

Gram on Plates.

Dressmaker should keep Scrap Book of our Pat. These will be found very useful from time to time.

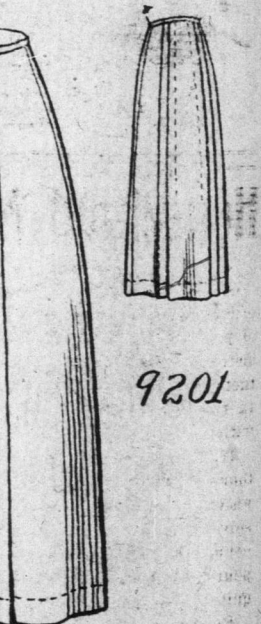
WANTY LINGERIE COMBINATION.



Corset Cover and Skirt.

aplicity as well as the practice of this model will read to the home dressmaker. sh. dimity, nainsook, percale, silk may be used, with lace trim for decoration. The cut in 3 sizes: Small, Medium, Large. It requires 3 1/2 yds. of material for the material for any of these can be procured from AYRE Ltd. Samples on request, pattern number. Mail orders attended to.

SIMPLE PRACTICAL MODEL.



Six Gore Skirt with Plaited Panels.

design makes a good skirt for general wear. It is cut on narrow lines, but the fullest parts give freedom in walking. It is suitable for silk, cloth, or fabric. The pattern is cut in 3 sizes: Small, Medium, Large. It requires 3 1/2 yds. of material for the skirt. This illustration mailed on receipt of 10c. in stamps.

PATTERN COUPON.

Send the above-mentioned address on receipt of 10c. in stamps.

per directions given below.

No.

in full:

be sure to cut out the illus- and send with the coupon. filled out. The pattern can- you in less than 15 days. each. in cash, postal note. Address: Telegram Pub- lishment.

S LINIMENT CURES GALS- GET IN COWS.

The Evening Chit-Chat

By RUTH CAMERON



Ruth Cameron

muscle building foods, and so on.

"Now, since we know the beneficial effects of regulation in this direction, is it not strange that we do not more often regulate our diet in other things besides food—friends, for instance?"

A young girl came home in a very unhappy mood from visiting some friends, who, although good hearted people, are most emphatically, of the earth earthy. They think of little besides clothes and opportunities to display them, and they spend all they can spare on a little more on keeping up appearances. Their visitor was a girl with a very limited income but she has always managed to pay her bills, dress herself attractively, and be quite content. But the visit seemed to have entirely changed her. She is discon- tented with her home, critical of her friends, recklessly extravagant in her purchases, and fretfully covetous of the expensive things which she can not possibly afford. Says her mother, "Gertrude shall never visit those people again if I can help it."

If we will stop to think we will all realize that our various friends have varying and very distinctive effects upon us.

There are those who always turn our attention towards clothes. We

talk clothes with them, looking at their new things, tell them about ours and come home thinking of nothing but clothes and fashions and appear- ances.

We have other friends who stimu- late us intellectually; they are read- ing and studying; they are interest- ed in the topics of the day, they are try- ing to solve some corner of the world's problem, and contact with them soon makes us think that such things are really worth while after all.

Again we have friends who always send us away feeling mighty pleas- ed with ourselves; and others who make us thoroughly ashamed of our insufficiency. We have friends whose strenuous temperaments galvanize us into the desire for constant action; and others who impart some of their own serenity and patience to us. We have friends who curb us with their forthright conversation, and others from whom we take the con- tention of their care-free optimism.

The man who has a sluggish liver will probably know enough to avoid rich and clogging foods even if he likes them and wants them. And yet how many of us, when we feel as if we wanted the poultice of flattery for some bump or bruise on our self love, know enough to avoid those who will give it to us? How many of us when all aflame with some radical scheme are wise enough to go to the conserva- tive friend for criticism, instead of to the radical for encouragement?

To regulate one's diet of vicinals is hard enough; to regulate one's diet of friends would be even more difficult; but for the man or woman who wants a healthy mind and soul, as well as a healthy stomach, it would certainly be worth while.

Ruth Cameron

THE SECRET OF LONG LIFE.

Do not sap the springs of life by neglect of the human mechanism, by allowing the accumulation of poisons in the system. An imitation of Nature's method of securing waste of tissue and impoverishment of the blood and nervous strength is to take an alternative glyceric extract (without alcohol) of Golden Seal and Oregon grape root, Bloodroot, Stone and Mandrake root with Cherrybark. Over 40 years ago Dr. Pierce gave to the public this remedy, which he called Dr. Pierce's Golden Medical Discovery. He found it would help the blood in taking up the proper elements from food, help the liver into activity, thereby throwing out the poisons from the blood and vitalizing the whole system as well as allaying and soothing a cough. No one ever takes cold unless constipated, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. The "Discovery" is an all round tonic which restores tone to the blood, nerves and heart by imitating Nature's methods of restoring waste of tissue, and feeding the nerves, heart and lungs on rich red blood.

"I suffered from pain under my right shoulder blade also a very severe cough," writes Mrs. W. DORR, of New Brooklyn, S. C., to Dr. E. V. Pierce, Buffalo, N. Y. "I had four different doctors and none did me any good. Some said I had consumption, others said I would have to have an operation. I was bedridden, unable to sit up for six months and was dying, but a live skeleton. You advised me to take Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Pleasant Pellets. When I had taken one bottle of the 'Discovery' I could sit up for an hour at a time, and when I had taken three bottles I could do my cooking and tend to the children. I took fourteen bottles in all and was then in good health. My weight is now 137 pounds."

Household Notes.

Grease stains on wallpaper will often disappear entirely if a mixture of pipe clay and water, made the consistency of a cream, is spread over them and allowed to remain overnight. In the morning it should be removed with a clean brush.

To clean the kitchen sink, wash it thoroughly with ammonia and warm water. Common sulphate of iron dissolved in the proportion of one pound to four gallons of water and poured over the sink will make it quite clean and sweet.

Refrigerators should be washed every day in hot weather with warm water containing plenty of borax or washing soda. Pieces of charcoal should be placed in the corners to absorb the odors of food, and these should be renewed often.

Egg shampoos are made by beating the yolks of two eggs in two cupsful of warm soft water and then adding one teaspoonful of borax. Rub this into the hair, washing it off gradually with more warm water and rinsing at least three times.

For tired eyes, try lying down for a half hour and putting cool com- presses of boracic acid solution over them. Make the compresses by dip- ping pieces of sterile gauze into a

pint of filtered water that has had a third of an ounce of boracic acid thor- oughly mixed in it.

In cleaning kitchen walls, a little kerosene added to each pail of warm suds (about a cupful to each pail) will make the work easier. This has been found especially good for walls that have a finish in imitation of tiles. Do not use hot water, as it is apt to leave a mottled appearance.

If you have a suspicion that the gaspipes are leaking, a sure test can be made by applying a paste of soap ant water to the joints; if there is a crack or break, bubbles will appear in a little while. This is a safe attempt to locate a leak. Neither matches nor candles ever should be used.

Fruit stains on white fabric may be removed by first soaking the article in plain water and then in a half pint of water that contains a teaspoonful of oxalic acid or a tablespoonful of lemon juice. One old lady assures me that she can remove all fruit stains excepting peach by merely scalding them.

To drive away red ants, scour the cupboards or their haunts out thoroughly with hot water and am- monia and place upon the shelves or near the spot frequented by ants a few sprigs of ground ivy. A little wormwood will generally scare away black ants; the ammonia is more ef- fective for the red.

Mr. Edmund Rogers, Chairman of the Road Board and wharfing at the public wharf here, has just had a very substantial lavatory placed on the site of the old one at the above wharf. The structure is built in such a way that it can easily be kept clean. It would be well for the police to keep a look around occasionally and punish any person damaging this very ne- cessary public building.

Mr. Matthew Wells, cabman, whose illness we reported in a recent letter, passed away at the residence of his son last evening at the good old age of 87 years. Mr. Wells was well known in this town and elsewhere.

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son of Mr. Joseph Stapleton, aged 93 years. Deceased leaves three sons and three daughters to mourn their loss. One son, Patrick, is here, at present, and two others are at Bos- ton. One daughter, Mrs. Thomas Walsh, is also here and two others reside at Boston. A granddaughter, Miss Lily Callahan, has lived with and attended to the old gentleman for a number of years, with great devotion and constant care for his com- fort.

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