

About the House

Health and Beauty.

The dark circles under the eyes, of which so many of my readers complain, may be due to poor circulation or to other causes. Massage will do much to improve the circulation, and is most effective when it follows steaming or bathing the face in hot water. The tips of the fingers should be dipped in a good massage cream, then with slight pressure worked around the eyes in a rotary motion; the nose should be stroked from the bridge outward and downward, and the skin of the cheeks should be pinched up and rolled between the fingers and thumb. Plenty of fresh air, day and night, an abundance of sleep, and regular habits of the body are also necessary. If improvement does not follow, it is advisable to consult a physician.

To combat wrinkles, feed the skin plenty of oil and use astringents. This means that a gentle but thorough massage with a good cream is necessary. By a good cream I mean one made from almond or olive oil. This should be used immediately after a hot soap-and-water wash, while the pores of the skin are open. After the massage the surplus cream is to be wiped off and an astringent is used to draw up the lax muscles and to close the pores. Nothing is better for this purpose than ice, which should be rubbed over the skin for ten minutes to be most effective. If you have no ice, fill the bowl with water as cold as you can get it, add a few drops of tincture of benzoin, and rinse well with this.

For a thin neck, practice deep-breathing exercises; these are most essential; they will build up the chest and fill out those ugly hollows at the base of the throat and over the shoulders. Second, give the neck a thorough scrubbing with hot water and soap and a complexion brush every day. Follow this with a hot rinse and then with a massage. For the massage, use either a flesh-building cream made with almond oil, or use warm cocoa-butter. Cocoa-butter is more fattening, but some few sensitive skins can not stand it.

The massage should be gentle; the tips of the fingers should be used, the strokes should be up and down the neck and in small circles over the skin. As a finish, the cream is wiped off and the neck is rubbed with ice or rinsed in quite cold water. There is also a good exercise that keeps the chin line firm and youthful: Roll the head around on the shoulders. This may sound strange, but it is quite practical. You'll find that it gently stretches every muscle in the throat.

For chest and bust development and to straighten round shoulders, the proper exercise is also some form of deep breathing. You can stand before an open window or out of doors and take a certain number of deep breaths every day. Or you can take the deep-breathing exercise in an even better way: Fill the lungs with as much fresh air as you can pack into them, and then hold the lungs full for a certain number of seconds before exhaling, lengthening the time you hold the air as you become accustomed to the exercise. About half a minute is a good average.

A deep-breathing and arm exercise combined is also used for chest development. Start by holding the arms in front of you, and as you breathe in slowly, bring the arms around to the sides and as far to the back as you can get them. This is really the most effective way, as you can feel the pull on the muscles of the chest.

Home Decoration.

Making rooms cheerful and homelike is an art, but there are many simple rules which one can follow. If a room is dark, it is obvious that the walls and woodwork should be light in color. If a room has several windows and is very light there is the place to use the darker colors, if one likes.

Color changes the size of a room to the eye and determines the amount of light. To tone down a room that faces south and has more light than it needs, paint the walls green, blue, tan or brown. Rooms having north and east windows are made more pleasant by using colors with tones of yellow, canary, red, etc. Bedrooms should always be finished in delicate light tones. The nearer to white the better. Blue, grays, etc., are suitable for dining-rooms.

A room looks higher without a border on the walls and lower with a drop ceiling. Yellow and red are warm colors and make rooms appear smaller than they really are. Gray, green, blue and soft colors make rooms look larger than they really are. Some bad combinations are red or buff walls and mahogany woodwork. Shades of pink, old rose and cream will give a room warmth and coziness. They are desirable colors for rooms with a northern or eastern exposure, especially bed-rooms.

Whitish tones are cold in effect. They make the room appear large and spacious. For the reason one must use warm colors in draping, curtains and upholstery—to add cheerfulness to the general effect. Large and pronounced designs in wall decorating give rooms a crowded and smaller appearance.

Eat More Lettuce.

Lettuce is an excellent food for the nerves. It should be eaten freely the year round if possible. Lettuce should be planted early, and as fast as one bed is used up, or the lettuce begins to get old, another should be put in. By this means, crisp, tender lettuce can be had from very early in the season until very late in the fall.

Transplant the young plants of the head lettuce so that they do not sit too close together in the ground. Fine firm heads will result. Lettuce is delicious and beneficial served with oil, vinegar, salt and pepper, or with vinegar and sugar, or with mayonnaise dressing.

As the basis of a salad, it is unexcelled. Fruits, vegetables, meats, or combinations of these will make a delicious salad which can be prepared in a few moments with a bed of lettuce, and a bottle of dressing at hand. Leftovers may be used up nicely, and the emergency shelf may contain just such canned goods as salmon, pineapple, crab meat, shrimp, lobster, or other suitable supplies.

Pineapple Salad.—Lay a drained slice of canned pineapple on a bed of crisp lettuce. On the centre of this place a small ball of cottage cheese about the size of a large walnut. The cottage cheese should have been nicely seasoned with melted butter and salt. Garnish the cheese with half of a walnut meat, or a maraschino cherry stuffed with the nut meat, or two strips of red sweet pimento laid in a cross.

A Handy and Handsome Waste Box.

I obtained from a groceryman an empty cheese box and stained it a handsome oak color by simply using a little roof cement—the kind that is found in tin cans inside the rolls of roofing. This I thinned with turpentine and applied with a small cloth, rubbing it well into the wood. After varnishing I placed it under the kitchen sink, where it is not only good to look at but one of the handiest articles in our kitchen. When the children have any waste paper, strings, etc., they know just where such things belong. It is truly a great help in keeping the kitchen clean.

The hardest thing about getting along with disagreeable people is that you can not let them know what you really think of them.

Thomas A. Edison on his seventy-fifth birthday declared that he is still a two-shift man and good for fifteen years. "When am I going to retire? Never," Mr. Edison declared.

DIGESTIVE TROUBLES CAUSE MUCH DISTRESS

Are Nearly Always Due to Thin, Watery Blood.

Do not think that because your stomach is easily upset you are the victim of some serious malady. One of the most common causes of indigestion is anaemia, or thin, watery blood. In fact it has become generally recognized that healthy activity of the stomach is impossible unless the blood is rich and red.

Dr. Williams' Pink Pills have been found valuable in cases of indigestion, nervous dyspepsia and stomach weakness, just because they are a blood builder and nerve tonic. The rich, red blood following their use not only imparts a healthy digestion, but carries color to the cheeks and lips, and gives vigor to the muscles. One important point to remember is that Dr. Williams' Pink Pills contain no harmful drugs or opiates and are thus to be preferred to preparations that merely stimulate for a time. Before you begin worrying unnecessarily about your state of health, try the tonic treatment of Dr. Williams' Pink Pills. You will be surprised to see how rapidly your appetite returns and your debilitated system revives. Miss Sarah Farquhar, North Brookfield, N.S., who has proved the value of these pills in cases of this kind, says: "For a long time I was a sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal brought misery with it, as the eating was followed by severe pains in the stomach, causing at times nausea and vomiting, and at other times an accumulation of gas that caused severe palpitation of the heart and a smothering sensation. The result was that my general health was seriously affected and the least exertion would tire me out. I had taken much medicine, but did not get more than temporary relief until I began using Dr. Williams' Pink Pills, which I took for a considerable time, with the result that I now enjoy every meal and am no longer distressed after eating. I find myself in every way enjoying better health, and I cheerfully recommend these pills to similar sufferers."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Frameless Window Replaces Ship's Circular Porthole.

A notable feature of the modern passenger ships is the change from the old restricted circular porthole to the square type of window of generous proportions. The improvement is comparable to the change ashore from the old diamond pane to the balanced window sash. But, of course, at sea the ordinary framed window sash will not stand the exposure to spray and rain, where water-tightness is essential, without constant care and attention. For this reason a frameless window has been devised which consists entirely of thick plate glass with well-smoothed edges. They are used in all deckhouses, charthouses, and on the bridge.

Taking No Chances.

A census official called at a humble home and found the head of the family poring over a large volume. It transpired that the householder some months before had been induced by a travelling agent to buy an encyclopaedia, and that to get the worth of his money he had been reading the books pretty constantly ever since.

In reply to the caller's questions he gave his name and age and his wife's name and age.

"How many children have you?" asked the official.

"I've got three," was the reply. "And that's all there ever will be, too."

"What makes you so positive about that?" asked the visitor.

"I'll tell you why there won't never be but three," said the man. "It says in this book that every fourth child born in the world is a Chinese."

Bargains in Babies.

Little Jane had long wanted a baby sister, and one day she came rushing home in high excitement.

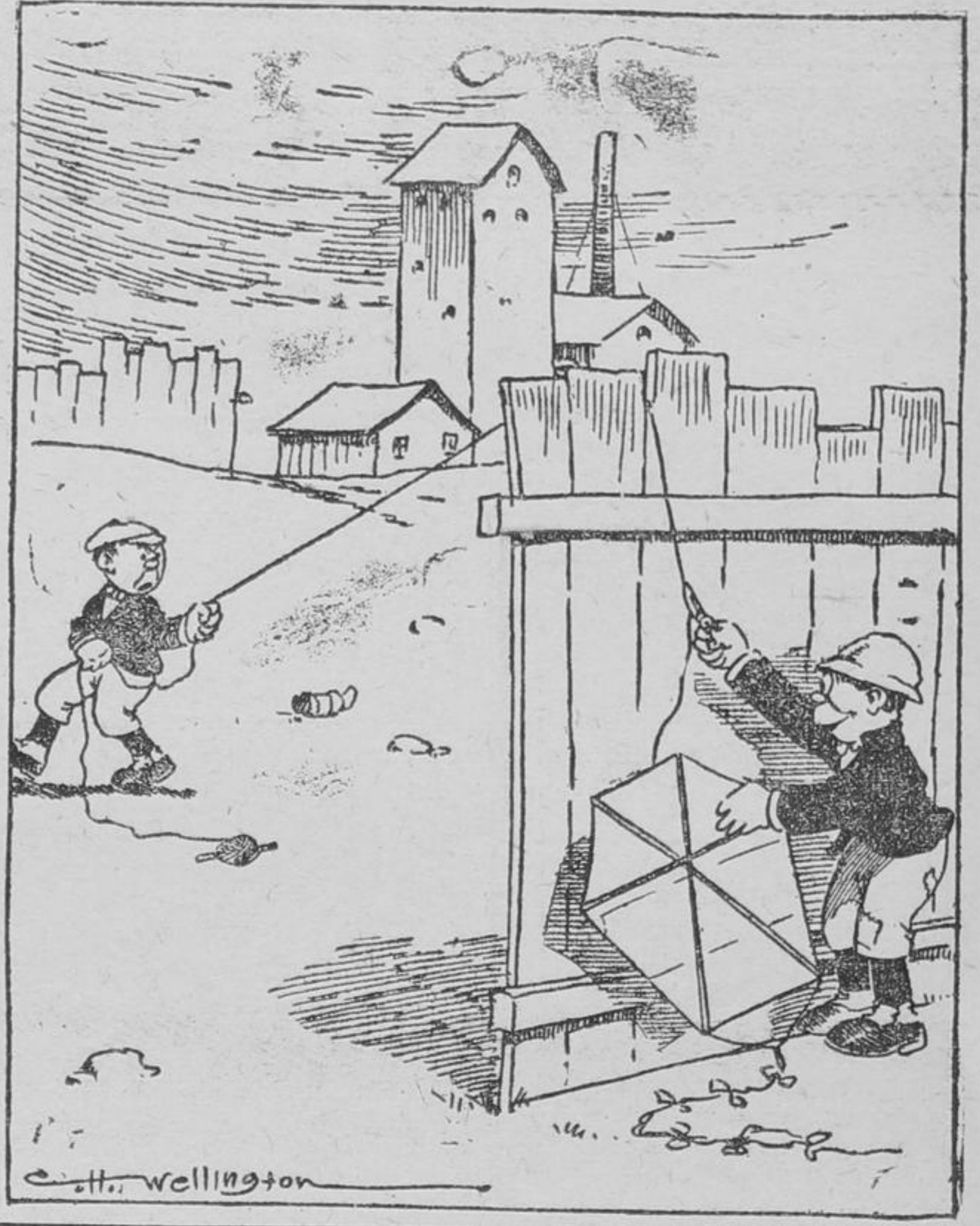
"Oh, mother, come quickly!" she exclaimed. "There are splendid bargains in babies, and you can get one while they are cheap."

"What in the world do you mean, dear?" the mother asked in astonishment. "Somebody must have been playing a joke on you."

"Truly, truly!" the little girl declared, jumping up and down in her eagerness. "Great big sign about it, on the top of the picture palace. It says, 'This week only, children half-price.'"

Mahogany trees do not reach their full height until they are two hundred years old.

—and the worst is yet to come



A Unique Cloud Bank.

A singular atmospheric phenomenon recently noted along the western coast of South America is a bank or band of cloud extending for two thousand miles, from Ecuador to the centre of Chili, and following the trend of the coast range of hills. The cloud bank is between ten and twenty miles broad, floats at an elevation of between two thousand and three thousand feet and has a vertical thickness of not less than one thousand feet.

This curious phenomenon is ascribed to the prevalence of cool southerly and south-westerly winds blowing obliquely along-shore, and having their moisture condensed by the coast hill range just sufficiently to produce clouds without rain.

Plenty of Room.

"I never go to church," the millionaire said. "I guess you've noticed that, bishop?"

"Yes, I have noticed it," said the bishop gravely.

"I guess you wonder why I never go to church, don't you?" the millionaire pursued. "Well, I'll tell you why, bishop. There are so many hypocrites there."

"Oh, don't let that keep you away," said the bishop, smiling. "There is always room for one more."

Gentlemen All.

A small boy, aged four, had just told his uncle that he had started on his school career.

"Indeed," said the uncle; "why, you must be the youngest there."

"Oh, no," answered the youngster in a very lofty manner, "there's another gentleman who comes in a baby carriage."

Up-to-Date.

"My doll can shut her eyes and go to sleep just lovely."

"Hush! My doll never goes to sleep at all; she's got insommo."

ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness and Pain. How to Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing the disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

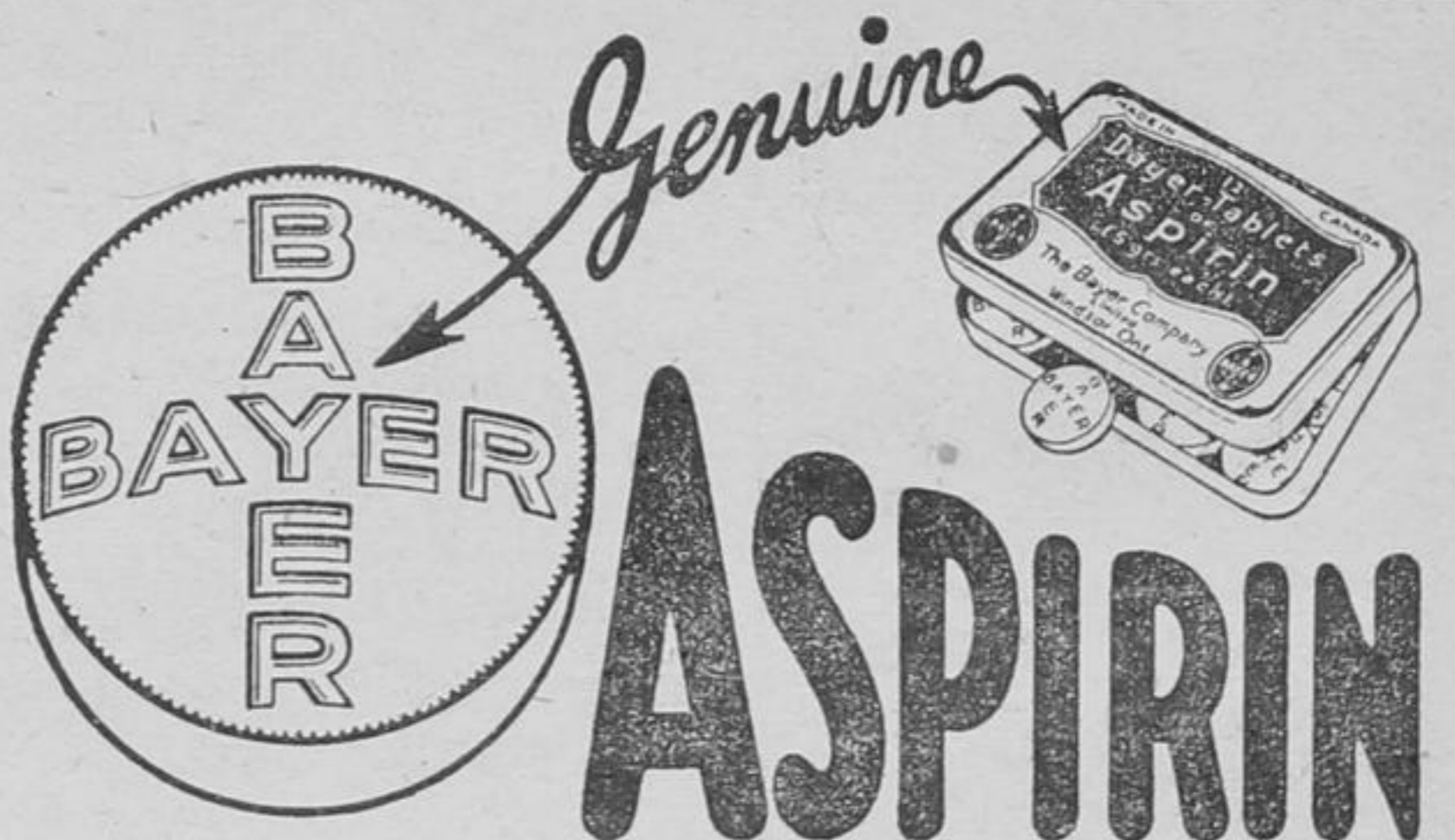
Singing the Old Songs.

"Ah, for the old days!" sighed the old-fashioned young man. "The girls of to-day are not at all like our mothers used to be! Why, I'll bet you don't know what needles are for!"

He glanced with admiration at the modern girl.

"I do too!" she flashed. "They're for phonographs!"

Widow-burning, now virtually extinct in India, is said to exist still in parts of Africa; widows were immolated on the husband's funeral pyre as a sign of virtue, and also to provide the dead man with attendants in the next world.



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



SPRYWHEEL

A Single Wheel Tractor and Cultivator Combined.

Sprywheel does any work for which a wheel or hand hoe can be used

—Does Five Times As Much.

Small enough for the half acre home gardener—a labor saver and money maker for every market gardener, nurseryman and farmer, insuring Uniformly Thorough and Economical Cultivation.

For full information and Descriptive Literature

Agents Write Now

SPRYWHEEL 52 COLBORNE ST., TORONTO
Dept. "C"