

HEALTH AND BEAUTY HELPS

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 hair falling and excess oil will disappear. I find this quinzoin tonic cannot be equaled 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 ill after-effects by this simple treatment, which costs little and can be made at home: Into 1-2 pint water put 4 ounces parnotis. Strain when cool and take a tablespoonful before meals. This dissolves fat rapidly without dieting or unusual exercising. The parnotis treatment also leaves the flesh firm and the skin free from wrinkles.

GLADYS. Instead of pore-clogging powder I use a plain spumax lotion, because one application is sufficient for an entire day or evening. This lotion adheres so closely to the skin that it seems part of it, so cannot be detected, and it gives it a very velvety appearance. To prepare, just put 4 ounces spumax into 1-2 pint hot water or witch hazel and add 2 teaspoonfuls glycerine. The use of this lotion banishes pimples, blackheads, blotches and sallowness. It is particularly good for tan, freckles and oiliness of the skin.

MISS B. For a small sum you can make a full quart of the very best blood-purifier and system builder. Dissolve 1 ounce kardenia in 1-2 pint alcohol (not whiskey) then add 1-2 cupful sugar and hot water to make a full quart. Take a tablespoonful before meals. This rids the skin of pimples, blotches and "muddiness" and restores to the complexion the glow of youthful health. This kardenia tonic is particularly recommended for kidney and bladder troubles and for rheumatic or gouty conditions, because it gently eliminates these poisons from the system and restores the sufferer to complete health.

MRS. A. I have made my face look years younger by using this wrinkle-removing cream-jelly, which I make at home by putting 4 tablespoonfuls glycerine into 1-2 pint cold water and stirring in 1 ounce aloin, after which I let stand several hours before using. I apply the cream-jelly thickly on retiring and in the morning wash off, dry the skin and use more cream as a massage. This treatment rapidly eliminates wrinkles and lines and restores the clear, soft, velvety smoothness to the skin and dispels the oily, "muddy", shiny look.

BRIGHT EYES. Replying to your second letter, just dissolve 1 ounce crystals in a pint clear water and you will have a harmless and very beneficial eye-tonic. Two or three drops in each eye occasionally relieves the smart and soothes the aching, tired muscles. The crystals eye tonic is excellent for granulated lids and its use frequently overcomes the need for glasses.

NANCY. 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 a 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 in this manner makes the hair soft, fluffy, and induces a bountiful growth.

HUMANE TREATMENT

SOME FURTHER VIEWS OF OUR FUTURE CITIZENS.

Concerning the Treatment of Animals and the Horse Especially Seems to Have Been the Favorite Subject.

The treatment of the horse seems to have been the favorite subject in the School Essay Competition, from which some specimens have already been given, though the dog has also had a large share of attention. Here is a rather comprehensive paper on the care of the horse from a boy in Ontario school:

"A horse, when it is born, should be kept with its mother two or three months at least. When one or two years old the colt should be taken to a place by itself and fed on a little oats or bran. It should be trained to the use of a halter, and then to wear a bridle. Afterwards it should be taken out in a yard, attached to a wagon and taken round very quietly. With a little petting or coaxing it will go all right. After it has grown used to the harness and wagon it should be worked every day, unless it is sick or lame. To save your horse you should never quarrel with it, and to make a fine coat you should feed it well. Clothe it warmly in the winter and groom it thoroughly. You should never let your horse know that he can successfully resist you.

"If you want to drive fast you should stop often, and never use the whip on a horse when it is going up hill, or with a big load. You should never jerk the lines, for it cuts the poor horse's mouth. You should never cut the horse's tail off for the poor horse can then never keep the floor off and it hurts the horse and does not look nice. If a horse is 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 heavens you should wet the horse's hay. A horse should be shod with iron shoes, so that its feet will not get sore. If you want a horse 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 buying 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 to keep a dog in a house, and in this case, while he may roam about or lie down where he likes, at night his bed should be made in one particular place. All that is needed is an old mat or sack-bag, whatever it is, let it be called a bed, so that the dog may be able to attach some definite idea to the words, 'go to bed dog.'"

"A house dog's bed should not be spread behind a door, in a cellar or in any draughty place. To make a dog's bed in damp places is cruel. But to coddle him up is an error for he will not be so healthy, nor if he is one of the beautiful long-haired breeds, will his jacket remain for any length of time as it ought to be."

Out-door kennel dogs should always have abundance of fresh, pure water for drinking. The pan should be a broad-bottomed one, not easily knocked over. The water should be changed every morning and placed where it would be out of the sun's rays. In winter, care should be taken that they do not get frozen. Many shopkeepers in large towns have adopted the plan of keeping a dish of water near their doors for thirsty dogs to drink from summer or winter. I do not think they will lose anything by being 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 poor creature much happier. For instance, we often see ladies driving along in their limousin 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 in case of fire, for the only place where a horse can get out is through that door. Many horse and dog owners might learn some useful 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 revered the purity of your children; has it protected you from insult and wrong; has it listened to your pleadings; has it ever changed your own'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 bitter hatred, and for the men, self-styled chivalrous men, who defend this greatest enemy of our home, we can have nothing but CLUNG."

PITH OF THE NEWS

Things 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 university degree.

An injured milk wagon 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 labeled as imitation wine.

"Big Ben," the clock in Parliament tower, London, was only once more than three seconds out of the way in the past year, reports the Astronomer Royal.

At the Joliet, Ill., penitentiary, in future, convicts will get a share of their earnings. Last March, in the future department, each convict earned \$5.69, and in April \$6.32.

In the juvenile court at Cleveland, O., Frank Brotan was found guilty of keeping his two little girls, one of them a paralytic, locked up night and day in a tenement for two years.

At Worcester, Mass., a man drank a bottle of beer and found a well-preserved mouse at the bottom of the bottle. He says he will sue the brewery and also be a total abstainer in future.

After a second trial at Allentown, Pa., a seventeen-year-old boy has been found guilty in a breach of promise suit brought by a fourteen-year-old girl. They were both students in the high school.

Tony Schultz yearned for death. He set fire to the stand in which he lived and then got so uncomfortable that he forgot about suicide, 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 Paris, a convicted train bandit, who will soon be executed for the murder of a railway travelling agent, played in a game between two prison teams in the San Quentin, Cal., penitentiary.

At Grafton, W. Virginia, Rev. W. T. Elsey, pastor of one of the city's leading 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 win a \$100 a week job and a cash bonus of \$5,000. Williams is considering the offer.

Baby Edward H. Lichtenstein, born in New York, has the following living relations: Two parents, four grandparents, four great-grandparents, great-great-grandmother and twenty-two aunts, uncles and great aunts.

Herbert L. and George D. Pratt, of the Standard Oil company, will live in the top suite of an apartment house now building in New York. They will have thirty-eight rooms and twelve baths, and pay a rental of \$35,000 a year.

Miss Adgie Castillo, whose performing lions killed her fiancé, Emerson Dietrich, Sunday, in Chicago, accompanied the body to Dietrich's home in Brooklyn, where they were to have been married. A coroner's jury found that Dietrich's death was accidental and exonerated a trainer of charges of cowardice.

SEAL BRAND COFFEE advertisement with image of a coffee tin.

Finishing Touch To A Perfect Meal advertisement for Chase & Sanborn.

OUR TOBACCO advertisement for A. Maclean's.

KINGSTON BUSINESS COLLEGE advertisement.

What Thin Folks Should Do To Gain Weight advertisement.

Physician's Advice For Thin, Underdeveloped Men and Women advertisement.

FLGUR advertisement for Robin Hood Brand flour.

COAL! advertisement for Scranton Coal.

FISHING TACKLE advertisement for Treadgold Cycle and Sporting Goods Co.

Special Offer for the Next 30 Days advertisement for Davis Dry Dock Company.

Warm Weather Suitings advertisement for Crawford and Walsh, Tailors.

Keep Cool! advertisement for Crawford and Walsh.

Why Pay High Prices? advertisement for Ralph Spencer.

DAVIS-DAVIS-DAVIS-DAVIS-DAVIS-DAVIS advertisement.

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The New Figure. That easy, graceful, almost corsetless effect, is attained by wearing the new models of D & A corsets. Specially commended for rather plump women, who will find in it a comfortable hip reducing corset is No. 790 D & A illustrated herewith and retailing at \$2.75.

Easy & Practical Home Dress Making Lessons. Prepared Especially For This Newspaper by Pictorial Review.

FOR THE BOUDOIR. Quits a new conceit in dressing saques in this model in crinkled crepe de China, trimmed with hand embroidery. There is nothing more fashionable for underwear and boudoir than crepe, and it is shown in many delicate 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.

Renewed Vigor in Old Age. 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 needed 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.

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