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you are suffering so you can hardly get around, just try Red Pepper Rub.

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Nothing has such con when heat penetrates right down into pain and congestion relief comes at

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## DAUGHTER HAD

Now Can Do All Her Housework Alone Because Lydia E. Pinkham's Vegetable Compound Helped Her

one for me and give you permission my letter as a testimonial."—
PARE PETERSEN Route 1. James.

Pad your shoulders with patience and you will carry your burden easWANTED—AN INTRODUCTION



bench—so near and yet so far apart are they! Painstakingly could not sanction—Oh, for some human being to introduce direction. And yet behind him Cupid lingers, leaning wistfully them and stand sponsor for each to the other.

What gulfs may lie between those who share the same her way, powerless because without proper introduction he

HOME-MAKING HELPS

"Everything About the House Helps to Make the Home." By WANDA BARTON

To do our work well, we must live busy in off hours "fixing up." in cheerful surroundings. There is nothing more depressing to a woman than to work in a dreary, colorless kitchen. It has ceased to be a cause of wonderment that persons who work in monotonous surroundings get nerv-

pens that she does not wake to the rea-

the farm, and serves as both kr:chen and dining-room in many busy homes—the meeting-place, three great comfort and step-saver.

the importance of pleasant home sur- ance of careful upkeep.

ous prostration. The wonder is that ored paint and tint the ceiling a clear Another step-saver is a so-called evening in the Sunday school room cream. Next, paint the woodwork a "tea-wagon," which can be made at of the Presbyterian church, Rev. A It is not always a matter of expense good mouse gray and cover when dry that keeps the owner of the dull kit-with a coat of waterproof varnish. This brings a suplight offset to the This brings a sunlight effect to the its usefulness. Remove the body of banquet by the Boy Scouts and Girl lization of its deadly dulness until she walls and room and the paint may be the carriage and mount two shallow Guides, who to the number of eighty has a jolt of some sort which causes wiped down quickly with a damp cloth trays on the frame, ten or twelve in- gathered to do honor to him and her to see with new vision, then she is when soiled with finger-prints. Paint ches apart, then paint the entire sur- Mrs. Drysdale. Mr. and Mrs. A. J. likely to get busy. We all know that the floor the same gray and varnish it face gray and varnish it. At meal- Culp spent the week-end in Smith's there is nothing better than fresh paint with water-proof varnish, or better time, dishes may be stacked on this Falls. to give a place the appearance of af- still, put on a blue-and-white linoleum wagon and food may be passed on it, H. W. Lockwood returned home fluence. Prosperous-looking environment encourages greater effort to acment encourages greater effort to acquire more of the agreeable things of down the furniture and paint it gray extra helper. White oilcloth tacked west. Rev. and Mrs. A. W. Drysdale life, which in turn makes for a great- to match the rest of the room. Cover neatly around the sink and drain- will sail for Scotland on Friday, Nov. er degree of happiness, and everything one table with sheet zinc and put that creates happiness is valuable to the human family.

one table with sheet zinc and put board, or back of a kitchen table, will sail for Scotland on Friday, Nov. board, or back of a kitchen table, will sail for Scotland on Friday, Nov. save the wall from becoming splashed going treatment in the Brockville it may be rolled up to the stove at and can be renewed when shabby at a General Hosiptal. Dr. W. D. Stevens The kitchen is the vital centre of serving time or to the sink at dish- small expense. Many persons get and T. G. Butler leave next week for washing time, and it will be found a quarter-round moulding and paint it Madawaska for two weeks' hunt.

county fair keeps them in touch with chen, paint it red and stripe off the table is fastened to the wall should be what others are doing in their line of bricks with white lines. Keep the stove painted. endeavor, but it oftentimes takes some polished and the faucets in the sink | Stand still and look about your kit-

roundings. When this happens, the Another great convenience is a cheeriest place on the farm. Achieve owner of the kitchen is very likely to small vegetable bin for daily use. This an atmosphere of prosperity by using set a pot of paint and brushes in the may be made with three compartments paint-freely. middle of the floor and get her men and a cover and castors, and should be built to roll under the kitchen ta-An all-white kitchen is rather deli- ble out of the way. It may be painted cate for practical use, so we propose gray. A wood or coal box, also paintanother combination. First, wash the ed gray, or a basket having a close Was Held in Westport For Rev. and kitchen walls and wood work, then give bottom or a canvas lining, also paintthe side walls two coats of corn-col- ed, may be used for the same purpose.

times a day, for the family and its Heavy cheesecloth curtains with oilcloth in place. Another kitchen con- Balderson, spent the week-end with helpers. The farmer's wife is a busy blue and white gingham borders will venience that is worth while is a drop Mr. and Mrs. John Forrester. woman, for there is much to be done be attractive at the windows, and gin-baking table. This table is fastened to gham, slip-covered cushions may be the wall with hinges, and its two foresurrounded by all the first aids that used in the chairs where needed. This legs fold under when it is dropped If you burn the bridge behind you Rheumatism, lumbago, neuritis, can be afforded and have a cheery place to work in. The up-to-date farstrains, sprains, aching joints. When the modern equipment he

strains, sprains, aching joints. When the modern equipment he

strains, sprains, aching joints. When the modern equipment he

outlay for materials, and it may be

This is handler, then a moulding.

An American missionary tells that

unusual event to force them to realize bright, to add to the general appear- chen carefully, and see whether a pot of paint would not turn it into the

A FAREWELL BANQUET.

Mrs. Drysdale.

the color of the woodwork to keep the Mrs. C. O. Richardson and children,

HIS AUDIENCE

By Juanita Hamel



fade before his eyes-one face alone remains. A thousand eyes may stare at him—he sees the eyes of only one. And | heart of one wonderful girl alone.

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