

The Best Cough Syrup is Easily Made at Home.

Costs Little and Acts Quickly.
Money Refunded If It Fails.

This recipe makes 16 ounces of cough syrup, saving about \$2, as compared with ordinary cough remedies. It stops obstinate coughs—even whooping cough—in a hurry, and is splendid for sore lungs, asthma, hoarseness, and other throat troubles.

Mix two cups of granulated sugar with one cup of warm water, and stir for 2 minutes. Put 2½ ounces of Pinex (fifty cents' worth) in a 16-oz. bottle, and add the Sugar Syrup. Take a teaspoonful every one, two or three hours. Tastes good.

This takes right hold of a cough, and gives almost instant relief. It stimulates the appetite and is slightly laxative—both excellent features.

Pinex, as perhaps you know, is the most valuable concentrated compound of Norway white pine extract, rich in guaiacol and the other natural healing pine elements.

No other preparation will do the work of Pinex in this recipe, although strained honey can be used instead of the sugar syrup, if desired.

Thousands of housewives in the United States and Canada now use this Pinex and Sugar Syrup recipe. The plan has often been imitated, but the old successful formula has never been equalled. Its low cost and quick results have made it immensely popular.

A guarantee of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Toronto, Ontario.

A Thick Neck

This is the name usually given to Goitre, a most uncomfortable, unsightly and dangerous condition. A few years ago we were asked to prepare our home treatment for Goitre, a trial having been so satisfactory in one case. Since that time our

GOITRE SURE CURE

has been a winner. Letters of gratitude from those who have used it received frequently. A young man recently said: "My collar is a size smaller in three weeks, and my health is better." Internal and external treatment. Price \$2, express paid.

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J. H. DOLLAR, Havelton, St. Law. Co., N. Y.

PLEASE MENTION THE ADVOCATE.

which projects 3 feet into the room, leaving two shallow alcoves, each with a window facing west. Large walnut folding doors give entrance to the hall. So much for the room.

We intend having a table, china closet and sideboard built. What wood do you think would look best in our room? We want the table plain and solid, but do not quite understand just how it should be made. Should the legs be solid, and if so, should they taper toward the floor? How large should the legs be? In short, how should we describe it to the carpenter, who is rather given to ornate furniture?

The carpenter recommends building a cupboard for the extra leaves of the table. Would a china closet look well built on top of this cupboard? It would have to be in a corner. Would small leaded panes be in good taste? We have some old willow pattern, and would like to display it in the dining-room. Would a shelf have to be put up purposely for it? Does the sideboard have to be of the same wood as the table, and built after the same style? Would panelling look well over the walnut mantel, or would it have a patchy appearance, as the rest of the room is not done that way?

We have a long, solid, old-fashioned lounge that we wish to fit with a loose mattress and pillows. Would leather be the best?

What color ought the floor and window boards to be painted? Would the skirting-board look better painted another color than fawn? What sort of blinds and curtains, cushions and rug would look well in this room?

This is certainly quite a budget of questions, but as our house is old and quite historical, we do not wish to make any mistakes when good advice can be had.

MATRICULANT.

Welland Co., Ont.

Your sunshiny dining-room gives a fine chance for attractive furnishing. In the first place. I would have all of the woodwork in the room walnut, or stained like walnut, to match your large folding doors and mantel—oh, my dear, do you realize how fortunate you are to have those things of real walnut? And, of course, have everything a dull finish. No doubt your carpenter, who is "rather given to ornate furniture," will want a high gloss,—even varnish, mayhap! But put your foot down firmly. I do not see a high gloss anywhere in really nice houses now, and I have heard that, often, woodwork is waxed with a wax for the purpose and rubbed down to a smooth dull surface, to get a soft effect. I know one house, however, and a pretty one too, in which the woodwork was just stained, and left that way.

Now, the wall,—about the most important thing in the room, as it must be a background for everything: You cannot have a "warm" color, very well, as your room is so sunshiny, although a tobacco-brown would do very nicely. You might have it papered with a soft gray-green paper, perfectly or almost plain, with a deep landscape border (as your walls are high) in greens and browns, the browns harmonizing with the ceiling and the green matching the green paper below. At the lower edge of this frieze run a narrow wooden moulding stained walnut.

I do not think I should have a plate-rail, if I were you, as the room is so long, and horizontal lines would accent the length. But your willow ware will show beautifully in the cupboard, and then you could have some of the plates put upon the wall plaque-wise, by large hooks sold for the purpose. I once saw a small leaded-paned cupboard built above the mantel for fancy plates. It looked very well, but, personally, I like the mantel left free for plates, jars, candles, or whatever one chooses. A large picture placed above will give the necessary break to a plain wall. By the way, your blue china will look lovely with either a gray-green or a tobacco-brown wall. Do not get wall paper with a glossy finish. Be sure that it is dull, and soft in texture and coloring.

I presume you intend to have a built-on china closet, fastened to the wall. Usually they are built "into" the wall, and I have never seen them extend to the floor. Small diamond panes of clear glass would be charming. For the sideboard, why not have it buffet-fashion, with legs so that you can sweep under it easily? I don't think I should have

a cupboard built for the leaves of the extension table, unless in the kitchen. You don't want your room to look too "cupboardy."

Now, about that dining table: It must really depend upon your taste whether it has turned legs, or square ones of the "mission" order; but in any case they should be solid and practically plain. Ornateness is seldom handsome, and carving or fancywork of any kind on wood makes it so hard to dust. Square legs may taper or not, as you choose. The size must suit the size and solidity of the table. Of course it will be better to have all the furniture in the room of the same style, as far as possible.

Now about the curtains: How would you like gray-green scrim sash-length, stencilled with brown and darker green? Or cream or coffee-colored scrim stencilled with green and blue? Just a border all round, you know. You would, of course, have to put a valance across the top, stencilled to match. Five-cent factory cotton is now being used a great deal for curtains, and when prettily stencilled does not look at all factory-cottony. You can do the borders yourself, and so have very handsome curtains at very small expense, comparatively. If you do not understand the process fully, let me know, and I will put explicit directions once more in our columns for you.

I saw a very dainty set of curtains in a bedroom yesterday, with dresser cover and washstand cover to match. All were of pure white scrim—cotton scrim, I think, as the linen is usually cream,—and they were stencilled in blue and green.

You are lucky to have a long, old-fashioned lounge. Leather makes a good cover, and serviceable, if the leather is good, but it is rather expensive. Heavy furniture-rep would make a good covering for the mattress. For the cushion covers you could get some burlap, say in gray-green, and stencil or work it, say with yellow-browns, and even a touch of bright pumpkin-yellow; or a conventional design in darker green and blue would look very well. You would need a few cushions, with wash-covers, too, for head-rests. These might be of old blue denim, worked with white, or of shirting or gingham in green-and-white check, with the white squares worked with green in a sort of cross-stitch. The burlap cushions should be finished with cord and tassels, the gingham ones with frills of the material.

A rug with a small conventional pattern in which the leading tone is green, with, perhaps, touches of blues or browns, would look well in this room. If you choose, instead of the green and blue scheme, you might have gray throughout, with touches of green and pumpkin yellow. Gray is quite fashionable now for wall papers.

I hope this will be satisfactory.

Varying Foods in Winter.

"Beets! Beans! Carrots! Parsnips! —The same old thing over and over! No lettuce, no celery, no fresh fruit,—this year not even a few apples!" Now, isn't that a despairing wail? And yet, at this season of the year it is a wail that is going up from many a wise housewife who knows that people need to eat plenty in cold weather, and that variety is the salt of the earth to good appetites.

But there is a possibility of providing variety with even beets, beans, carrots and parsnips,—with, of course, the potatoes and meat that we seldom give especial thanks for, accepting them as we do the air, and the water, and many other of our good things.

Beets:—Don't eternally serve them "sliced in vinegar"—a method neither especially appetizing nor very wholesome, —indeed, vinegar is never wholesome, and is seldom used now by the best cooks. For a change cut up your boiled beets very fine, some day, mix with salad dressing made with lemon juice instead of vinegar, and serve as a salad.

You may put in some nut-meats if you like. . . . Another day try serving them "as a vegetable," very hot, and dressed with melted butter and a squeeze of lemon juice. You may prepare the butter this way: Melt it with a little hot water—a teaspoonful to a tablespoon butter—beat in the lemon juice, add a

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