ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

I made her no answer. I had nothing to say, and I saw that she needed no further words of mine. She had re-seated herself and cupped her chin in

her hands, her invariable attitude in thinking out a problem.

and complicates them in another." she

said at last. "I don't think you will

have much more to fear from Grace

Draper's personal enmity—Harry will watch her like a lynx in that direction

-but until your father's fate is defi-nitely known Harry will probably be

Madge Is Reassured.

Her face was tragic with anxiety, and I put out my hand and laid it over

fingers, "I am not in love with Harry—never was, in the true sense of the

word, during the years we were mar-ried—but despite all his shortcomings

there was always something about him

that commanded my admiration. Why, Madge, Harry Underwood was a cap-

husband for years."
I sat silent, miserable. Every word

your food garden it would be the height

of wisdom to order them now. Not only may there be a shortage of shrubs and

ally dug in the fall and stored in cellars

Serving More Salads.

Not only the patriotic duty of saving

meat on meatless day and serving a

meatless meal or two on other days, but

sound health demands that you should

you and your family eat. To reduce the amount of meat you may have been

Chief among the salads that give a

have "bad luck" with mayonnaise. Here of all kinds.

is a way to make a salad dressing that's Cater to your family's food simple and easy to prepare:

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how to make potato salad, but many hesitate to serve it often because they

mulch of coarse manure.

give thought to the salads

vitality.

particularly scrupulous.

suggesting the plan.

friend came rapidly into the

that make such good use of leftover

Making Meat Timbales.

thoroughly, and bake in greased molds

Observing Saving Suggestions.

Here are seven suggestions for the

Use more milk in every way and less

place of canned goods which cost more

Learn to use meat merely as a flavor

in a moderate oven until they get

Use more greens, carrots.

place of meat. Learn to know and to use

saving of food expense:

meat need be bought.

fresh fruits.

Another r thod of making use of

then to think of his being mixed up peril, but at least he did not d with his country's enemies, laying him- those terrible things said he did."

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win

BY ALBERT BARRETT SAYRES.

delays in delivery, but shrubs are usu- and, stirring the whole, let it "set."

during the winter. If orders are delayed potato salad, but is excellent for cold

until late spring the shrubs may lose in veal, chicken and other meat salads

between it and the root growth. If spoonful of onion, two cupfuls of stock the soil is dry when you plant your two eggs that have been well

shrubs water them freely and apply a and salt and pepper to taste. Mix these

meats.

the War.

### DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

#### WHEN YOUR BLOOD WORKS HEALING CUTS AND WOUNDS

By DR. LEONARD KEENE HIRSHBERG. A. B. M. A. M. D. (Johns Hopkins University.)

new worm will grow out of the head,

ltiplied into a score and more of pair of scissors or a knife.

one is lost, and a crab will repair breach will be cemented by the mation of new bone cast forth by the milarly, the bones thicken, grow ou green bay trees and make their n splints when fractures occur.

clean, smooth slice into the human n, with the edges approximated at ice, will result in reparation by means new skin. Lost blood by way of a norrhage is regenerated via the cor-cles themselves. The white ones are old to divide and multiply, as do ani-alcules amoeba, while the red ones d out like a cactus or the yeast nt, and each bud becomes a new cor-

So it goes. All that is needed, perps, is some super-normal Gargantua Pantagruel to so synchronize the reand regeneration of the lost or ined human fabric, that all, even the st complex, structures of man will out forth new ones at the same

This would be making a new Faust you with a vengeance. The point of any of these facts and proposals hes the much-debated feature of wou ling, as well as the origin and struc

When blood clots, little cobweb strands stringy stuff called fibrin form in the A Double Process.

G. A. Baltsell has caffed atten n to the fact that this fibrin can nbles connective tissue and really benes ultimately the whitish, pale est bloodless new tissue of scars and

The fibrin net in a blood clot contains les of wavy fibres. These are now most surely the source of the newly-rmed tissue of injured and destroyed

sed of by Dr. Baltsell's discovery aled arises from the fibrin and not Connective tissue itself distributed course, give rise to offspring of its vn texture. It probably does so, as as proved by the Rockefeller Institute

THE CONFLICT OF LOVE AND FAT

The average man will "jolly" with answered I e stout girl, but he steals glances er her shoulder at that Miss Slent. He would sooner hold the hands the latter in a fatuous silence than

the latter in a fatuous silence than eally enjoy himself with the other, uch is the power of line. Just a line—from chin to toe, or nape to heel—at's all. But it rings the merry narriage bell.

Fat women should not repine—but line—their own lines by means of at phenomenal—the Marmola Tablet. O exercising or dieting is necessary, imply take one tablet after each mean and at bedtime, and in a little while the overplus of fat—the coarseness of spect—will disappear. The figure will come slight enough to nermit of a ect—will disappear. The figure will ome slight enough to permit of a idenly contour, a pure outline, being hinned with corset and gown. Then tory—if not revenge. Ilthough Marmola Tablets often take

d uniformly a pound of flabby fat a y, they are quite harmless (being ade of the famous fashionable pre-ription: ½ oz. Marmola, ¾ oz. Fl. Ex. iscara Aromatic, 4% oz. Peppermint ater). Consequently even timid es are safe in using them, for no ill toot even a wrightle or stomach ache not even a wrinkle or stomach ache will follow their use; seventy-five ents secures a large case at any drugat's or by mail from the Marmola 1, 864 Woodward avenue, Detroit,

EAN YOUR GLOVES CLEAN TETROL, 25c

RUCE WALLACE 419 RICHMOND STREET.

ANDRUFF GOES! HAIR GETS THICK. WAVY, BEAUTIFUL

Try this!

air stops coming out and every particle of dandruff disappears.

ase you most, will be after a few brush. eks' use, when you see new hair, fine d downy at first—yes—but really new If there are any grease marks, put a

efully draw it through your hair, takwill be light, fluffy and wavy, and ve an appearance of abundance; an cloth over warm iron. in the air. Dissolve f

braper, when he was given the opportunity, in order to be in a better position to protect him." When a out is clean and there is little bleeding, the connective tissue replaces and repairs the severed fabric. When there is a huge hole and lots of lost fibrin builds up the healing scar.

Answers to Health Questions S. L. M.-Q.-Some time ago

wrote and gave the prescription of the calamine lotion. I have lost it. Will you please repeat it? A .- Use the following ingredients to make up the calamine lotion:

Pink calamine..... 21/2 drams Zinc oxide ...... 2 drams Glycerine ...... 2 drams Lime water ...... 2 ounces Phenol ..... 30 Rosewater ..... 2 ounces D. S. A.-Q.-I am bothered with ex-

cessive kidney fluid. Will you please tell me what to do for this? A .- Take 8 drops of tincture of beliadonna in a wineglassful of water every four hours. Take this for a week or ten days. You should consult your

mixed up with that gang, will have to be, and I am afraid he will get himself so involved that there will be no sav-DISGUSTED.—Q.—Will you please suggest a remedy that will remove pimples and blackheads? What can I to have a full face, a good complexion and bright eyes?

A.—Apply a little of the following to the affected parts about three times a Sulphur loti ..... 314 drams Green soap ...... 1 dram Lanolin ...... % ounce

will help make your eyes bright and your face full. MRS. O. K .- Q .- Will you please suggest a cure for pyorrhoea? A.-Vaccine injection of staphylococwas a dart that struck at me. According to the theory I had just advanced,

cus and streptoccus bacteria by a competent dentist sometimes help. Jodine of and which Lillian had accepted, her potash saturated in water taken after recreant husband had put himself thus "A cablegram for you, Lillian," she each meal also aids. Start with 16 drops in jeopardy of losing his liberty and said. drops are taken. Have a dentist scrape Take 5 grains each of hexamethylentetrowine and citrate of lithia

S. D. C.—Q.—Please tell me what to use for dandruff? A.-Use a little of the following or

...... 10 grains Sulphate of quinine ..... 10 grains Salicylic acid ...... 10 grains Petroleum ..... 1 ounce

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject the better will be their growth. In answered personally, if a stamped and planting always have the holes some-small portions of leftover meats is in addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, care to prove this office.

more, you should be sure to trim the lf you have a cupful of chicken add top of the shrub to maintain a balance to it a table-spoonful of fat, a table-

#### The Origin of Famous Sayings

A thought is often original, though you have uttered it a hundred times. -The Autocrat of the Breakfast Table. Put not your trust in money, but put without it being noticed, it is well to

your money in trust.

—The Autocrat of the Breakfast Table Sin has many tools, but a lie is the

handle which fits them all.

—The Autocrat of the Breakfast Table. monly been great scholars, nor its great -The Autocrat of the Breakfast Table,

To be seventy years young is some-times far more cheerful and hopeful than to be forty years old.

On the Seventieth Birthday of Julia Ward Howe.

Alfred Tennyson. 1809—1892. Tears, the tears, I know not what they mean.

Tears from the depth of some divine Rise in the heart and gather to the In looking on the happy autumn-fields And thinking of the days that are no more.—The Princess, Part iv.

FOR YOUR SCRAP-BOOK

Boil one pound of rice in a gallon of water, and when quite soft pour into a washtub, and leave till lukewarm. and then put in the chintz covers and ave your hair! Double its rub with the rice, instead of using beauty in a few moments! soap. Rinse in cold rice water, put straight through the mangle, and hang up to dry; then iron. They will look

> Here are three hints on the cleaning of a light-colored cloth dress that may be of use to you:

Take a lump of common salt and lay it on a paper in the oven till warm. Place the dress on the table, then break Try as you will, after an application off a piece of salt and rub the dress till the salt is soiled. Repeat this till the ace of dandruff or falling hair and bur scalp will not itch, but what will clothesline and brush with a cleau First brush the dress free from dust.

air—growing all over the scalp.

A little Danderine immediately doubles over the grease marks, and press with beauty of your hair. No difference a hot iron. Make a paste with fuller's dull, faded, brittle and scraggy, earth and cold water, then lay the paste on the stains and let it remain one small strand at a time. The and the stains will have disappeared. If the dress needs pressing, lay a damp cloth over it and press well with a warm iron. Then hang the dress out

in the air.

Dissolve four ounces of washing soda in one quart of boiling water. When dissolved, add one moderate-sized ox gall. Lay the garment to be cleaned on a table, and with a sponge wetted in the liquid rub well the grease spots first, and then the whole garment. When sufficiently rubbed, go over it again with a sponge dipped in clean cold water. Shake and hang out in the air to dry. While still slightly damp press it on the wrong side with a warm iron. Clothes cleaned in this way look almost equal to new.

#### DIARY OF A FASHION MODEL

Solving the Problem of a Smart Afternoon Gown for Luncheon or a Reception.

"Come here, Claire, I want to tell you tron back was divided in the centre, the

frock buttoning at the back with small, bullet buttons covered with the silk.

with bindings of the silk and tassels to

broidery, done with heavy silk, orna

Claire. It was made with a full tunic

of the hem was extremely artistic, and

the pleated underskirt of the silk. Isabel

wore a large bunch of violets to add a

touch of color to the frock. The effect was charming. Here is the finished

sketch. How do you like it?"

It is very good-looking, quite the proper thing for a hostess to wear at

her luncheon party," I said, picturing

how lovely Miss Langdon, with her red-

party, but Miss Mitchell is coming in

this afternoon to look at designs for

some sports clothes. Shelia promised to

have them ready at 11, and, of course,

you must look at them to see if the color schemes are according to your

ideas. Will you wait here until I get them?" I asked.

"I'll come right along with you," answered Madame, all business now.

Many of the largest Japanese war-

ships have been equipped with wireless telephones, which operate successfully

for distances up to 100 miles.

It is estimated that 26,000 factories in

the invaded and liberated districts of

France will need new machinery, fresh,

raw materials and supplies for the

French Government has set aside \$50,-000,000 for their rehabilitation.

The Comb nephonscope is a device for measuring the speed of clouds. It

consists of an upright brass rod about nine feet long, bearing at its upper

end a crosspice to which a number of equi-distant vertical spikes are et-tached. The observer turns the cross-

piece until the cloud appears to travel

along the line of spikes, and notes the

time it takes to pass from spike to spike. This forms a basis from which

It is said that the native in India is

extremely particular about regularity in his meals; once accustomed to eat-

ing at a certain hour he must stick to it at all costs. An English engineer had an awkward experience of this

when erecting a 100-foot steel pole with

the aid of about 30 natives and the

minimum of tackle The pole was half-

way up when the "headman" intimated

that it was dinner time Only the most

desperate entreaties, coupled with

threats, prevented the men letting the

pole come down with a run, though it

had taken several hours to get it into

he reckons the speed

workers before they can start up. The

all about Isabel Langdon's luncheon party, said Madame, as I was hurry-ing through the studio on my way to see Shelia Maynard about some sketches. "The underbodice was of the Georg-ette, cut gracefully full, with long kimono sleeves. The latter were finished What Happened When Madge Reported to Lillian.
"This is a wild and improbable idea, perhaps his life in order to save my know," I stammered, "but as Mr. father. "We had such a surprise, I'm still excited about it.

Underwood was talking about my father, the thought flashed upon me that perhaps he had found out the danthat perhaps he had found out the danthat perhaps he had found out the danthat perhaps he had found that she had regained her normal poise. "We were all seated at the table, which was decked out in the usual 'fix-"I'm very sure that Harry's main motive in entering this thing was to save time eating the goodies, when tive in entering this thing was to save time eating the goodies, when your father, but take it from me, he senger boy appeared with a telegram was smirched a bit with it first before for Isabel. She read it to us. It was senger boy appeared with a telegram and across the back. The irregular line osition to protect him."

Lillian jumped up, and putting her he found out your father was involved. Harry, almost broke and drinking, isn't an announcement of her engagement to a binding of crepe meteor outlined the edges. The tunic opened in front over Billy Weatherly. Wasn't she clever to "You provoking mouse!" she said.
"That self-depreciation of yours will be the death of me some day. Of course, that's the key to the whole thing, and why didn't you tell me half an hour ago is a mystery to me. That was the distribution of your story, my dear, and the province of your father.

"And now, to business," she said briskly. "You say Harry asked to see "But you don't know how it relieved my mind to believe, as I must, that his break the news in such an original manner?"

Instead of answering Madame's ques ion I asked another: first paragraph of your story, my dear, as the newspaper reporters say, and here I've had to drag it out of you the here I've had to drag it out of you the

"What did she wear?" "Of course, you have no interest in anything but clothes, and you'll not be satisfied until I tell you what every plexion, must have looked in it.

ment did you make?"
"Why," I hesitated, "he wanted to "You're wrong." I contradicted: " know where he could reach me by tele-phone, and, of course, here was the only don't care a straw about any of the place that would be safe for me, and I others. I only want to know about Miss didn't think I ought to suggest your Langdon's frock."



Afternoon Frock of Sand Crepe Georg ette and Crepe Meteor. "Bring me a pencil and a sheet of

I sat down beside her while she drew A PERFECT MEDICINE Whip a few teaspoonfuls of vinegar the frock.

to one egg, season with a dash of "In the first place, it was made of into one egg, season with a dash of "In the first place, it was made of pepper and salt, and add just a touch sand-colored crepe Georgette and crepe of sugar if you find it too sour to the meteor. The bodice had a plastron front taste, put the mixture on the stove, of crepe meteor, extended to form a

paper and I'll sketch it for you," she

broad, draped girdle, which came a little This is not only a fine dressing for beyond the normal waistline. The plas-

> By Genevieve Kemble FRIDAY, MARCH 15. A quiet and well ordered day is ad-

monished in order to circumvent certain ominous astral influences which may lead to rashness, anxiety, disapquarrels and litigation, and at Saturnine obstruction. Opposed to this, however, Jupiter is friendly to money matters, and Uranus promises some advantages of a sudden and unconventional order. The occuit and metaphysical, also inventions and all pursuits engaging the finer forces and faculties. While business will have some interesting phases, a favorable Mercury aiding the above Jupiterian benefit, yet there must be a word of caution against deception and pointments and regrets, especially from parsnips and cabbage, serving them in Use dried fruits sometimes instead of large amount of nourishment at small in vegetable dishes, cost is potato salad. Every one knows Use nuts—peanuts are cheapest—in word of caution against deception and

this position.

FOR LITTLE ONES

Baby's Own Tablets is the ideal medcine for little ones. They regulate the bowels and stomach; break up colds; cure constipation and indiges-tion; expel worms and make teething They are guaranteed to be absolutely free from injurious drugs and may be given to the youngest child with perfect safety. Concerning them writes: "I have used Baby's Own Tablets for my three little ones and have found them the best medicine a mothe can give her children." The Tablets at 25 cents a box from The Dr. Wil-

Those whose birthday it is should move with caution and discrimination in all matters. A child born on this day wil be active, enterprising and energetic, but should be well directed.

Won't harm anything that pure was getic, but should be well directed.

# MEILLETT COMPANY LIM

MADE IN CANADA

E.W.GILLETT COMPANY LIMITED PINNIFE TORONTO, ONT. MONTREAL

### THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market. War-time economy and your own good sense, will urge the necessity of buying but EDDY'S MATCHES.

# FRESH AS A DAISY

Get a 10 Cent Box of "Cascarets" for Your Liver and Bowels.

your thirty feet of bowels without griping. You will wake up feeling grand. Your head will be clear, breath right, tongue clean, stomach sweet, eyes bright, step elastic and complexion rosy -they're wonderful. Get a 10-cent pox now at any drug store. Mothers can safely give a whole Cascaret to children Tonight sure! Take Cascarets and at any time when they beco enjoy the nicest, gentlest liver and bowei feverish, bilious, tongue coated or concleansing you ever experienced. L:t stipated—Cascarets are harmless.

## ADAMS BLACK JACK

She will greet you with a smile if, every Wednesday night, you take her Adams Black Jack. A stick a day keeps hoarseness away.



Pure Chewing Gum

## To Our MIGHTY WHALE OF A SHOE SALE

Saturday night at 10 o'clock and the big sensational Whale of

Men's Felt Shoes, with thick felt soles, \$4.00 value: buy them now for next winter .....\$2.50

Men's One-Buckle Gum Rub bers, \$2.50 value ... \$1.98 Juvenile Fibre School Cases,

sizes 12, 14 and 16 inches, worth 50c and 75c. Friday and Saturday ......29c

Ladies' Fine Quality Spats. \$2.25 value, white and white and black checked .... \$1.00

Men's Mahogany Lace Shoes, recede toes, Acme fibre soles and rubber heels, \$7.50 value ..... \$5.00 Men's Gunmetal Lace Shoes, Neolin soles and rubber

heels, \$6.00 value. For....

.....\$4.98 Very special for this sale. Wear like iron. Men's Good Strong Shoes, \$4.00 value, cut to......\$2.50

Men's Felt House Slippers, Youths' Gum Rubbers, worth \$2.00, cut to ......\$1.19 | \$4.00 a pair ......\$2.50

Women's Tan Button Shoes. worth from \$5.00 to \$6.00. cut to ......\$2.50 Women's Fine Kid Shoes.

Hi-laced, \$4.50 value, cut to .....\$2.69

Infants' Soft Sole Shoes, 75c value, cut to ......29c

Gunmetal Shoes for Children, sizes 3 to 71/2, worth \$2.00. While they last \$1.49 Men's Shoes-30 pairs go on

have to hustle for these ... .....\$2.98 Men's High Lace Rubber Bush Shoes, 15-inch tops,

sale, \$4.50 value. You'll

\$6.50, cut to .....\$3.69 Women's Good Strong Felt Fox Shoes, \$2.50 value. They're yours for ...\$1.69

Women's High 2-Buckle Overshoes, cut to ...\$1.49 BIG SPECIAL 40 pairs of Men's Gunmetal

Lace Shoes, full rounding

toes, and sell regularly at

a Shoe Sale will be a thing of the past. Hundreds upon hundreds of London and district have taken advantage of the marvelous money-saving bargains that have been offered here during this sale. But all things must come to an end, so with our Whale of a Sale. We have arranged some doubly attractive shoe-savings for the last days of the sale. After Saturday night you'll be left standing on "the shore of high prices" again. Don't pass up this last opportunity to economize on your footwear needs for the rest of the year. This opportunity will perhaps not come again until after the war. A word

### Rubbers for the Slushy Days

......79c Ladies' Fine-Quality Rub-

to the wise is sufficient.

bers to fit any style shoe 89c Misses' Rubber Boots, \$3.00 value ......\$2.48 Men's Hip Rubber Boots, grey soles and heels, \$9.00 values ......\$5.45 Men's Hip Rubber Boots, Kiddie Rubbers, sizes 8, 81/2. \$7.50 value .....\$3.69

Men's High-Quality Rubbers , Men's Rubber Boots, cut to ......\$3.98 Kiddies' Rubber Boots, fleece-lined. \$2.50 value, 8 to 10½ .....\$1.98 Women's Rubber Boots, \$3.50 value ......\$2.98 Boys' Rubber Boots, red soles .....\$3.50 Kiddie Rubbers, sizes 3 to 7½ ......35c

9, 9½ ......47c

Children's High Top Kid Lace Shoes, \$3.75 value. Cut

Look, men, an opportunity

like this may only knock

once at your pocketbook, so

here's a chance to open it to

Genuine Chrome Tan Calf

Lace Shoes, with heavy

viscolised waterproof soles,

For the smaller boys wear-

to .....\$1.98

Ladies' Fawn Suede, High

Lace Shoes, and nut brown

high lace shoes with canary

tops; regular \$6.00 and

\$7.00 values. Cut to ..\$3.98

We also specialize in Dr.

Scholl's foot comforts. For

foot troubles, consult our

Boys' Good Serviceable Tan

Grain and Gunmetal Lace

foot trouble department.

real bargain in Men's

Shoes; \$4.00 values. Cut to .....\$2.98 and \$2.49

High Lace Shoes with fawn, canary, white, buck and grey suede tops. Also fine kid lace shoes on sport last; easily worth \$7.00 a pair. worth \$6.00, \$7.00 and \$8.00 a pair. They all go at one They go at per pair...\$5.00 price ......\$4.98 a pair ing 11, 12, 13, Gunmetal Lace Women's Ko-Ko Brown High Shoes, made on Mannish-Lace Shoes, with Neolin soles styled last; \$3.00 values. Cut

Ladies, here's your chance to

secure your Easter footwear

at big reductions. Women's

Patent and Ko-Ko Brown

and rubber heels, \$7.50 values ...... \$5.95 Children's Patent Button

Shoes, with red tops and patent collar; sizes 4 to 71/2. Cut to .....\$1.49 Men's Good Strong Tan

Grain Work Shoes. Cut to .....\$3.48

Big reductions on our entire stock of Trunks, Suit Cases and Club Bags.

We carry one of the most complete stocks of Shoe Polishes, Dressings, Shoe Creams and Colored Kid to .....\$2.98 Cleaners in the city.

12 MARKET SQUARE.