Applying a rubber bandage has been recommended. This is left in place for five or ten minutes. Then it is removed, and the reaction may cause the blood to return to the bleached out parts.

All the underlying causes of ill-health should be removed. The patient must be built up, protected from cold weather and encouraged to take regular but gentle exercise. What ever helps to improve the general well-being will go a long way toward eliminating Raynaud's disease.

**Catarrh Means Impure Blood**

It is a Constitutional Disease

When it affects the nose and throat and becomes chronic it weakens the delicate lung tissues, deranges the digestive organs, and may lead to consumption. It impairs the taste, smell and bearing.

Take Hood's Sarsaparilla, which by purifying the blood removes the cause of the disease, and gives permanent relief.

"I had catarrh of the head and stomach, and dreadful ringing noises in my ears. I decided to try Hood's Sarsaparilla; my health improved wonderfully and I adopted Hood's Sarsaparilla as my family medicine." Mrs. M. Jenney Shaw, St. John, N. B.

Too Much To Expect.

You are charged with permitting your horse to stand untended for over an hour," said the magistrate.

"Well, I defy anybody to teach the brute to sit down," protested the defendant, before being dragged away—Pearson's Weekly.

**A child, a kitten—and MUSIC!**

"A HOUSE is never perfectly furnished for enjoyment unless there is a child in it rising three years old, and a kitten rising six weeks," wrote Southey.

Add music and you have the third necessity, Mr. S.

EVERYONE enjoys music and with

**THE PHONOGRAPH SALON, LTD.**

19 King Square (Opposite Imperial).

the beautiful Victrola and the unequalled Victor Records, pleasant entertainment is ready at an instant's notice.

Here's happiness for everyone who lives in or who visits your home. Choose here from a wonderfully complete stock.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

The modern woman argues that she can do anything. People who doubt it should pay a call at 48 Dover St., London, where they will find a band of women who are ready to undertake practically any mission. They began their useful career under the title of "Universal Aunts," but now they are more comprehensively known as "Universal Women," though the old epithet of "Auntie" still sticks.

Suppose you want a dinner cooked? They will cook it for you. Suppose you want a speech? They will write it for you. They will provide guests, look after children at the Zoo, mend clothes, drive cars, visit friends, and even dare lonely bachelors' wives.

Their full list of accomplishments is alphabetically arranged, and covers seventy-nine different items. If you want to know the time, ask a policeman; but if you want anything else, ask "Auntie!"

**Ask Auntie!**

## Household Hints

All receipts for family of four, two adults and two children. All spoon measurements rounding unless otherwise stated:

White Bean Croquettes, Tomato Sauce.

3 cups boiled white beans.

1 cup boiled rice.

1 tablespoon butter, 1 teaspoon salt.

1 teaspoon onion juice.

14 teaspoon margarine.

Dash white pepper.

1 teaspoon Worcestershire sauce.

1 tablespoon parsley.

2 eggs.

Wash and soak the 3 cups of beans over night; drain, cover with boiling water and boil 2 hours or until tender.

Drain, put the beans and rice through food chopper, add the butter and well-beaten eggs, seasoning and mix well.

Spread on platter to cool. Take a spoonful into floured hands and form into cone shapes; dip in egg and coat with 1 tablespoon cold milk.

Then in breadcrumbs; fry in deep, hot fat. Serve with tomato sauce, garnished with parsley.

**Brussels Sprouts, Cream Sauce.**

1 qt. Brussels sprouts.

1 tablespoon butter.

1 tablespoon flour.

1 cup cold milk.

1 teaspoon salt.

Dash white pepper.

Wash and clean the Brussels sprouts; lay in cold water one hour; drain. Put over fire in saucepan of boiling water and boil for 35 to 40 minutes without a cover. Drain and cover with a cream sauce.

Sauce—Put the butter into saucepan over fire. When melted add the flour. Mix well and add the cold milk slowly, stirring until smooth and creamy. Add the salt and pepper and boil 3 minutes.

**Sour Milk Breadcrumb Griddle Cakes.**

1 1/2 cups sour milk.

1 1/2 cup breadcrumbs.

1 cup flour.

1 level teaspoon baking soda.

1 tablespoon oil.

1 tablespoon molasses.

1/2 teaspoon salt.

1 egg.

Mix all together; add well-beaten egg; have griddle hot, shape into small cakes, bake slowly until nicely browned on both sides.

**Griddle Cakes Without Eggs.**

2 cups flour.

1 1/2 cups milk.

1 tablespoon molasses.

1 tablespoon melted butter substitute.

1 level teaspoon salt.

2 teaspoons baking powder.

Mix the first five ingredients together until smooth, then add the baking powder. Fry on hot griddle that has been brushed with drippings or oil.

**Biscuit Dough Coffee Cake.**

2 cups flour.

2 teaspoons baking powder.

2 tablespoons shortening.

1 1/2 cups milk, 1 egg.

1 tablespoon butter.

Sift flour, baking powder and salt into bowl; add shortening and rub in very lightly. Beat the egg until light, add to the milk; then add to the flour. Drop on baking pan that has been dusted with flour (not too close together) or bake in muffin tins. Put in hot oven and bake 16 to 18 minutes. Brush tops with soft butter as soon as taken from oven.

**Butter Biscuits.**

2 cups flour.

2 teaspoons baking powder.

1 teaspoon salt.

2 tablespoons shortening.

1 1/2 cups milk, 1 egg.

1 tablespoon butter.

Sift flour, baking powder and salt into bowl; add shortening and rub in very lightly. Beat the egg until light, add to the milk; then add to the flour. Drop on baking pan that has been dusted with flour (not too close together) or bake in muffin tins. Put in hot oven and bake 16 to 18 minutes. Brush tops with soft butter as soon as taken from oven.

**Butter Biscuits.**

2 cups flour.

## Brown Your Hair With "Brownatone"

Give the Natural Beauty of Your Face a Chance.

SEND FOR TRIAL PACKAGE.

Every woman knows that if pretty face loses its beauty when framed by faded, gray, streaked or bleached hair. Even wrinkles and blemishes are not so disfiguring as streaked or faded hair. It is unfair to your children and husband, and most of all to yourself to look older than you really are.

Now Mr. Campen wants to know if American women are going to do likewise.

The tendency toward following the natural lines of the face has been developing for several years in Paris. Mr. Campen said on his return this week, "Now it has reached its fullest expression. American women are, as a whole, more fond of tailored and well-fitting costumes. The young girl can go unadorned without any appreciable difference in her appearance. But I doubt if the average woman will adopt the mode."

However, he said, American women are much more women of affairs than their sisters in Europe and the comfort of loose frocks may appeal to them. So Mr. Campen is wondering what to do next.

There is absolutely no question about the arrival of the longer skirt, according to his observations. The Parisian frocks hang loose from the shoulders and are girdled loosely around the hips. Sometimes there is a belt at the natural waist line and another further down. Although a few short sleeves are still to be seen, the mode is passing and most of the sleeves are large, loose and flowing.

"The great bulk of American women are better dressed than the French

"Brownatone is My Best Friend."

"Brownatone" will tint your streaked, faded or bleached hair to any shade of rich, soft brown, or glossy black if preferred, and take ten years off your looks.

"Brownatone" cannot be detected, will not rub or wash off, is odorless, and greasyless.

**Absolutely Harmless.**

This safe and harmless preparation is used and endorsed by thousands of women in business and in society.

Apply it yourself with comb or brush. The results will delight you. Guaranteed safe and free from lead, sulphur, silver, mercury, zinc, analine, or coal tar products. Used for switches same as for growing hair. Two sizes, 50c. and \$1.50. Brownatone is sold and recommended in St. John by Watson's Stores and other leading druggists. Get the genuine.

**Special Free Trial Offer.**

Send only 10c. with this coupon for Free trial package and helpful booklet on the care of the hair.

**Mail This Coupon Now.**

The Kenton Pharmacy Co., 502 Coppin Bldg., Covington, Ky.

Enclosed find 10 cents (to cover postage and packing) for trial package of Brownatone.

.....Light to Medium Brown or .....Dark Brown to Black.

Mark with X shade wanted and mail with your full name and address.

**Right Girl In The Right Place**

New York, Dec. 14.—Being among the tall citizens of Manhattan, it never occurred to us that standing in a subway train involved any difficulties other than holding bundles and over-

head straps and serving one's feet from being cramped by the crowd, but now we find that this is only the small part of the difficulties in case one is a tiny slip of a thing like the girl in the south-bound train. In the first place, she couldn't even reach the enamel'd straps that helped the rest of us maintain some sort of a balance. "If you wouldn't mind," she smiled up at the man beside her, holding out her bright wood muffer to him. "Through the strap," she explained matter-of-factly. Somewhat bewildered, he hung the muffer through the loop, watched her grasp his ends firmly—and then smiled the rest of the way down-town at her contrivance for holding on to a support she couldn't reach.

**MURDERED!**

Put right out of business, a whole family not of good honest folks, but of Corn—sore, troublesome corns that sting and bite. Putnam's Corn Extractor is the only painless sure relief for corns, it never fails, 25c. everywhere.

(Montreal Herald, Ind.)

It is a matter for general congratulation that politics in Canada have been reconstructed on a safe and sane basis of party lines. The worst thing that could possibly have happened would have been for one of the parties to have been returned to power with so weak a majority as to have to appeal to visionaries