

SHAC
For Headache
 More Than 25 Years on the Market
 Used Wherever Heads Ache
 12 Wafers—12 Doses
 At all druggists for 25 cents

tle, stirring until well mixed and hot; then apply to the cloth, which frames and tacked closely; keep should be stretched tightly on the the oil hot while applying with a brush, as you would paint.

Lighthouse Whitewash

For making Lighthouse white-wash, slake one bushel of fresh lime with twelve gallons of hot water; dissolve twelve pounds of rock salt in six gallons of boiling water, then pour the salt solution into the slaked lime; then add six pounds of Portland cement, stir to thoroughly mix. Alum added to whitewash made of lime will prevent it rubbing off—an ounce to a gallon is sufficient. Flour paste will answer the same purpose, but needs zinc sulphate as a preservative. Molasses renders the lime more soluble and causes it to penetrate wood or plaster surface—a pint of molasses to five gallons of whitewash is sufficient. Silicate of soda solution (about 35 degrees Baume) in proportion of one to ten of whitewash produces a fire-proof cement. A pound of cheap bar soap dissolved in a gallon of boiling water and added to about five gallons of thick whitewash will give it a gloss like oil paint. Whitewash is a necessity where one has farm buildings, and should be used liberally every spring in and on out-buildings.

Odds and Ends

Most fish furnish the same amount of protein, pound for pound, as does lean meat. Oily fish like mackerel and salmon, either canned or fresh, have about the same value. Those which are lacking in fats are to be served with butter or salt pork or with cream or butter sauces.

The drawing of a fowl should be

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 The illustration shows our leader—5 Nest Set. Cost Less Than Wood Sheds. Don't Wait. Make Big Money on Poultry. Write to
 Knickerbocker Co., Box 190, St. Joseph, Mo.



(Continued from Preceding Page)

as applied to the childrens outfits now—will repay you a thousandfold later on when the warm days come, and no one wants to bother with sewing. If the youngsters have a plentiful supply of rompers to tumble around in on the beach or elsewhere, you may rest assured that they will feel happy and comfortable. Smocking may be used or omitted.

8240—Ladies' Blouse—Cut in sizes 36 to 42 inches bust measure. A timely aid to the use of those wonderful new sport materials which everyone likes, is this drop shoulder blouse. The broad, flat collar is especially good, and may be trimmed with braid to emphasize its shape. The blouse has the new Duchess closing at center front.

8238—Ladies' Apron—Cut in sizes 36 to 44 inches bust measure. A welcome departure from the usual kimono or set-in sleeve styles is this apron with the new raglan sleeves. It is amply big enough to protect any dress worn underneath it without crushing, or if preferred, it may easily take the place of a dress for housework.

8236—Boy's Suit—Cut in sizes 6 to 14 years. For the junior boy there is nothing that looks better and withstands the rough wear which he gives his clothes longer than a suit, consisting of coat and knickerbockers. The suit has very mannish lines, with its straight coat plaited at the waistline in the back and held in place by a narrow belt. Knickerbockers of liberal width complete a suit which will be thoroughly satisfactory and serviceable.

8266—Ladies' Skirt—Cut in sizes 24 to 32 inches waist measure. You'd never guess from the appearance of

this skirt how wonderfully easy it is to make. In the first place, there is nothing to the cutting of it, as it has only one seam, which is straight. The broad tucks add much to the style of the skirt, besides helping to hold it out from the figure.

8265—Ladies' Dress—Cut in sizes 36 and 40 inches bust measure. Very smart and serviceable is this new design. It is about the simplest development possible in a one-piece frock and so will not take long to make. Moreover the fact that it is very easily put on is a recommendation in itself. The set-in vest may be of a contrasting material or else it may be of the same. The dress is all in one piece from shoulder-line to hem, and is drawn in slightly with a loose sash at the most convenient position to the wearer.

8220—Ladies' Apron—Cut in one size. Something new in the apron line for the busy housewife is shown in this group. It is sure to appeal, because it is so easy to make, the main part being in one piece, with an opening for the head to slip through. The lower portion, which forms the capacious pockets, is cut the same shape as the lower part of the apron proper and is stitched to the same around the edge and through middle.

8261—Children's Dress—Cut in sizes 2 to 10 years. For general everyday wear every small girl should have a dress like this design, an excellent model for a one-piece bloomer dress. It may be opened all the way down the front, making it very easy to launder. Sleeves may be long or short. Full bloomers are included in the pattern, to be worn with the frock.

8260—Ladies' Combination—Cut in sizes 34, 38 and 42 inches bust measure. Many women do not care for the

done by the best methods; the fowl should not be washed or soaked in water, if it is a chicken, any length of time after it is drawn. Wash the skin thoroughly and dry before you draw the chicken. Take out the clotted blood with a clean, damp cloth after the chicken is drawn and it is ready to cook. If you prepare the chicken on Saturday for Sunday's eating, do not put it on ice, and do not soak in water and put away wet. Put it on a plate on the floor of the refrigerator where it will be thoroughly chilled and will remain perfectly sweet for several days, if necessary.

Canned fish should be used as soon as opened, and whatever is left should be thrown away, as canned fish, and sardines, also, are especially liable to ptomaine poisons after they are opened. Anchovies seem to be free from those conditions, possibly because they are so thoroughly preserved with spices and oils.

Chickens and fish require great care; eggs and milk, after they are cooked, unless properly kept, are dangerous. Smearcase and cream cheese should be used before the turning period. All left-over cooked foods of fish, fowl, eggs and milk, are dangerous.—Mrs. R.

If at first you don't succeed, take another chance.—Deseret News.

regulation corset-cover and for those who hold this objection, the surplice corset-cover was designed. The armholes are cut very deep for the comfort of the wearer. In this case a three-gored petticoat is attached at the waistline and closes at the back.

8239—Girls' Dress—Cut in sizes 6 to 14 years. The well liked suspender dress is coming back into style again for the young girls after an absence of a long time, and it promises to be more popular than ever. The blouse of this dress is separate and closes at the center front. It is held in at the waistline with an elastic run through a casing, which gives it the blouse effect. The skirt is cut in two gores.

8268—Ladies' Waist—Cut in sizes 36 to 42 inches bust measure. For the practical woman the rather plain shirtwaist has an appeal which no other style can equal. It is always possible to look neat and well groomed in a freshly laundered shirtwaist—which is not always true of other types of blouses. The double-breasted closing effect follows a new line and fastens with three large buttons.

8242—Ladies' Dress—Cut in sizes 36 to 42 inches bust measure. Judging by the vast number of variations on the one style it seems that we are destined to wear long-waisted one-piece effects for a long time to come. This design is noteworthy because it is simple, easily made, and has lots of style. The closing is at the center front. The long waist is stitched at the hip-line to a five-piece skirt section.

8241—Ladies' Yoke Skirt—Cut in sizes 22 to 30 inches waist measure. The straight lower edge of this yoke skirt suggests the use of flouncing in a very practical way. The lower part is in one piece and is gathered to a straight yoke which has two deep tucks. If preferred, the tucks might be left out and the flouncing used for the yoke also. The upper edge is gathered to a slightly raised waistline.

8245—Ladies' Skirt—Cut in sizes 24 to 32 inches waist measure. The applied yoke is a very noticeable feature of most of the new separate skirts which are being shown in the spring openings. An excellent example of this is shown in this group. The side sections are formed by two box-plaits, the front one being held down by the extension of the yoke. The front and back yokes are quite deep and the lower gore sections are gathered to the edges of the yokes.

8266—Ladies' Dress—Cut in sizes 36 to 42 inches bust measure. The waistline isn't quite sure where it wants to be located, as both positions are very fashionable just now, so it compromises by being in two places. No. 8266 is an exceptionally good model for flouncing, as suggested in the sketch—though it may be used to good advantage for various other materials. The waist closing is at the center front.