



GRAY AND FADED HAIR

restored to its original color in ten days when Princess

Hair Rejuvenator

is used. It is neither greasy nor sticky, clear as water, free from all injurious ingredients, prompt to act, easy to apply, safe to use, sure in its results. Price \$1.00, express paid.

PRINCESS DANDRUFF CURE

prevents premature grayness and baldness, promotes a healthful condition of scalp, and clears it of dandruff. Price \$1.00, express paid.

Superfluous Hair, Moles, etc., eradicated forever by our method of Electrolysis. There is positively no other treatment that will destroy hairs on face and arms. Satisfaction guaranteed. Send stamp for booklet "E." Established 15 years.

Graham Dermatological Institute,
502 Church Street, Toronto.

Special Low Rates West



\$41.95	\$39.45
VANCOUVER VICTORIA SEATTLE PORTLAND TACOMA	NELSON, B. C. ROSSLAND TRAIL ROBSON SPOKANE, WASH.

FROM LONDON.

SECOND CLASS. ONE WAY.

Proportionately low rates from all Ontario stations to above points and many Western and Coast points not named.

Ask for particulars. Tickets good going March 1 to April 30.

See nearest C. P. R. Ticket Agent.

City Office: Corner Richmond and Dundas Sts., London, Ont.



Children's finest quality of checked gingham

Aprons

in blue and white, pink and white, or white cross-bar muslins; sizes 2-6 yrs.

PRICE, 75 CTS.

Also infants' outfits of 28 pieces for \$12.50 and upwards.

These goods are guaranteed, and will be sent prepaid on the receipt of price to any place in Canada. Address:

M. Leadbitter,

Quality Bazaar,
corner Wellington and Bathurst Sts.,
LONDON, ONTARIO.

Sir William Ramsay, the noted British scientist, will go to Asia Minor in the early future to investigate ancient, especially Bible history. He will be assisted in the work by Lord Strathcona's gift of \$2,500 a year.

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,
75 Yonge St., Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:
Sir W. R. Meredith, Chief Justice.
Hon. G. W. Ross, ex-premier of Ontario.
Rev. John Potts, D.D., Victoria College.
Rev. Father Teefy, President of St. Michael's College, Toronto.

Right Rev. A. Sweatman, Bishop of Toronto.
Rev. Wm. McLaren, D.D., Principal Knox College, Toronto.

Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certainty of cure.

Consultation or correspondence invited.

that part of the work done. Sandy Fraser says to the farmer, "Get a hired girl for your wife, and don't have her trying to do her work with one hand, and a crying bairn on the other arm." I don't think there is any necessity of carrying a healthy baby around on one arm and trying to work. He would be far better left to amuse himself for a while; but if baby is sick, give him all the care possible till better again.

Let baby lie on his back on the carpet, out of the draft, with a pillow under his little head. It delights him to hear his heels pound on the floor. If it is too cold weather for the floor, put a folded quilt and pillow on the table, and put him there. Be sure he is not able to roll over, or great will be the tumble. A bed or couch is not so interesting, as he cannot hear his heels pounding. I think a baby trained in this way will walk sooner than one that is held in the arms of a nurse, or kept tied in a chair. I have known them to walk at from nine to eleven months old, and have their limbs the natural shape. I am not speaking from theory only, as we have four healthy children; the eldest is about nine years old, and the youngest fifteen months.

I would say to mothers: let the little ones be around you when you are at your work, for then they will get interest in the work; but don't get impatient with questions. Let all help a little, from the little tot of three or four, making a loaf in a patty tin for papa, to the girl of six or eight, making her own bed. Then, when they grow up, work will not come so hard on them. Let them play around you, too, and it will make you feel young yourself.

They say, "Work well planned is half done." So, dear Chatterers, let us plan our work so we can get it done and visit our neighbors a little too, as it brightens us up to get in touch with other people. Hoping my "say" has not taken too much room, I will close, wishing "The Farmer's Advocate" and all the members a prosperous year.

Kent Co. CONTENTED ONE.

Thank you for your kind private letter, with its encouraging words.

Colds—Date Cake.

Dear Dame Durden,—I have been a silent reader of your Ingle Nook chats for some time, and now may I come in and join you. We have taken "The Farmer's Advocate" for several years, and would not like to be without it now. I enjoy reading the letters, and we have tried many of the recipes which have been given, and have found them to be very good.

As this is the time of year for colds, may I suggest a few simple remedies?

For cold in the head, try steaming over a dish of hot water to which has been added a small lump of camphor. This should be done at bedtime, for if a person goes out after steaming the head he or she is apt to catch more cold.

For cold in the chest, try the following: Mix mustard with equal quantities of goose oil and turpentine into a thin paste. Heat, and rub well into the chest, sitting by the fire as you do so. Then put a piece of thick brown paper on the chest; this keeps the clothes from being soiled by the mixture, and is a preventive from taking more cold.

For sore throat, gargle with a strong solution of salt and water. Rub well on the outside with Electric oil or British Troop oil, and put one of the stockings you have been wearing around the neck at bedtime.

These are simple remedies, and probably are known to some of the Ingle Nook readers, but I suppose there are others who have not heard of them. I hope they will help someone. We find them very satisfactory.

Here is a recipe for date cakes, which are real good: Stone $\frac{1}{2}$ package or more of dates, and boil until soft; sweeten, and set away to cool. Then prepare enough for cakes as follows: Two cups oatmeal and 2 cups flour (mixed), 1 teaspoon salt, and 1 teaspoon soda, and 2 of cream of tartar, 1 cup sugar, and 1 cup lard. Mix thoroughly together. Wet with cold water. Roll out thinly, and cut out as for jam-jams. Put dates between, and cook.

I hope I have not stayed too long, and I may come again some day if this finds its way into the columns of your Ingle Nook.

Dufferin County, Ont.

A Woman's Society.

Dear Dame Durden,—In answer to "One of the Mothers": We have a society in our neighborhood which is much appreciated by the members, of which there are thirty-six. We meet once a month at the members' homes in turn, the hostess providing lunch, which is passed instead of setting tables. She also provides work; as yet, this has always been quilting or sewing carpet rags. When joining, each member pays twenty-five cents, and five cents each month. This money is used for charitable purposes. We have a president, vice-president, sec.-treasurer and an executive committee of two. The officers are changed every year. The meetings start at two, and continue until five. The mothers who have no one to leave the children with, bring them to the meetings. As most farmers' wives can drive, we generally manage to be present. We find this a very pleasant way of visiting. We also have a set of resolutions; of course, you can make these to suit yourselves. Wishing your proposed society every success, A member of the—

E. L. S. C.

Something About Our Girls

Dear Dame Durden,—It is only for the past few months that I have had the privilege of reading "The Farmer's Advocate," but in that short time I have become much interested in the magazine department, and particularly in the Ingle Nook. Only a very just and righteous indignation, caused by the article of Jan. 24th issue, gives me courage to ask for admittance to your circle after so short an acquaintance.

I feel that our young women should "rise in arms," not to deny the truth of the criticisms given, for, as you say, we all know girls whom the descriptions exactly fit, but to protest that they are not the true type of the Canadian girl of to-day, and are, therefore, not representative. A number of girls who answer these descriptions may possibly be found in almost every community, but they are not the girls who give tone and character to that community; they are not the girls who are ready and willing to help in the different good works that may be carried on in the neighborhood. Girls belonging to such a class as described are soon known at their true value, and their lives are of little importance to anyone outside of their own small circle of acquaintances. But I maintain that these are not representative.

I have realized the truth of the assertion that a great many young women prefer the man of the "sporty" type, and have several times heard young women ask why the young men one is likely to meet engaged in church work are not as "nice" as the average young man one meets in society. But I believe with you, that it is not the sporty or fast quality of their natures that attracts, but something else which this class of men usually possess. Is it a certain ease of manner and the ability to put others at their ease, which young men who are much in the "world" soon acquire? It is quite noticeable that men, who, through disinterest or other reasons, are limited in their social sphere, lack the breadth of interest and the quick discernment of details that those of broader sympathies usually possess, and so are less likely to create a pleasing impression on short acquaintance. These quieter, though by no means more shallow, natures are understood and admired only by the few who learn to know them. Could these thoughtful, earnest men take time and some little pains to try to see the individuality of each person they meet, which is called forth so naturally by the quick sympathy of the other class of men, they, too, might find themselves much more closely in touch with ordinary humanity than they fancy themselves.

I have already taken up too much of your valuable time, but, before closing, I would like to call the attention of all young women who may read this to a book which I would urge them to obtain, if they do not already possess a copy. I refer to "Sesame and Lilies," by Ruskin. If our young women could be brought to realize the possibilities before them; if they will but use the power they may have—"purer than the air of heaven, and stronger than the seas of earth"—there would be no need for such an expression of opinion as Rev. Dr. Van Horne solicited.

JUSTICE.

You surely did not need to apologize about coming. Come again, will you not?

STEVENS

Shotguns and Rifles

never fail to bring down the game—if aimed right. If it's a "Stevens" you can be sure it is always ready, accurate and safe.

Our 140-page Catalog FREE

tells all about the famous Stevens shotguns, rifles and pistol cartridges, the care of firearms, notes on ammunition, sights, targets, cleaning rods, reloading implements, and much more valuable information. Send four cents in stamps and we will mail it free. Order from us if dealers won't supply.

J. STEVENS ARMS AND TOOL CO.
310 Pine Street
Chicopee Falls, Mass., U.S.A.

But speak quick

Will you accept a FREE copy of a book that tells facts you need to know about poultry for profit? Better send for your copy to-day—there are few left, and you want to read this book if you are interested in poultry at all. It is different from any poultry book you ever read; it tells plain truths that not many people really know about. Written in plain English, and sensibly illustrated,—interesting, every page of it. Send your name and address on a postcard—the book will come postpaid, free. Send for it to-day—NOW. Address:

When Poultry Pays

The Lee-Hodgins Co., Limited
5 Pembroke St., Pembroke, Ont.

You cannot possibly have a better Cocoa than

EPPS'S

A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

COCOA

Sold by Grocers and Storekeepers in $\frac{1}{2}$ -lb. and $\frac{3}{4}$ -lb. Tins.

WHY NOT

Be a telegraph operator and earn from \$45 to \$125 monthly P. Send to-day for Free Booklet "K," which tells you how.

CANADIAN SCHOOL OF TELEGRAPHY,
Cor. Yonge and Queen St., TORONTO.
Oldest Telegraph School in Canada.

\$12 WOMAN'S SUITS, \$5

Suits to \$15. Clean, renovated, skirts and waists at same reduced prices. Send for samples and catalogue. Southcott Suit Co., Dept. 27 London, Can. Send for our catalogue, which lists everything you can