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or Suit or Skirt, be sure to have it of "Cravenette" (Regd.) Showerproofed Cloth.

"Cravenette" (Regd.) Showerproofed fabrics have two advantages possessed by no other cloth.

First—they are absolutely showerproof—proofed by the wonderful "Cravenette" process.

Second—they are light and porous—allowing the air to circulate freely, yet keeping the inner clothing dry on very wet days.

"Cravenette" (Regd.) Showerproofed garments come in a large variety of attractive patterns and color schemes, suitable for skirts, jackets and coats.

You can get genuine "Cravenette" (Regd.) Showerproofed garments in the newest styles for men, women and children—or you can buy the showerproof cloth and have garments made at a tailor's.

All genuine "Cravenette" (Regd.) Showerproofed garments and cloth bear the trademark shown above. Look for it whenever you buy.

If you cannot obtain goods, write

Cravenette Co. P. O. Box 1934. Montreal, P. Q.

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The food that supplies the greatest amount of digestible nutriment at smallest cost is

**SHREDDED WHEAT**

the only breakfast cereal made in Biscuit form. Contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. Two Shredded Wheat Biscuits, eaten with hot milk and a little cream, make a complete, perfect meal at a cost of four or five cents. Ready-cooked, ready-to-serve.

Always bake the Biscuits in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Deliciously nourishing when eaten in combination with baked apples, stewed prunes, sliced bananas, canned or preserved fruits. Try toasted Triscuit, the Shredded Wheat wafer, for luncheon with butter, cheese or marmalade.

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Plover, Iowa.—"From a small child my 13 year old daughter had female weakness. I spoke to three doctors about it and they did not help her any. Lydia E. Pinkham's Vegetable Compound had been of great benefit to me, so I decided to have her give it a trial. She has taken five bottles of the Vegetable Compound according to directions on the bottle and she is cured of this trouble. She was all run down when she started taking the Compound and her periods did not come right. She was so poorly and weak that I often had to help her dress herself, but now she is regular and is growing strong and healthy."—Mrs. MARTIN HELVIG, Plover, Iowa.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

SAPROLIN PILLS

Do not suffer from itching, bleeding, or any other ailment of the rectum. Saprolin Pills are the only remedy that will cure you. No operation required. Sample box free if you mention this paper and enclose 10c stamp to pay postage.

Billie Burke

ments and more ready to respect her opinions. It is a sad commentary upon masculine sex today that a good-looking woman can obtain favors in the business world for which her ugly sister can never hope, notwithstanding the homely girl may be better fitted for the coveted position than the beauty. This condition obtains often by profession, and, although I consider beauty a kind of fifth wheel to the coach of an actress, yet the pretty actresses like best to have men get very tired of being told of their attractions.

If you sincerely think a woman looks well sell her so but do not tell her that she is attractive, or fascinating, or beautiful just because you think she would like to hear it. The thing men most like to hear in a man is sincerity, and I sometimes think that sincerity is the thing men like least in a woman. Women like frankness and directness. When it cuts deep into their self-conceit. They long so intensely to be treated as equals that they are perfectly willing to take the frank buffet or speech that one man gives to another without holding rancor. Personally a compliment upon my work, upon my taste in dress or the decoration of my home means much more to me than a eulogy of my pleasing physical attractions. Although I work hard and think much of my personal appearance, as it is one of the tools which I use in my art, yet I am better pleased when some one tells me that I have interpreted a great emotion or made visible the motive by dramatic action.

Some men seem to think that all they have to do is say pretty things to a woman to gain her interest. In fact, if they can only realize how sick and tired most women get of these same compliments over and over again they would take a little thought and be original in their flattery. Every woman of brains likes a well-turned compliment for the will there is in it, even when she knows the man is stretching the truth a little, but the mere iteration and repetition of "you're beautiful in red, or green, or blue" (or "whatever color you may be wearing at the time") is nauseating to sane-minded women.

JUST ONE LAST WORD—If you are neither truthful nor witty you should avoid flattery.

Easter Time Is The Time To Eat Eggs

These can be baked in individual dishes and in such case will, naturally, be easier to serve.

Eggs with Broiled Tomatoes.

Slice of tomato, salt and pepper, bearnaise sauce or cream sauce, eggs, Select firm tomatoes; cut into thick slices without peeling, and broil either under the broiler in a gas range or in a clove-stove over a charcoal fire. Allow one slice of tomato to each slice. In the meantime carefully poach one egg for each slice of tomato, trim the egg and lay the egg on the tomato on the serving dish.

Four cream sauce or Bearnaise sauce over all and serve at once. When fresh tomatoes can not be obtained, take the most perfect ones from a can of whole tomatoes, put a little butter on the slices and bake in a hot oven instead of broiling the slices.

Scotch Eggs.

3 hard cooked eggs, egg and bread crumbs, 1-2 pound sausage meat, 3 tablespoons bread crumbs, frying fat, gravy or pepper sauce.

Let the eggs be thoroughly hard cooked. Remove the shells and see that the eggs are not broken.

Season the sausage meat and add to it three tablespoons of bread crumbs, together with a generous seasoning of salt and pepper. Sauté over one-third of this mixture and get it of even thickness all over the eggs.

When all are coated, brush them over with beaten egg, then roll in stale bread crumbs and fry golden brown in deep frying fat. The fat must be as hot as for frying croquettes or other fried things. Fry for about 10 minutes. Lay the slices on a paper towel to drain off the fat. The fat should be cool enough to allow of this being done before the surface becomes too brown.

Drain, after frying, on soft kitchen paper, and with a sharp knife divide each coated egg in two (crosswise), cut side up, on a serving dish and surround with brown gravy or tomato sauce.

Nested Eggs.

Slice of toast, eggs, cold minced ham or tongue, seasoning.

Separate the whites from the yolks of the eggs, beat the whites to a stiff froth, and lay the yolks aside. Have ready slices of toast made from slices of bread cut rather thick. Put a layer of minced ham on top of the toast, then pile a portion of the stiffly beaten white of egg on this. Make a depression in the center of it and drain the yolk into this. Season with salt and pepper and bake just until the eggs are set. Very small fragments of ham or tongue will serve for the meat if required.

Filipino Eggs.

Slice of toast, strips of green pepper, seasoning, slices of broiled ham or bacon, eggs.

Have the slices of ham or bacon cut very thin and broiled delicately. Keep these hot while preparing the eggs. Cut the peppers into thin strips, remove all seeds, scald the peppers and lay these aside also. Poach the eggs, in number according to the number of persons to be served, then dish as follows:

Trim the toast so that the slices are uniform in shape and size; trim the bacon or ham to fit the toast; lay it on the toast, then arrange the strips of peppers over the ham and sprinkle with salt and paprika, not forgetting that the ham or bacon is likely to be salt.

—Pictorial Review.

"NEWSIE" AND WOMAN SUFFRAGE QUESTION

By Susan W. Fitzgerald.

We are forever being told that the place of woman is in the home. Well, so be it. But what do we expect of her in the home? Merely to stay in the home is not enough. She is a failure unless she does certain things for the home. She must make the home minister, as far as her means allow, to the health and welfare, moral as well as physical, of her family, and especially of her children. She, more than any one else, is held responsible for what they become.

She is responsible for the cleanliness of her house.

She is responsible for the wholesomeness of the food.

She is responsible for the children's health.

She, above all, is responsible for their morals, for their sense of truth, of honesty and of decency, for what they turn out to be.

She can clean her own rooms, but if the neighbors are allowed to live in filth she cannot keep her rooms from being filled with bad airs and smells, or from being infested with vermin.

She can cook her food well, but if dealers are permitted to sell poor food, unclean milk or stale eggs, she cannot make the food wholesome for her children.

She can care for her own plumbing and her refuse, but if the plumbing in the rest of the house is unsanitary, if garbage accumulates and the halls and stairs are left dirty, she cannot protect her children from the sickness, and infection that these conditions bring.

She can take every care to avoid fire, but if the house has been badly built, the fire escapes are insufficient or not fireproof, she cannot guard her children from the horrors of being maimed or killed by fire.

She can open her windows to give her children the air that they are told is so necessary, but if the air is laden with infection, with tuberculosis and other contagious diseases, she cannot protect her children from this danger.

She can send her children out for air and exercise, but if the conditions that surround them on the streets are immoral and degrading, she cannot protect them from these dangers.

Alone, she cannot make these things right. Who or what can?

The city can do it, the city government that is elected by the people, to take care of the interests of the people.

And who decides what the city government shall do?

First, the officials of that government; and,

Second, those who elect them.

Do the women elect them? No, the men do. So it is the men and not the

ST. MONICA'S SOCIETY DOING GOOD WORK

The Saint Monica's Catholic Ladies Benefit Society is an organization established in the fall of 1911 for the manifold purpose of alleviating the wants and sufferings of the needy, and assisting in such philanthropic works as tend to the relief of humanity.

Commencing with a membership of under sixty, the Society now numbers about 138.

The Society is governed by a simple and concise constitution and appoints yearly a president, two vice-presidents, treasurer, secretary, and six additional ladies are appointed to form a Board of Management.

The present officers are: president, Mrs. James Dever; first vice-president, Mrs. D. P. Chisholm; second vice-president, Mrs. Jas. H. Doody; treasurer, Miss Margaret Hogan, secretary, Miss Amelia Haley. Regular business meetings are held on the first Monday of each month.

The particular works of the Society are capably handled by the following committees, charity committee, sewing committee and immigration committee.

On the charity committee there are two representatives from each Catholic parish in the city. These ladies, with the co-operation of their Convener and the approval of the Society, are empowered to give assistance to the cases under their charge in the way of food, clothing etc. Special care and attention is always bestowed where illness exists, or in the case of old age. Each year at the Christmas Season a special donation of money is awarded to the Society and the charity committee for the distribution of bounteous Christmas baskets. This year sixteen families were the recipients of lovely cheery baskets, each containing a gift of the grateful hearts of the parents and were a source of real Christmas joy to many little ones.

The society has contributed yearly to the Home for Incurables, and this year to the St. John Association for the Prevention of Tuberculosis and to the Ladies Auxiliary of the Seaman's Mission.

Every Monday afternoon from October until the end of April, weekly sewings are held for the poor. The attendance at the sewings has largely increased and in consequence a great amount of work has been accomplished, many comfortable and useful garments being completed and distributed each week.

Interesting literary lectures have been delivered this winter at the sewings, proving to be an attractive and successful feature.

The financial support of the society is secured solely from the membership fees, and from the proceeds of one annual public entertainment usually held in the form of a bridge.

In September 1912 the society formed a Guild known as St. Monica's Girls Guild.

There are about forty young ladies on the membership roll of the Guild. Their work is amongst the children who are brought together each week and through the kindness and industry of young ladies of the Guild are taught plain sewing, and given useful and practical talks on cleanliness and cooking. Surprising results have been obtained from some of the children who have learned to cut and sew very useful garments. Everything that renders the Guild attractive for the children is planned, and carried out by the members. At each meeting of the children refreshments are served. Miss Katherine Cotter is the president of the Girls' Guild.

The work of the committees connected with St. Monica's Society was carried out considerably and the growth and progress of the Society is undoubtedly due to the enthusiastic interest maintained by the members, as well as to the harmonious spirit of unity which has characterized the Society since its organization.

AMELIA J. HALEY, Secy.

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Parsons' Pills

relieve constipation and headache

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For Infants and Children.

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Bears the Signature of J. C. Watson

Convincing to Ladies— This Oven Test!

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From every shipment of wheat delivered at our mills we take a ten pound sample. We grind this into flour. Bread is baked from the flour.

We find that some samples make more bread and better bread than others. So we keep the shipment from which the more and better bread comes. The others we sell.

You save money by using flour that bears this name. And you get better bread.

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