

Health and Beauty Answers

BY MRS. MAE MARTYN.

Maiden: Your thin, straggly hair can be made to come in thick and curly if you avoid alkali shampoos. The most beneficial thing for cleansing scalp and hair is plain castor oil. A teaspoonful of which dissolved in a cup of hot water is enough for a delightful shampoo. You will find castor oil removes every atom of dust and dandruff, and after rinsing, the hair will dry quickly and is easily managed. Use castor oil occasionally and your hair will retain its original tint and softness.

Puritan: You are right. Karden is a remedy of grandmother's days, and is considered the best thing known as a blood-cleanser and body-builder. This old-fashioned tonic is made by dissolving a half-cupful sugar in one-half pint alcohol, to which is added one ounce karden and enough hot water to make a full quart. The dose is a tablespoonful before meals. A treatment with this tonic will quickly rid the system of impurities, restore your health and appetite and build you up.

Dot: You cannot change the color of your eyes, but you can make them bright and sparkling by using a simple eye-tonic made by dissolving an ounce of crystalline in a pint of cold water. Two or three drops of this should be put in each eye daily. The crystalline eye-tonic is splendid for sore, aching or tired eyes and granulated lids, and its use frequently with the necessity of wearing glasses.

Mrs. Ben: (1) It is gratifying to know that the karden tonic has done so much for you. (2) Stop using powder and try this simple lotion for the skin and I am sure you will be delighted. In a half-pint hot water dissolve four ounces spermac, then add two teaspoonfuls glycerine. When this is cool apply sparingly to the face, neck and arms, rubbing lightly until dry. This spermac lotion is splendid for freckles, and rough, oily skins, and using it removes all impurities. You will find the spermac lotion lends a charm and softness to the complexion and is superior to powder, while it is invisible when on.

Lenora: Don't worry. You can

quickly regain your normal weight if you avoid alkali shampoos. The most beneficial thing for cleansing scalp and hair is plain castor oil. A teaspoonful of which dissolved in a cup of hot water is enough for a delightful shampoo. You will find castor oil removes every atom of dust and dandruff, and after rinsing, the hair will dry quickly and is easily managed. Use castor oil occasionally and your hair will retain its original tint and softness.

T.D.: A starved condition of the hair roots causes the hair to grow dull, "stringy" and brittle, and unless a good tonic is employed, you cannot hope to have a firm head of hair. Make up and use this tonic and your hair will again take on its soft, fineness and natural tint. Mix together one half-pint each alcohol and water, and to this add one ounce quinine. Massage the scalp frequently with this tonic soon restores the healthy condition, and when this is done you will not be troubled with dandruff or excess oil. Constant use makes the hair grow in rich and abundant.

May: Your mother is right. Powders and cosmetics very often cause blackheads and other skin eruptions and cause the skin to grow coarse and lifeless. A thoroughly dependable cream-jelly for correcting complexion faults can be made at little cost by stirring two teaspoonfuls glycerine in to a half pint cold water, then adding one ounce alcohol. Let remain until thoroughly dissolved, then apply freely to the face, neck and arms after removing the dirt and grime. Massage this in well, and the skin will be soft and velvety. The daily use of this alcohol cream-jelly gives the skin all its suppleness and lends a charming tint and youthfulness to the complexion.

grace: You need have no fear about hairs returning after using the delicate paste. Any druggist can supply powdered detelone, and to remove the same from face or neck make a paste with a little detelone and water. Apply this to offending hairs and in two or three minutes scrape off and wash the skin. This removes every trace of hair and all impurities, and leaves a charming tint and youthfulness to the complexion. You will have to pay a dollar an ounce for the delicate and it is worth it.

THE MONEY EXPENDED

ON KINGSTON INSTITUTIONS DURING THE PAST YEAR

By the Ontario Government—How the People's Money Was Divided in This City.

The following amounts were paid to Kingston merchants and contractors during 1911 by the Ontario government:

Rockwood hospital—Joseph Abramson, \$223.85; J. D. Adams, \$31; W. G. Ainslie, \$1,149.31; W. J. Allen, \$51.50; American Blower Co., \$67.31; American Express, \$4.40; George Amsy, \$175.76; Anderson Bros., \$153.29; S. Anglin & Co., \$12.35; Angrove Bros., \$7.50; H. Angrove, \$2; Thomas B. Angrove, \$29.10; A. W. Arbuckle, \$58.73; Arthur & Melbury, \$224; A. Arthurs, \$8.10; Bailey Broom Co., \$186; W. J. Baker, \$253.20; John J. Barrett, \$302.12; Bell Telephone, \$173.57; W. E. Bennett, \$71.59; W. A. Besh, \$13.75; L. T. Best, \$14.65; F. A. Bibby, \$9.50; British Whig Publishing Co., \$5.30; J. B. Bunt & Co., \$82.58; T. F. Burke, \$164.80; Canadian Express Co., \$47.91; C.P.R. Telegraph Co., \$11.25; W. H. Canovsky, \$2.25; Catarahqui Cemetery Co., \$32; Dr. A. P. Chown, \$321.54; Edwin Chown, \$37.75; R. J. Cooper, \$383.52; Crawford & Walsh, \$197.60; W. J. Crothers, \$168.45; J. Cullen, \$216.36; W. B. Dalton & Sons, \$681.20; M. J. Dolan, \$107.79; Dominion Express Co., \$20.68; Dominion Fish Co., \$1,042.33; W. H. Eves, \$33.12; Finkle & Co., \$4; Fisher Bros., \$222; George Gibson, \$59.59; A. Glover, \$132.84; Samuel Green, \$3,357.48; James Halliday, \$1,290.92; T. F. Harrison, \$96.95; J. S. Henderson, \$564.14; Mrs. M. Henderson, \$39; James A. Hendry, \$40.80; George Hentig, \$184.73; James Hickey, \$24; Joseph Hiseock, \$119.25; F. J. Hoag, \$541.80; W. E. Hopkinson and Bro., \$209; S. J. Horsey, \$259.02; Jackson Press, \$159.25; A. & J. Jamison, \$57.13; T. O. James, \$139.35; K. B. & C. electric ry., \$112; J. Laidlaw & Son, \$3.60; M. Kirkpatrick, \$3.50; Lemmon & Sons, \$531.52; Macnee & Munroe, \$2,415.41; Mahood Bros., \$10.70; H. W. Marshall, \$460.26; Mrs. W. A. Metcalfe, \$269.79; Midland Show Co., \$99.55; Thomas Mills, \$142.97; My Wardrobe, \$266.56; Thomas McAuley, \$457.12; J. A. McFarlane, \$1.74; J. McGill, \$162.05; McKelvey & Birch, \$22; W. J. Nesbitt, \$237.17; New Electric Co., \$338.62; Newman & Shaw, \$1,907.59; S. S. Hooper, \$105.34; \$536.63; J. W. Oldin, \$156.16; J. G. Parkhill & Co., \$498.16; W. J. Paul, \$363.90; C. H. Pickering, \$220.85; W. P. Peters, \$529.75; J. E. Purdy, \$136.10; M. Partell, \$255.30; A. Rankin, \$5.432.05; Rea Bros., \$31.55; Reid & Charles, \$119; R. J. Reid, \$8.40; James Reid, \$5; W. M. Reid, \$1,722; W. J. Reid, \$221.52; Rigney & Hickey, \$891.53; Robertson, Metcalfe & Co., \$543.72; Roney & Co., \$175.38; A. K. Routley, \$7; Rudd Harness Co., \$7; Charles Saunders, \$218.41; Sanitary Milk Co., \$36.20; John Saunders, \$90.40; W. A. Sawyer, \$117.65; Selby & Youlden, \$30.51; Shales & Taucher, \$107.27; Singer Sewing machines, \$6.95; Smith Bros., \$11. Machine Co., \$403.34; Singer Sewing Suddard Publishing Co., \$338.50; E. S. Suddard, \$202.15; James Sutherland & Bros., \$82; St. Elmo Cigar store, \$234.10; St. Mary's cemetery, \$24; Taylor & Hamilton, \$284.69; R. Uglow & Co., \$40.95; R. Waldron, \$1,323.10; W. J. B. White, \$6.75; Wormworth Piano Co., \$21.10.

Co., \$7; W. B. Dalton & Sons, \$652.55; W. Deary, \$16.15; Hooper & Slater, \$18.93; Partridge & Sons, \$21.06; Simmons Bros., \$31.95; Selby & Youlden, \$18.20.

Laying of water pipes through Rockwood grounds—K. J. Free, \$32; Lemmon Bros., \$530.17; H. W. Newman Electric company, \$214.70; Selby & Youlden, \$9.64; Simmons Bros., \$888.20.

Eastern Dairy School—British Whig Publishing company, \$12.40; J. B. Bunt & Co., \$20.31; R. J. Cascan, \$20; Dr. A. P. Chown, \$5.75; G. A. Gillespie, \$15.70; F. J. Hoag, \$6; Hooper & Slater, \$2.25; Jackson Press, \$247.60; James Malten, \$671.97; William McCauley, \$4.15; Newman & Shaw, \$4.25; H. W. Newman Electric company, \$9.51; James O'Neil, \$115; J. Y. Parkhill & Co., \$21.51; N. C. Polson & Co., \$13.57; C. S. Prouse, \$7; Queen City Oil company, \$4.20; St. Lawrence Ice company, \$51.38; Selby & Youlden, \$69.24; Simmons Bros., \$606.14; Standard Publishing company, \$37.60; R. Uglow & Co., \$9.80; W. J. Vinco, \$23.70.

REV. A. OLDACRE COOKE, Rector of St. Mary's church, Barrfield, is leaving Westport he was presented with well filled purse.

SNEED, SENIOR, MURDERED

Second Victim of Feud, Which Began When Daughter-in-law Escaped. Georgetown, Tex., March 7.—John T. Sneed was killed here yesterday by one of his tenants, R. O. Hildard, who killed himself, after saying he shot for revenge. Sneed was the father of John Beal Sneed, recently on trial for the killing of Captain A. G. Boyce, a sequel to the elopement to Winnipeg of Boyce's son with Sneed's wife. It is presumed the killing was a direct result of the Boyce-Sneed feud.

MURDERED AT CHILD'S GRAVE

Father Goes to Visit Grave of Child and Shoots Wife. Paris, March 7.—A cemetery at Lille has been the scene of a painful tragedy. A man named Julien Flamond, who was separated from his wife, went to visit his child's grave in the cemetery. Chance brought his wife to the grave at the same time, and on seeing her the man attacked her with a knife, stabbing her till she died. The murderer subsequently gave himself up to the police.

QUEEN ALEXANDRA'S HEALTH

Official Bulletin Says Recovery is Believed to be Assured. London, March 7.—Denial was made to-day of the report of the serious condition of Dowager Queen Alexandra, who has been ill with influenza. The bulletin issued by the doctors said that she was progressing favorably, and her recovery was believed to be assured.

Spur Line to Corbyville

Bellevue, March 6.—C.P.R. surveyors, to-day, commenced surveying out a contemplated spur line from the cement works at Point Ann to the village of Corbyville, a distance of about five miles. It is not known yet where the main line will run through the city, as plans have not been filed. Several surveys have been made through the city.

Arrested for Interfering

Lawrence, Mass., March 6.—Fourteen arrests were made, this morning, of people who interfered with former strikers returning to work. Many of the mills have given increases in wages and are operating to full capacity again.

Ate the Cherries

Philadelphia, Pa., March 6.—Jerusalem cherries, the fruit of a small evergreen shrub used as a parlor decoration, are believed to have been employed by Mrs. Ida Rose, forty-five years old, as a means of ending her life.

Siamese Throat in Danger

Bangkok, Siam, March 7.—A serious revolutionary conspiracy in favor of a republic in Siam has been unearthed. Many officers of the army and navy and prominent civilians have been arrested.

Says Men Wear Corsets

Pittsburgh, Pa., March 6.—Men of fashion throughout the country are gradually beginning to wear corsets, according to Miss Ruth Poynter, expert corset fitter, of Chicago.

Spending Lent in Hospital

Cleveland, March 6.—Believing the best time to be in a hospital is during Lent, seventy-six local women are recovering from operations for appendicitis.

Seventy-five miles of railroad track

in the vicinity of the American coal centers are occupied by cars of coal stalled for lack of motive power. Much of this coal is destined for Canadian consumption. The state of New Hampshire will ask to have the will of Mrs. Mary Eddy declared void as to its residuary clauses and the estate taken in charge by the commonwealth. Cancelled Tabard Inn library books, "Wilson's."

It's Coming Soon



Watch for the Free Taylor's Soap Coupon

It will appear in this paper on Saturday. The wonderful offer which we are making on Saturday is going to cost us thousands of dollars, but we know once you try Taylor's Borax Soap, the famous Laundry Soap and Infants' Delight, all other soap will be discarded from your home. Taylor's Infants' Delight is the most perfect Toilet Soap in the world whether you use it for the bath, shampoo, for babies' skin, or for any other Toilet purpose. We are going to buy you a 10c cake to show what a rich foamy lather it makes, how it wears as thin as a wafer, how perfectly it cleanses and how soft and smooth it leaves the skin.

Watch for the Free Coupon

that is coming, take it to your grocer and buy 25c worth of Taylor's Borax Soap and he will hand you a full size cake of Infants' Delight Absolutely Free.

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Chlorodyne is a liquid taken in drops, graduated according to the weight. It invariably relieves pain in whatever kind, creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; it cures all bad effects, and can be taken when no other medicine can be tolerated.

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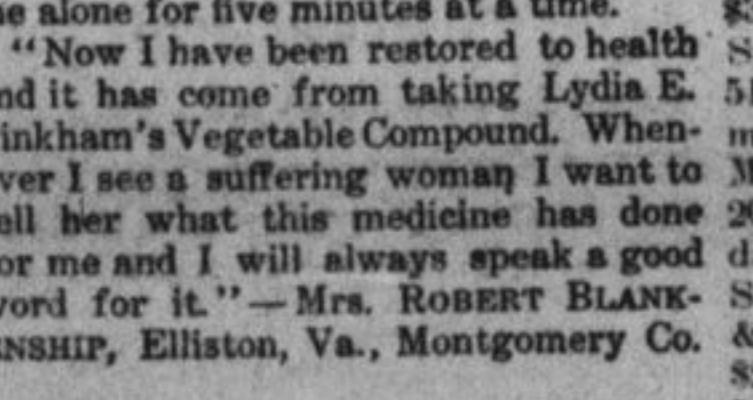
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Mrs. Blankenship Tells of Her Restoration to Health by Lydia E. Pinkham's Vegetable Compound.

Elliston, Va.—"I feel it my duty to express my thanks for what Lydia E. Pinkham's Vegetable Compound has done for me. I was a sufferer from female troubles and had been confined in bed over one third of my time for ten months. I could not do my housework and had fainting spells so that my husband could not leave me alone for five minutes at a time. Now I have been restored to health and it has come from taking Lydia E. Pinkham's Vegetable Compound. Whenever I see a suffering woman I want to tell her what this medicine has done for me and I will always speak a good word for it."—Mrs. ROBERT BLANKENSHIP, Elliston, Va., Montgomery Co.



Was Helpless—Now Well. Trenton, Mo.—"About two years ago I had female trouble and information so bad that I was literally helpless and had to be tended like a baby. I could not move my body or lift my foot for such severe pains that I had to scream. I was very nervous and had a weakness. Lydia E. Pinkham's Vegetable Compound has helped me to such an extent that I think there is no medicine like it for female troubles. I am up and able to do my work again and I give you full permission to publish my letter for the sake of other suffering women."—Mrs. W. T. TURNER, 320-10th St., Trenton, Mo.

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