HEALTH EDUCATION

BY DR. J. J. MIDDLETON Provincial Board of Health, Ontark Middleton will be glad to answer questions on Public Health most ters through this column. Address him at Spadina House, Spadina Crescont, Toronto.

Henry replied heartily. "Bertha, whom do you suppose I met to-day? Tom Hall!"



plins, "These are so handy," she expelains, "when cleaning a room having a number of window and door drapeleries."

She grasped the lower corners of a drapery, lifted them well out of the way alng the outside edge of the curtain and secured them all together with the clothespin. "This keeps them well out of the way when cleaning and it is surprising how fresh and unwrinkled the draperies are when dropped back in place. Anyone accustomed to pinning up the curtain ends or tucking them over the rod or laying them over the back of an adjacent chair would never do so again if they gave this simple method a trial.

"I keep my bedroom curtains clean and fresh for a long time by fastening them up in exactly the same way if when the windows are raised at night," she added.

A box of spring clothespins on the closet shelf are handy for snapping together pairs of rubbers, mittens, and the like, when several persons must make use of a common storage place.—A. M. A.

PETTICOATS THAT ALWAYS

AND THE WORST IS YET TO COME



Dress Fads of Famous Authors.

"He had a double gold chain outside

"He had a double gold chain outside his waistcoat, and such breastpins that I thought he looked like one of our river gamblers." Such is the description of Charles Dickens, given by Prentice in an account of his tour of the United States. A tendency for overdressing was always one of Dickens, do now in vogue. The sleeve may be finished in wrist or elbow length.

The Pattern is cut in 4 Sizes: 6, 8, 10 and 12 years. A 10-year size requires 3½ yards of 27-inch material. For collar and cuffs of contrasting material ½ yard is required.

Pattern mailed to any address on receipt of 15c, in silver or stamps, by the Wilson Publishing Co., 73 West Adelaid: Street, Toronto. Allow two weeks for receipt of pattern.

SPRING CLOTHESPINS

spring CLOTHESPINS.

With the cleaning equipment of one capable housewife are invariably to be found a number of spring clothespins. "These are so handy," she explains, "when cleaning a room having a number of window and door drapshers."

She grasped the lower corner drapery, lifted the control of the spring clothespins. "These are so handy," she explains, "when cleaning a room having a number of window and door drapshers."

Charles Lamb always drapshack. "I take the control of the

"What is a Christian nation?" asked an exchange, and it answers this way: "A Christian Nation is one that exchange, and it answers this way: "A Christian Nation is one that exchange, and it answers this way." A Christian Nation is one that the problem of the properties and the p

Why Do the Old Have Stillness in Their Eyes? Why do the old wear stillness in their

why do the old wear stuiness in their eyes.

They who in youth were amorous and gay,
Breathing of life? How come they by these wise
Glances of calm, this dignity to-day?
Quiet, aloof, almost they scorn the

young, Silence is theirs, but laughter never

Do they forget their own mad chal-lenge flung

From youth to age in careless days
of yore?

Ah, no! Their calm is heaven lit with

dreams, Not of their pride they walk thus

silently;
Out of the past a faint, far echo reems
Borne unto them—the voice of Mem-

How can they speak, whose ears are strained to hear Joy long since fled and laughter once held dear?
--Helen Frazee-Bower.

How Marie Helped.

Unselfish mothers too often make or permit their daughters to be selfish, more's the pity. One such mother, according to a story that Mr. Booth Tarkington, the novelist, likes to tell, was bending industriously over the washtaib when a neighbor said to her, "Hard at it as usual, ain't ye?"

"Yes," replied the mother cheerful-

"Yes," replied the mother cheerful-ly, "Yes, this is wash day, Mrs. O'Hoolahan, and washin for eleven don't leave you much spare time on your hands."

don't leave you much spare time on your hands."

"Is that Marie I hear singin' to the ukulete in the parlor?"

Marie by the way was in infancy christened Mary and in her early youth was always known as Mollie.

"Yes, Mrs. O'Hoolahan, that's her. The help she is to me! O dear! O dear! I don't know how I'd get along without that girl! Every Monday morning she gets out the ukulele or opens up the piano, and while I'm scrubbin' the clothes she sings the nicest, cheerin'est pieces, like Mother's Day, or Dear Mother, in Dreams I see You, or Lighten Mother's Tasks With Love, and the work just rolls off like play. I tell you, Mrs. O'Hoolahan, there ain't many girls like our Marie."

King George "Swaps" Stamps With American.

With American.

King George is known far and wide as the most democratic monarch ruling to-day. He is as equally famous as a stamp collector and takes a deep interest in matters philatalic.

At the recent International Stamp Exhibition, held in London, which the King visited, he pointed to one stamp in the collection of Arthur Hind, a prominent American philatelist, and said: "Too bad you were ou bidding me for that the other day."

Mr. Hind said he had no idea he was bidding against the King, and offered him the stamp as a gift. But the King, being a sport, refused to accept and

being a sport, refused to accepsaid:

"I'll tell you what I'll do. I have a stamp you'd like; let's swap." And they did.

Judge-"Pat, the evidence shows that you hit this man twice."
Pat-"I did not, y'r Honor. The furst time I lit him I missed him."