insist on

TEA Always fresh and pure. - Sold only in sealed aluminum packets.



ARE NOT.

Intelligent care of the body is necessary at all times and each season bathe. Bathe in a tub if you have one; if not, a sponge bath will have to do, but the all-over bath once day is very desirable.

A bath not only cleanses the sur fact of the skin, but helps to remove the dead outer skin, opens the pores and allows many impurities to escape. Because of this, I prefer the hot tub to be taken at night when free perspiration is allowed to follow. The daytime bath is usually a hurried affair, followed by the use of talcum powder in order to check perspiration; this clogs up the pores and defeats one purpose of the bath.

Sponging the body with lukewarn water has a cooling effect and is very refreshing on a warm day. Such a bath can well become a part of the afternoon toilet and can be followed by a liberal use of talcum powder in order to check the perspiration which would the -so uncomfortable when dressing for the afternoon or evening.

Perspiration which is especially offensive in odor is a trial to which no one need be subjected. Very satisfactory remedies for the correction of such odors have been placed on the market. Mild cases can be relieved by rubbing a pinch of bicarbonate of soda in the armpits. There is a talcum powder much used by nurses which corrects body odors; but for extreme cases it may be necessary to use the stronger preparations.

With the present style of dress it is almost impossible to wear dress shields, and if the perspiration is very free under the arms a simple preparation which will check the flow is recommended.

following formula, to be dusted in common syrup flavor. drams; menthol, thirty grains; euca- should be cooked from the beginning the Ardeynes, beginning with the big -Philip had told her to take a nap, on the feet night and morning.

tion is recommended for those who as the combination of fruits and tan : Rosewater, one pint; pulverized flavorings is largely a matter of perborax, one half ounce; lemon juice sonal taste. (strained), one ounce. ... Use lotion ... The following steps in the prepara-A broad-brimmed hat will afford pro- practically all types: protects against loth sun and wind, fruit.

after every meal

Cleanses mouth and teeth and aids digestion.

caten feeling and acid

mouth

sweets.

Relieves that over-

Its I-a-s-t-1-u-g Davor

Wrigley's is double

value in the benefit and pleasure it provides.

Sealed in its Parity Package.

satisfies the craving for

HOW TO LOOK COOL WHEN YOU, A good method is to apply a good There had been a storm, but as lotion or cream and cover this with Christopher left the station the sun powder

the skin. After a long ride in wind, _as though he had never seen it bebrings its own problems. How to dust or sun, cleanse the skin thorlook cool when you're not" is the dust or sun, cleanse the skin thorlook cool when you're not" is the dust or sun, cleanse the skin thorlook cool when you're not" is the dust or sun, cleanse the skin thorlook cool when you're not" is the grand cold cream allowproblem which most of us face during oughly with a good cold cream, allow- that there were so many hotels. Perthe summer months. Cleanliness of ing the cream to work into the pores, haps a lot of new ones had been built Philip and she, at the very beginning person is of the greatest importance then wipe off with absorbent cotton since his time. And, although it was of what was to have been life's long and in order to be clean we must and an old linen towel or handker- so early in the season, there seemed journey together? Oh! . . . She sat chief. The face should not be washed to be crowds of people about. It was close to him, sometimes letting her until the next morning, when the in-terribly confusing. Supposing that cheek brush his shoulder. How deliflammation caused by the sun and cided to take his bride to one of the laughed at herself for thinking of a wind has disappeared. The face may then be well washed with warm water It would not be easy to find them. and a good soap, and well rinsed with Christopher's eyes-the chilly eyes of cold water. Follow this method after a somewhat cold-hearted London soliunusual exposure.

JAMS AND CONSERVES.

A well stocked preserve cupboard is a great comfort at all times and is especially, appreciated "when com- ing for him-it was the haven of products, I think it would be more if he could not find them? clear to first define the names as am going to use them.

the product made by cooking together to the mild airs and fitful sunshine of definite quantities of fruit and sugar spring. The little lake waves danced to the point where they will keep beneath his feet as he crossed the without being sealed air-tight. The bridge opposite the station, and beaim is to keep the original shape and youd the bridge away swirled the appearance of the fruit as nearly as mad green river, in a riotous, enticpossible.

Jam-The fruit is crushed in the made into jams.

oughly mixed together and the pro- the painstaking history of the saint duct is more smooth. Spices and other flavorings are used.

Marmalades-These are midway between jams and butters.

and raisins.

fruit and sugar is used in all the above products. It is a common practice to use equal quantities of fruit brave Swiss guard who had covered hotel. Ardeyne left her at the door Bromidrosis-Perspiration of the and sugar by weight or measure but the escape of Louis XVI. and the ill- of the lift and then departed to see feet is most uncomfortable and is the proportion of three-fourths meas- fated Marie Antoinette, a band of about the telegrams. made worse if accompanied by a bad ure of sugar to one measure of fruit; that same regiment had played all the odor. This is really a disease known has been found to be more satisfac-afternoon in the lair of the old stone There was a sitting-room; just as as "bromidrosis" and is difficult to tory. This gives a more delicate lion. Christopher remembered that mumsey and she had at the Mimosa cure. The feet should be bathed flavor and a better consistency. This kerchief and applauded, just as though Also two bedrooms. But it was a far night and morning in water containnight and morning in water contain- proportion of sugar to fruit, when she, too, had some reason to feel senti- grander suite than at the Mimosa on the doostep, the door itself being ing salt or alum. The stockings cooked to the proper concentration is mentally patriotic. should be changed daily or even twice sufficient to keep the product without He had been so touched by the in- would be no anxiety about the cost should be kept in use in order to al- | not only increases the cost of the asked Millie to marry him. low each pair to be thoroughly aired product but tends to cover up the But enough of this sort of thing, bedrooms were at opposite ends. Hers and dried before being worn again. flavor of the individual fruits and He shook himself free of it and set-was the larger. It had a very wide For the treatment of bromidrosis the reduces all kinds of preserves to the but good hotel. Half an hour later

cylic acid, one dram; boric acid, four of the fruit as in preserves, the fruit quirements, and was off again to find packed trunks worried her. But, no lyptol, thirty minims; French chalk, in the sugar syrup. This has a tend-hotels along the lake front. four ounces. Rub into a fine powder ency to harden the flesh and retain in a mortar (this should be done by the shape. When a fruit has a large a druggist). One of our readers was amount of fibre or when it is to be cured of this trouble by using a mix- mashed, the fruit should be cooked ture consisting of one ounce each of until tender before adding the sugar. glycerine and tincture of myrrh. Rub This is unnecessary in the case of small fruits.

Lotion for Tan-The following lo- One does not need individual recipes

2. Weigh or measure carefully.

3. Prepare and cut up large fruits. 4. Use only enough water to prevent the pulp from sticking to the bottom of the kettle and burning.

5. Do not fill the kettle full, leave steady fire.

6. Add sugar, using three-fourths :: He smiled, fondly, sadly. of a cup of sugar to one cup of fruit or three-fourths of a pound of sugar to one pound of prepared fruit.

7. Add spices and other flavorings. ... 8. Continue cooking at simmering point, stir carefully. Cook until the mass falls in heavy drops from the

spoon. 75 1 jars. Seal to prevent the absorption of moisture. Label.

making may be used in any of these products except preserves. Grape Conserve 7 lbs. concord that."

Note.—The pulp left from jelly-

grapes, 6 lbs. sugar, 1 lb. walnuts, 1 He squeezed her hand.

lb. raisins. conserve results. A very light color as this mad little river escaped from full benefit of his gloomy gaze. can be produced by discarding the the deep bosom of the lake. "Very bad indeed, I'm sorry to say,"

When Hearts Command

By ELIZABETH YORK MILLER

From minds the sagest counsellings depart.

CHAPTER XXVIII.

It was years since Christopher Smarle had visited Lucerne-"Lovely Lucerne," as the guide-books so truly tour when quite a young man, and he could not forget or overlook that girl-woman, as she was now-for she had since become Mrs. Christopher Smarle and the mother of his numerous family. How odd to think that Millie and he had once been lovers

came out. Old Pilatus, however, wore did not come, so they could view the Long motor trips are very hard on his usual crest of cloud. The place magnificent scene in cosy comfort. seemed very strange to Christopher citor-dwelt indifferently upon the masses of pink and white fruit blossom which bespattered the hillsides, and cast no more than a weathercurious glance upon the mountains. Lovely Lucerne had but one meanpany comes.". As we all do not use newly wedded couple into whose port the same names for these preserved of bliss he meant to bring storm. But

Having run the gauntlet of the hotel porters, he sallied forth with his funereal-looking black bag, a tal Preserves-This name is given to forbidding figure, in striking contrast ing fury of sound and movement gram to mumsey." but Christopher scarcely noticed any of it. There were the curious old juice. As a rule only the small fruits wooden bridges-yes, he remembered of which the whole may be used are them. It had rained a great deal dur- the hotel I'll run across to the post- not trouble him, but one would hate Butters—These are similar to aims he had spent quite a lot of time on upstairs and get a nice little nap. it. Possibly he did not know that but the ingredients are more thor- one of the covered bridges, following Never mind the unpacking. I'll help cruel things gave him pleasure. whose troubled life was set forth so girl and promise you'll do as I tell realistically and so beautifully in long you, won't you?"

series of quaint old pictures. Yes, and he remembered the famous Lion of Lucerne-somewhere at the Conserves-These are marmalade back beyond the cathedral-church, such a splendid, new idea having a mixtures with the addition of nuts wasn't it? On a Sunday afternoon in husband to order one about. August, Millie and he and the rest Practically the same proportion of of the party had paid their respects married!" she murmured to herself to the huge lion, carved in the face of the living rock, and since it was an anniversary of the tragedy of the

a day, and several pairs of shoes air-tight sealing. Too much sugar cident that shortly afterwards he

he had established his bag in a hosthe shoes night and morning: Sali- Where the aim is to retain the shape telry which seemed to meet his re-

> Philip and his bride reached Lucerne very early in the morning was just about to change her dress They drove at once to the Schweizer- for a wrapper when someone knocked hof, where Ardeyne had engaged at the sitting-room door. rooms, had breakfast, and then-after It was one of the pageboys, and he a bath and change-sallied forth to had a tray on which reposed the visit-

little more thoughtful than circum- waiting downstairs. He would like stances would seem to demand, but to see madame. Alice took such a keen interest in everything that she scarcely noticed Alice knew the name well. It was his abstraction. She was alive to her that solicitor cousin of theirs who atfreely after being exposed to the sun. tion of preserved products apply to finger-tips and filled with the delicious tended to mumsey's money affairs. intoxication which must possess any- How odd of Mr. Smarle to turn up tection against the sun's rays, a veil 1. Wash and look over the fresh one who enters the gates of Switzer-there wanting to see her. How did he land for the first time.

"I didn't dream it was so lovely!" she sald, her hands locked together a terrible spasm of fear: Taking no for the pain and joy of it. "Ah, why account of the limited time there had didn't somebody tell me!"

Alps." Philip said. room, for stirring. Cook gently on a -there couldn't be any higher moun- to break the news in person. tains than these?"

tains," he replied, his mood heavy came back? But no-she couldn't wait.

She laughed heartily and shook his sey-

"I don't know. What was I saying? had Christopher with him. Oh, it doesn't matter. Come, my dar- The sight of the tall, forbidding-9. Pour into sterllized glasses or ling, let's see if we can find a boat to looking man strengthened Alice's pretake us somewhere."

> One of those little motor-boats?" "Yes. Splendid idea." "If they don't cost too much." Alice a lack of formality which stamped her

If only money could settle all their "Oh, Mr. Smarle, what is it-what Cook the grapes until the seeds are difficulties, how simple life would be. is it? Have you come to bring me loose. Put through a colander. If was his fund of moral courage? Ebbthe skins are used, a dark-colored ing away rather fast—as fast, almost, gloves on a chair, and gave her the

motor-boat for a long day's cruise up the lake. The boat had a gaily striped awning, and for some unknown reason flew the American flag at her descibe it. He had gone on a Cook's stern. There were rugs and cushions, a box of chocolates for Alice, and there was a girl in the party who presently a thunderstorm hurtling had rather obscured his first view of across the mountains at terrific speed. There was just time to put into the better than he did Lucerne. Indeed, she ter of a fir-hung cove before the storm broke. The placid lake became a turbulent, wind-lashed ocean, dashed with foam and sheeted with driven

> The man-an Italian-Swiss-assured them it would not last long and that there was no danger. He tented them in with sail-cloth, leaving a generous space on the side where the rain

> Alice was not frightened by the storm, but it exhilarated and excited

Crack of lightning and crash of

But the boatman was right. In less than an hour the lightning flashed far to the north and the thunder had become a distant rumble. The sailcloth was furled up again, and presently they were cutting across the choppy waves, rocking fearfully but

enjoying it. Lunch was had at one of the little hamlets scattered along the lower shore, and by four o'clock they had started back on the homeward jour-

Alice was beginning to feel tired. Ardeyne regarded her anxiously. The storm and excitement had blanched her cheeks and cast shadows under

"You must lie down and rest a lit tle before dinner," he told her.

"I'll attend to that. I've got sev- her face deathly white. eral to send off, as a matter of fact. As soon as I've seen you safely into what anguish he was causing it did For special duties—nearest to my office. And you are to go straight actually to say that he was enjoying Art thou of all the house—in the

Of course she would do as he' told arranging things for her. It was some reward was due to her.

"Oh, I should just hate not to be

It was just a step across to the

Alice went in up to their suite. Also two bedrooms. But it was a far Palace, and now, of course, there barred against him.

She looked about a little shyly. The

of spring flowers. She was tired, but almost too excited to lie down and sleep. The unand a wife must obey her husband. Hadn't she promised only yesterday? young feller you've been trying to ruin "She took off her hat and coat and all-the evening."

enjoy the freshness of the sunshine ing card of Mr. Christopher Smarle. Philip was a little more grave, a The gentleman, he told Alice, was

Mr. Christopher Smarle?

And then her heart contracted with been, she thought she understood "Wait until you've seen the real what had happened. Mumsey was ill, dying, perhaps dead, and Mr. Chris-"The real Alps? But, surely, Philip topher, Smarle had been telegraphed

"Oh send him up!". she cried. If only Philip, were here. Would it "There are always higher moun- have been better to wait until Philip If anything had happened to mum-

"I must be brave." she told herseif. "Wake up, you silly boy! What can It seemed a long time, but finally the pageboy reappeared, and now hel

monition of evil

"Oh; Philip, that would be jolly! She was so filled with apprehension that she failed to greet him properly. In effect, she dragged him inside with supplemented. "I didn't think about at once, in the mind of Christopher, as the true daughter of her scatter-

brained mother.



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UST by soaking the clothes in the suds of this new soap, dirt is gently loosened and dissolved.

Even the dirt that is ground in at neckbands and cuff-edges yields to a light rubbing with dry Ringo, Not a thread is weakened. The mild Rinso suds work thoroughly through and through the clothes without injury to a single fabric.

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LEVER BROTHERS LIMITED, TORONTO

For a few seconds it seemed to "But first I have to send a tele- Alice that her heart stopped beating O. little room, wherein my days go by entirely... Her lips were dry and cold;

If Christopher Smarle realized

Vincent de Frensy's landlady had her. It was so wonderful to have him been a generous soul, and he felt that

And so with fine courtesy he presented her one morning with a smail sealed envelope.

"There, madame," he said, "is a present such as I would give to few. 'Tis an or-rder, madame an order-r for the pit. Come to-night and see me in my finest part, Herbert Sandbag." That night the old lady went to the

theatre and saw Vincent. But when he returned to her house | Minard's Liniment Heals Cuts. after the performance, great was his

Viciously he plied the knocker, and presently the old lady's head appeared. "Madame," demanded Vincent, "what means this outrage?"

"Look here," replied the old lady or twenty years I've been a respectable widow-woman, and if you think I'm going to have a villian like you lodging in my house, you're mistaken. I never see such a scoundtel in all my days. Go and make it up with that

Jennie's Definition.

The kindergarten teacher asked her tiny pupil: "Do you know, Jennie, dense layer of unknown composition

what a panther is?" "Yeth, ma'am," Jennie replied, beaming. "A panther ith a man who makes

For Sore Feet-Illinard's Liniment.



What He'd Be Called. and intends to drink it. He'll be called a 'scofflaw' if he does that." 'the late lamented,' I think."

A KITCHEN SONNET.

Each like to each, yet each one set

New issues, when the old ones go And with new victories allay the

Of dismal failures, and afresh I start With courage new, to conquer or to O simple walls, no pictures break thy

O simple floor, uncarpeted below! The inward eye has visions for its

And duty done is solace for all woe And every modest tool that hange

Is fitted for the work it has to do.

surprise to find his luggage piled up Where the Atmosphere Ends. According to a French astronomer, he atmosphere extends about 540

miles beyond the earth's surface. "Up to about ten miles is found the air as we know it, composed mainly of oxygen, nitrogen, carbonic acid, and a few rare gases. Beyond the tenmile point, to a height of sixty miles, nitrogen is the predominant constituent. This region has no storms or

Above this layer, extending to one hundred miles, or more; is another layer, mostly of hydrogen. At this point scientists had always believed the atmosphere ended, but according to the French astronomer still another stretches more than 400 miles....

Stretching Tests for Rubber.

Stretch and stretch of rubber for inner tubes of various makes are tested and measured accurately by experts in the United States bureau of. standards to protect motorists. At. tached to clembe in a machine device. designed for the purpose, a length of the tubber is stretched while a idial, registate the amount of the pull and a ruler shows the length of the stretch. An exhibition test-performed not long ago by one company proved that a tube of tested rubber could lift; "He's bought a gallon of bootleg 2,980 pounds dead weight. It was attached to an automobile and the machine was lifted several inches above "If he does that he'll be spoken of as the ground by the rubber "rope" hung from a derrick.-Popular Mechanics.



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They fared forth in the little hired he replied.

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