

ECZEMA CAN BE CURED

I Will Prove It to You Free

You who are suffering the tortures of Eczema, Itch, Salt Rheum or other skin diseases—your whole days are miserable, whose nights are made sleepless by the terrible itching, burning pain, let me send you a trial of a healing, healing treatment which has cured hundreds, which I believe will cure you. I will send it free, postage paid, without any obligation on your part. Just fill the coupon below and mail it to me, or write me, giving your name, day and address. I will send the treatment free of cost to you.

Write to me at 100 WEST STATE ST., PORT WILMINGTON, DEL., U. S. A.

Please send without cost or obligation to me your Free Proof Treatment.

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Province _____ Street and No. _____

Families Are Buying "Sunkist" Oranges by the Box or Half-Box

Enjoy the rich, delicious meat and sweet, tangy juice of ruddy, thin-skinned, seedless "Sunkist" oranges.

Have this golden fruit for breakfast, dessert and "between meals." Cleanest of all fruits—never touched by bare hands. All the pickers and packers of "Sunkist" oranges wear clean white cotton gloves.

"Sunkist" oranges are the finest, juiciest oranges in the world. Tree-ripened, fiberless. Not a seed in "Sunkist." Buy them by the box or half-box. That is cheaper than buying by the dozen. They keep for weeks.

Get Rogers Silver with "Sunkist" Wrappers

Cut the trademarks from "Sunkist" orange wrappers and send them to us. We offer 27 different premiums, all Rogers A-1 Standard Guaranteed Silverware. Exclusive "Sunkist" design.

For this orange spoon send 12 "Sunkist" Orange Wrappers and 12 cents. "Red Ball" orange wrappers count same as "Sunkist."

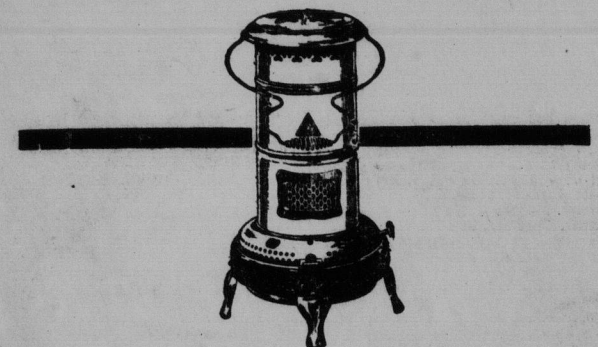
In remitting, send amounts of 20 cents or over by Postal Note, Post Office or Express Money Order.

Buy "Sunkist" Oranges at Your Dealer's

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Pillie Burke

THE FIRST WORD—Jealousy is the vampire which feeds on happiness.

One of the greatest faults a woman has to guard against is jealousy. I know nothing which will so quickly spoil the disposition and content of a young girl as to indulge habitually in this terrible tendency.

One should always remember that one receives in this world not according to one's need, but according to one's merit.

The girl who receives love and friendship may be sure gives it out in fullest measure.

To be jealous of another because that one has perhaps more of this worldly wealth and prestige, is to tacitly admit that one is inferior. The sight of the possessions of others should spur us to greater endeavor to obtain them for ourselves and we should try and find out how the other obtained them.

Jealousy is a sure annihilator of happiness as well as of one's beauty. To be jealous of one's lover is to create suspicion and discontent and thus to spoil one's disposition, but one's complexion as well. Jealousy has all ways seemed to me to be such a little, mean characteristic that I should fight against it with all my strength.

While chewing, and the lips as daintily clean as possible. Awkward positions while eating must be avoided. I have seen children lower their heads almost to the level of the plate or bowl from which they ate, and pass the food (soup, gruel, etc.) in much as though they were shoveling coal into a cellar, and with nearly as much noise. I need not say that this is underebred, almost as much as eructation (belching), hawking and spitting, or hiccupping; all of which should be done in private.

1. Take as little room as possible at table, and to this end keep your elbows close to your own sides and not your neighbor's, nor yet spread out on the table, or in the air, as if an attempt at flying were being made. A little practice in keeping the wrists limber, and the elbows quiet and in a line with the body, will make the most awkward persons graceful and pleasant neighbors in this respect.

2. Handle your tools properly. Hold your hand over the knife when cutting, taking care not to touch—less clutch—the steel. Let the hand also be above the fork while used in holding food for the knife to cut, and let the forefinger just escape the prongs. Neither fork or spoon, let the broad portion of the handle lie between the forefinger and thumb and the slender part, barely touch the middle finger of the hand. This will be found to be the easiest (because most natural) and most graceful mode of eating.

Persons who properly handle knife and fork rarely, if ever, splash their neighbors or the table-cloth.

3. In sipping fluids, whether from cup or spoon, remember to do so as quietly as possible, and instead of putting a large spoon into your mouth, sip from its side. Of course, the mouth must be kept carefully closed

while chewing, and the lips as daintily clean as possible. Awkward positions while eating must be avoided. I have seen children lower their heads almost to the level of the plate or bowl from which they ate, and pass the food (soup, gruel, etc.) in much as though they were shoveling coal into a cellar, and with nearly as much noise. I need not say that this is underebred, almost as much as eructation (belching), hawking and spitting, or hiccupping; all of which should be done in private.

4. Make a point of always using the knife, or spoon, placed in the dish, in helping yourself or others. There are very few people in whom it does not create a feeling of disgust to see the fork or spoon that has been in another person's mouth dipped into the food of which they expect to partake.

5. Under the same head of consideration for the feelings of others comes the using of a tooth-pick at table. The practice is an excellent one so far as the teeth are concerned, but should be done in private in public too tooth brushing.

6. While eating, lay knife, fork, or spoon on the plate, when not actually in use; crossing them, or otherwise, as may be convenient, but in as orderly a manner as possible. When the repast is finished, lay them on the plate, not crossed, but parallel to each other. This may seem a minor rule, but its observance contributes so greatly to the neat and attractive appearance of the table (quite as much as spotless linen) that it should not be

passed over as unimportant. For the same reason, potato skins, etc., should be carefully laid in a compact pile on or as near the edge of one's own plate as possible, and placed upon it at the close of the meal.

7. Coughing should be avoided at table when uncontrollable, the person should not merely turn aside the head, but also be sure to shield the mouth with the hand, so as to keep from blowing his breath either on the food or in his neighbor's face.

8. Stretching across the table or one's neighbor's plate—especially the latter—is never allowable, though often practiced from a well-intentioned desire to avoid giving trouble. A little reflection will show, however, that it must be a very greedy person who would not rather stop eating to help another than to have that other's arm and elbow thrust between him and his plate at the imminent risk of brushing his food.

9. Be polite. If their elders are courteous at table, children will require very little teaching to make them say, "If you please," "Thank you," or patiently to await their turn to be served.

In conclusion, let us remember that life, with its comfort or discomfort, is made up of small things, and, therefore, as our neighbor, through organization, circumstance, or education, may be more sensitive or fastidious than we, the rule of our lives should be to "put ourselves in his place" and then in all things "do as we would be done by."

Paste for Papering Boxes. B Oil water and stir in batter of wheat or rye flour. Let it boil one minute, take off and strain through a colander. Add white boiling, a little glue or powdered alum. Do plenty of stirring while the paste is cooking, and make of consistency that will spread nicely.

Aromatic Spirit of Vinegar. Acetic acid, No. 8, pure, 8 ounces; camphor, 1-2 ounce. Dissolve and add all lemon, oil lavender flowers, and keep in well stoppered bottle.

Rose Water. Preferable to the distilled for a perfume, or for culinary purposes: At tar of rose, 12 drops; rub it up with a half ounce of white sugar and 2 drams carbonate of magnesia, then add gradually, 1 quart of water and filter through paper.

Bay Rum. French proof spirit, 1 gallon; extract bay, 6 ounces. Mix and color

with caramel; needs no filtering.

Fine Lavender Water. Mix together, in a clean bottle, a pint of inodorous spirit of wine, an ounce of oil of lavender, a teaspoonful of oil of bergamot, and a table-spoonful of oil of ambergris.

The Virtues of Turpentine. After a housekeeper fully realizes the worth of turpentine in the household, she is never willing to be without a supply of it. It gives quick relief to burns, it is an excellent application for rheumatism and sore throats, and it is the quickest remedy for convulsions or fits. Then it is a sure preventive against moths by just dropping a trifling in the bottom of drawers, chests and cupboards, it will keep the garments from injury during the summer. It will keep cold and bugs from closets and store-rooms by putting a few drops in the corners and upon the shelves; it is a sure destruction to bedbugs, and will effectually drive them away from their haunts if thoroughly applied to all the joints of the bedstead in the

spring cleaning time, and injures neither furniture nor clothing. A spoonful of it added to a pail of warm water is excellent for cleaning paint. A little in suds washing days lightens laundry labor.

Paste for Scrap Books. Take half a teaspoonful of starch, same of flour, pour on a little boiling water, let it stand a minute, add more water, stir and cook it until it is thick enough to stretch a shirt bosom. It spreads smooth, sticks well and will not mold nor discolor paper. Starch alone will make a very good paste.

A Strong Paste. A paste that will neither decay nor become moldy. Mix good clean flour with cold water into a thick paste well bleached together, then add boiling water, stirring well up until it is of a consistency that can be easily and smoothly spread with a brush; add to this a spoonful or two of brown sugar, a little corrosive sublimate, and about half a dozen drops of oil of lavender, and you will have a paste that will hold with wonderful tenacity.

But glancing at the thermometer we stare to see the mercury has risen instead of falling. It is now at 86. And after all, why should we wonder? Nature is inevitable in her retributions, and we no less than the poor geranium in the window, must suffer the penalty of a deranged circulation when we violate her laws of temperature.

The mistake of overheating rooms is one which is often made, even by those who profess to be hygienists. Its results are exceedingly disastrous to health, causing almost constant congestion of the head, with general disturbance.

At the end of an hour we are surprised to find ourselves a little chilly. That is, our head is not enough—a little too hot, perhaps—but both hands and feet are cold, and we are inclined to agree with our friend when she

little shawl, and remarks that its awful day; that she hasn't been out of course, but even in the warm house she feels cold. In fact, she looks blue and pinched. We start to wonder for the room feels insufferably hot; but we place ourselves beside her where she sits covering over the register, and conversation goes on with what spirit it may under these circumstances.

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"SALADA"

Teas make friends and converts wherever used, "not a doubt of it."

Black Green } Preserved and sold only in
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FREE sample cheerfully mailed on enquiry—Address "Salada" Montreal, '14

Take no more chances—Because what comes out of the oven depends upon what goes in. Use Five Roses.

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MADE BY THE FLOUR MILLING COMPANY, LIMITED, CANADA

WIRELESS IS RECEIVED FROM MME. NORDICA

Sends Message from Str. Tasman, Which was in Trouble in Gulf of Papua—Pumps Keeping Her Free.

New York, Dec. 31.—Madame Lillian Nordica sent the following wireless despatch today to the Associated Press telling of the peril encountered in the Gulf of Papua by the steamship Tasman on board of which she was a passenger:

On Board the Steamship Tasman, by wireless telegraph to Cooktown, Queensland, Dec. 31.—"All on board the Tasman speak highly of the splendid behavior of her captain, her officers, and her wireless operator. The vessel struck on Saturday night and much uncertainty prevailed as to the possibility of refloating her. She had gone ashore on Bramble Bay reef, from which she was towed off only yesterday by a Japanese collier. The exact amount of damage sustained has not been ascertained, but the pumps are now keeping the water well under and the Tasman is proceeding to Thursday Island under her own steam for repairs, after which she will continue her voyage to Batavia."

(Signed) LILLIAN NORDICA.

New York's Scenery

"Mandy, what did your husband say about the scenery of New York city and its environs?"

"Nothing; all he talked about was the awfulness of the styles of dress the women wore."

Sure

"Do you think that the new motor delivery business will ever displace the postman?" asked the conversational young man, when crossing the street of his companion. "Certain to if it ever hits him."

ECZEMA IN BLISTERS ON ARMS AND LEGS

Suffered Seven Years. Itching and Burning. Did Not Sleep Half the Night. Cured Completely by Cuticura Soap and Ointment.

982 1/2 Yonge St., Toronto, Ont.—"My sister suffered for seven years with eczema. The trouble began on her arms and legs in water blisters and she scratched. Her clothes were rough around her legs and she suffered from itching and burning and loss of sleep; she did not sleep half the night."

"We used ———— and ———— Ointment and they did not seem to do any good until we got Cuticura Soap and Ointment by which she was completely cured."

(Signed) Miss Bonnie McKenna, May 17, 1913.

For more than a generation Cuticura Soap and Cuticura Ointment have afforded the most economical treatment for affections of the skin and scalp that torture, itch, burn, scale, and destroy sleep. Sold everywhere. Sample of each mailed free, with 20-p. Skin Book. Address post-card Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

HANDS ROUGH, BADLY CRACKED

Malden, Que.—"During the cold winter weather I was troubled with chapped hands and also a rash on my face caused by sharp cold winds. My hands were very rough and were badly cracked open and if I went out in the cold air they always bled. I could not do my regular work. I used salve, cold cream and other remedies and still they were left unhealed. At last a friend advised me to try Cuticura Soap and Ointment. I sent for some and applied it to the affected parts and immediately found relief. My hands and face were cured within a week."

(Signed) Miss Jennie Feinberg, Jan. 9, 1913.

For more than a generation Cuticura Soap and Cuticura Ointment have afforded the most economical treatment for affections of the skin and scalp that torture, itch, burn, scale, and destroy sleep. Sold everywhere. Sample of each mailed free, with 20-p. Skin Book. Address post-card Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

Proven Quality

When choosing silverware it is both economy and satisfaction to purchase

1847 ROGERS BROS.

This brand, known as "Silver Plate that Wears" ranks first in quality and has been kept for over 60 years. Made in the highest grade of plate, sold by leading dealers.

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