### BEAUTY HELPS HUMANE By Mrs. Mae Martyn

DOLLY. I use a plain quinzoin tonic to give my scalp the health that insures hair beauty. This tonic is prepared at home by pouring 1 ounce quinzoin into 1-2 pint alcohol, then adding 1-2 pint water. Rub a little well into your scalp twice a week for a time and all dandruff Concerning the Treatment of Animals hair falling and excess oil will disappear. I find this quinzoin tonic cannot be equalled for restoring the silky softness and rich, even color to brittle, faded hair, and its regular use will encourage a long, luxuriant growth.

MRS. O. B. Your surplus weight can be safely reduced with no to have been the favorite subject in ill after-effects by this simple treatment, which costs little and can be the School Besay Competition, from made at home: Into 1 1-2 pints hot water put 4 ounces parnotis. Strain which some specimens have already when cool and take a tablespoonful before meals. This dissolves fat been given; though the dog has also rapidly without dieting or unusual exercising. The parnotis treatment had a large share of attention. Here also leaves the flesh firm and the skin free from wrinkles.

GLADYS. Instead of pore-clogging powder I use a plain spurmax the care of the horse from a boy in lotion, because one application is sufficient for an entire day or evening. [Cataraqui school: This lotion adheres so closely to the skin that it seems part of it, so A horse, when it is born, should cannot be detected, and it gives it a very velvety appearance. To pre- be kept with its mother two pare, just put 4 ounces spurmax into 1-2 pint hot water or witch hazel three months at least. When one and add 2 teaspoonfuls glycerine. The use of this lotion banishes pim- two years old the colt should ples, blackheads, blotches and sallowness. It is particularly good for taken to a place by itself and fed on tan, freckles and ofliness of the skin.

IMISS B. For a small sum you can make a full quart of the very trained to the use of a halter, and best blood-purifier and system builder. Dissolve I ounce kardene in 1-2 then to wear a bridle. Afterwards pint alcohol (not whiskey) then add 1-2 cupful sugar and hot water to it should be taken out in a yard, make a full quart. Take a tablespoonful before meals. This rids the attached to a waggon and taken skin of pimples, blotchhes and 'muddiness' and restores to the complex- round very quietly. With a little ion the glow of youthful health. This kardene tonic is particularly re- petting or coaxing it will go all commended for kidney and bladder troubles and for rheumatic or gouty right. After it has grown used conditions, because it gently eliminates these poisons from the system the harness and waggon it should be and restores the sufferer to complete health.

MRS, A. I have made my face look years younger by using this or lame. To have a good horse wrinkle-removing cream-jelly, which I make at home by putting 4 table- you should never quarrel with it, and spoonfuls glycerine into-1-2 pint cold water and stirring in 1 ounce al- to make a fine coat you should feed mozoin, after which I let stand several hours before using. I apply the it well. Clothe it warmly in the cream-jelly thickly on retiring and in the morning wash off, dry the skin | winter and groom it thoroughly. You and use more cream as a massage. This treatment rapidly eliminates should never let your horse know that wrinkles and lines and restores the clear, soft, velvety smoothness to the he can successfully resist you. skin and dispels the oily, 'mudddy', shiny look.

BRIGHT EYES, Replying to your second letter, jjust dissolve 1 ounce crystos in a pint clear water and you will have a harmless and whip on a horse when it is going up very beneficial eye-tonic. Two or three drops in each eye occasionally fill, or with a big load. You should relieves the smart and soothes the aching, tired muscles. The crystos never jerk the lines, for it cuts the eye tonic is excellent for granulated lids and its use frequently overcomes poor horse's mouth. You should the need for glasses.

NANGY. For a long time I have claimed that the best way to cleanse the hair is to just dissolve a teaspoonful of canthrox, which you can get in any drug store, in a cup hot water. This makes ready shampoo that cleanses and invigorates the scalp and restores health and beauty to dull, straggly hair. You will find canthrox shampoos are especially fine for faded or brittle hair, and occasionally shampooing this manner makes the hair soft, fluffy, and induces a bountiful growth



Home Dress Making 日曜日曜/ Lessons /

Prepared Especially For This Newspaper by Pictorial Review

FOR THE BOUDOIR.

As the dressing sacque is made

a lengthwise thread of the material.

perjenced dressmaker. The center of

the front is marked by small "o" per-

The collar and cuffs may be embroid-

ered after they are joined to the

sacque. Match the notches in collar

and sacque; then sew on the former.

SONSTRUCTURE GUIDESTOS

PO STEE

or plain white.



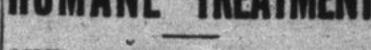
Mexican pink crinkled crepe de Chine armhole as notched; roll the cuff back is employed for the development of on small "o" perforations and tack this graceful dressing sacque, which pointed ends to position. is made in one piece and trimmed with Embreider in silk of the same color

Quite a new conceit in dressing acques is this model in crinkled crepe de Chine, trimmed with hand embroidery. There is nething more fashionable for underwear and boudeir than crepe, and it is shown in many delicats colors. Everything Mexican is the rage, except the Mexicans themselves: so the soft shade of opal pink in which the material used for this design is

shown is called Mexican. Two and one-half yards of 44-inch material are required to make th Pictorial Review Pattern No. 5709. 8

11661; transfer pattern.

Embroidery Design No. 11904; transfer pattern,



SOME FURTHER VIEWS OF OUR FUTURE CITIZENS.

and the Horse Especially Seems to Have Been the Favorite Subject.

The treatment of the horse seems is a rather comprehensive paper on

a little oats or bran. It should be worked every day, unless it is sick

"If you want to drive fast never cut the horse's tail off for the poor horse can then never keep the ffies off and it hurts the horse and does not look nice. If a horse taken sick you should always send for a doctor directly, so the horse should not suffer. You should never use the horse for any kind of work when he is sick or lame. Never say 'Whoa', unless you want your horse to stop. Never use the whip when training your horse. "If you want to save your horse

from a burning stable you should blindfold it. To stop the heaves you should wet the horse's hay. horse should be shod whenever needs it, so that its feet will not get sore. If you want a shorse to do tricks, you should make a great pet of him and train him often. When a horse is eating or drinking you should never touch the neck. To keep a clean, healthy horse you should always keep the stable well cleaned and have plenty of fresh air, and should always have good bedding and good food."

It would be well for all owners and drivers of horses, as well as for the animals themselves, if they learned and acted upon all the above directions. Here is an equally thoughtful set of suggestions about the treatment of dogs by a boy in Macdonald school:

"The first thing you should think about," he says, "before either buyingf or accepting a dog as a gift is a proper place to keep him in. If he is to be a house-dog entirely, he will hardly be as healthy or live as long as if kept in the fresh open air. But people in towns are often compelled through want of space, to keep indoors the dug that is wanted or lie down where he likes, at night his bed should be made in one particular place. All that is need- future, convicts will get a share ed is an old mat or sack-bag, what- their earnings. Last March, in ever it is, let it be called a bed, so furniture department, each that the dog may be able to attach earned \$5.69, and in April \$6.32. some definite idea to the words, 'go In the juvenile court at Cleveland, producing elements of acknowledg-

a dog's bed in damp places is cruel. | years. But to coddle him up is an error for! At Worcester, Mass., a man drank he will not be so healthy, nor if he a bottle of beer and found a is one of the beautiful long-haired preserved mouse at the bottom can be put together as quickly as pos- | be

Out-door kennel dogs should always After a second trial at Allentown back and sleeve (A) are arranged on ed every morning and placed where it would be out of the sun's rays. In It will be very necessary to use care winter, care should be taken that it in closing the seam when making the does not get frozen. Many shopkeepsacque. This is indicated by triple ers in large towns have adopted th notches, which are to be placed per- | plan of keeping a dish of water near fectly even before the needle is put their doors for thirsty dogs to drink into the crepe. Try to make altera- from summer or winter. I do not tions unnecessary, as they are not al- think they will lose anything by be ways satisfactory in the case of onepiece garments unless done by an ex-

ing kind to God's creatures. A girl thus expresses herself regarding a practice too common among people who set what they consider 'smartness' above humanity: "A little more thought would make many a

Sew cuff to slashed edges, forming

This Letter Brings a Message of Cheer to the Aged-Results of Using Dr. Chase's Nerve Food.

New, rich blood is what is most eeded in the declining years to keep up energy and vitality. That Dr. Chase's Nerve Food is a wonderful help in maintaining good health and prolonging life is attested by the writer of this letter.

became very irregular and weak in great aunts. action and would palpitate. My nerves also became weak, and I the Standard Oil company, will live languishing condition, losing house now building in New York. strength and weight. In that condi-tion I began using Dr. Chase's Nerve Food, and am cured. Had I not ob tained this treatment I would now nose. At eighty-one I have an energy which means go, and I am writ-

sale by all dealers.

poor creature much happier. For instance, we often see ladies driving along in their fine carriages, with beautiful horses whose heads are held up by the cruel check-rein. They may be thought to look smarter, but I am sure if any of us were to be held up like this, our temper would be none of the sweetest, and it strains the muscles of the necks, often causing great pains.

A boy in Louise school remarks that a horse should never have uncomfortable harness or shoes, for if a horse's shoe does not fit him, he will become lame and suffer much. He should be taken to a veterinary surgeon once a year to have his teeth and feet cared for. If his teeth are not cared for they grow crooked and it hurts him to eat his food. No horse should be kept in a fire-trap or large frame building with only one door to get out of in case of tire, for the only place where he thinks himself safe, and it is hard to get him out." Many horse and dog owners might learn some use ful lessons from these simple essays.

### \*\*\*\*\*\*\*

OWE IT OUR HATRED. Speak up ladies. What

do you think of the liquor traffic? You've had some experience with it. Has it been a friend to you or your children? Has it gladdened your hearts or brightened your homes; has it helped you in the battle of life; has it made your life sweeter and better and more noble for you or any of your family? Come forward and tell us. ladies. Has it respected your womanhood; has it reverenced the purity of your children; has it protected you from insult and wrong; has it listened to your pleadings; has it ever spared the widow's son out of pity for his mother? Well, then, what do you owe to the liquor traffic, and the government which protects and defends it? We owe the liquor traffic our unchangeable bitterest hatred, and for the men, self-styled chivalrous men, who defend this greatest enemy of our home. we can have nothing but scorn."-MRS. NELLIE Mc-CLUNG.

#### PITH OF THE NEWS

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Tidings Told in Terse Measure For Busy Readers.

King Christian's daughter, Margrethe, is to enter the university next month. She is the first Danish royal princess to study for a univer-

An injured milk waggon driver sued the Erie railroad for \$25,000. The railroad came back with a counter suit for \$100, claiming the milkman had blocked traffic. At St. Joseph, Mo., Rev. W. D.

Alsbury had a dispute over a fence with a neighbor, and the latter, in the course of the argument, chewed the minister's ear off. Secretary Houston, of the Pure

Food Department, at Washington, has ruled that wine to which water has been added shall in future be labelled as imitation wine. "Big Ben," the clock in Parlia ment tower, London, was only

for companionship or protect on. In once more than thre seconds out of this case, while he may roam about the way in the past year, reports the Astronomer Royal. At the Joliett, Ill., penitentiary, in

O., Frank Brotan was found guilty ed merit have been combined in this "A house dog's bed should not of keeping his two little girls, one peerless preparation, which is enbe spread behind a door, in a cellar of them a paralytic, locked up night corsed by eminent physicians and or in any draughty place. To make and day in a tenement for two used by prominent people every-

one piece, its popularity is two-fold, breeds, will his jacket remain for the bottle. He says he will sue the for women nowadays like modes that any length of time as it ought to brewery and also be a total abstainer in future.

In cutting out the crepe, first fold it have abundance of fresh, pure water Pa., a seventeen-year-old boy has been in half; then place the plecing for the for drinking. The pan should be a found guilty in a breach of promise front, back and sleeve and the collar broad-bottomed one, not easily knock- suit brought by a fourteen-year-old on the lengthwise fold. The cuff, front, ed over, The water should be chang- girl. They were both students in the high school.

Tony Schultz yearned for death. He set fire to the stand in which he used by nervous people unless they lived and the got so uncomfor- wish to gain at least ten pounds of table that he forgot about suicide flesh. and had himself rescued by the New

York fire laddie. Samuel Seligman, of New Brunswick, N.J., strapped a shotgun to plough handles in case he sighted crows while ploughing. In making a turn the gun accidentally went off

and killed him. Ralph Fariss, a convicted train handit, who will soon be executed for the murder, of a railway travelling agent, played in a game between two prison teams in the San Quen-

tin, Cal., penitentiary. At Grafton, W. Virginia, Rev. T. Elsey, pastor of one of the city's eading churches, was bombarded with antique eggs by young men who thought he was too popular with the

girls of the city. If William Brownstein, of Philadelphia, will serve a month in the house of correction and then quit liquor he can beize a \$100 a week job and cash bonus of \$5,000. Williams

Baby Edward H. born in New York, has the following living relations: Two parents. Mr. Stephen J. Leard, North Tryon. four grandparents, four great-grand-P. E. I., writes: - "At seventy-five parents, great-great-grandmother years of age my heart gave out and and twenty-two aunts, uncles and

> Herbert L. and George D. Pratt, of bed in a in the top suites of an apartment

Miss Adgie Castillo, whose performing lions killed her fiance, Emerson Dietrich, Sunday, in Chicago, accompanied the body to Districh's myself may prolong their health and strength by using this great medicine." 50c a box, 6 for \$2.50. For sale by all dealers



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will make them fat. Yet their case ered regenerative force makes fat grow after years of thinness, and is also unequalled for repairing the and for strengthening the nerves. convict This remarkable discovery is called Sargol. Six strength-giving, fatwhere. It is absolutely harmless,

inexpensive and efficient. gol should produce flesh and strength by correcting faults of digestion and by supplying highly concentrated fats to the blood. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are provided. Leading druggists supply Sargol and say there is

Thousands of people suffer from excessive thinness, weak nerves and eeble stomachs who, having tried advertised flesh-makers, food-fads, physical culture stunts and rub-on creams, resign themselves to lifelong skinniness and think nothing is not hopeless. A recently discovwaste of sickness or faulty digestion

A month's systematic use of Sar-

a large demand for it.

While this new preparation has given splendid results as a nervetonic and vitalizer, it should not be

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We can all take a lesson from the upto-date and progressive merchants of our town. They never admit it is too hot to do business. Every working day in the year their stores are open to receive us. Every day the newspaper brings us their invitations in the form of Advertising.

Why should we not respond to those

They set us a good example when they say: "Come, people, we are ready to serve you even if it is hot.'

The enterprise of the store that advertises for our patronage throughout the summer, as well as the rest of the year. indicates a store worth trading at." Let us read the advertisements rather than the weather report—and let us patronize the merchants who similarly disregard the weather and who show that proper spirit of disregard by advertising continually,

You can obtain helpful advice on advertising free of cost and without obligation by consulting the Business Department of the British Whig.

Above Patterns Can be Obtained from Newman & Shaw. Princess Street

EEPING cool is not a matter of keeping still. The people who get the most enjoyment and the least discomfort out of summer days are those who go right along about their regular