

er, and a good cure for this ailment is to keep on the dressing-table a little box filled with powdered borax and starch, three parts of the latter to one part of the former, and to dust it on the hands after washing them.

A Laundry Hint.

To wash silk lace, procure a good lather of soap on the hands and rub the lace gently until it is clean. Then roll it round a bottle which has been filled with hot water, and the lace will be ironed and dried without the risk of being scorched.

Washing Woollen Goods.

Woollen articles ought never to be washed in hard water, and whenever possible rainwater should be used. They ought never to be rubbed at all; they should never be put in lukewarm water for washing, nor in cold water for rinsing; they ought never to be wrung; they ought never to remain lying in the water. These are some of the things to be avoided. Now as to what is to be done.

Well, first, let the things that are to be washed, be well brushed or shaken before beginning to wash—this is to get rid of the dust.

If several things are to be done, let each be begun and finished separately. A smaller vessel and smaller quantity of lather will suffice, and the stuff in which one article has been washed would do no good but harm to others—it is, in fact good for nothing.

With a piece of sponge or old flannel rub up a very strong lather of either soft soap or best yellow soap. The latter may be prepared with a small quantity of water, and the remainder added—boiling hot—the moment before using it. The whole should be as hot as the hand can bear it—the hotter the better.

If the articles are very dirty, two lathers will be required in succession; and unless a second person is at hand to rub up the second while the first is being used, both had better be prepared in separate vessels, leaving only the boiling water to be added.

Take the article to be washed, and keep on dipping and raising for two or three minutes. By this time the water will be mainly absorbed by the wools,

and the liquor left will resemble slimy suds.

Now squeeze the article as dry as may be without wringing it. The second water having been brought to the same heat as the first, proceed in the same manner.

Having again squeezed the article as dry as possible, for lighter things—such as shawls—spread it on a coarse, dry cloth, pulling it out to its proper shape; lay over it another cloth, roll up tightly, and let it remain for about half an hour. To keep them from shrinking they must be kept pulled into perfect shape while washing, drying and pressing, and there is nothing better than these suds for washing stockings and flannel undershirts. A plentiful application of French chalk will clean any woollen article such as light cloth jackets or coats and light colored dress skirts. Spread the garment on a table, then sprinkle the chalk over as much of the garment as can be cleaned at one time, then brush the powder well into the goods with a fine brush and when the whole garment has been carefully cleaned in this way give it a good pressing and it will look fresh and new.

Gossip Treated Seriously.

Few of us realize how much we gossip, and even when we are brought face to face with the trouble we have made by repeating what was told us in confidence or what often should never have been spoken of at all, we are quite shocked, and then at once begin to take our own part. Why, of course, to make mischief is the last thing we dreamed of, or would do under any circumstances. We only told the story because we understood it to be an absolute fact, and the people who talked of it to us are the ones to be blamed, etc., etc., etc.

Yet we know full well that Gossip, and her more vindictive sister Slander, would die a natural death if everyone of us would make this resolution, whatever we hear, and particularly when we are told not to mention it, we adhered strictly to the rule never to let it escape us in any way. Soon, indeed, there would be no unkind stories, no reports derogatory about anybody, because simply there would be none left to fetch and carry news.

A New Way to Regain Health and Happiness

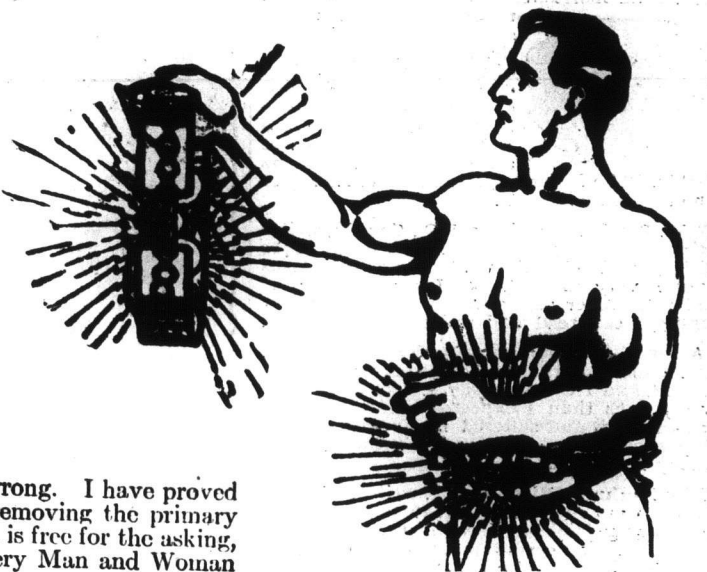


The Old Way

Long ago, when I first lifted my voice of warning against drugs and patent medicines, and began my first great fight in favor of Electricity as a curative agent, I found anything but smooth sailing against superstition and prejudice, but, knowing I was on the right track, I pounded away, backing my judgment with what money I had, and have lived to see the great change of sentiment that has now come over the public.

I have done my part in showing that this whole scheme of taking something out of a bottle, a vest pocket box, or to have something "rubbed on," in order to regain one's health and strength, is principally pure superstition. I have taught that, while the drug had a certain known direct effect, it had another and after effect that could not be foretold; that this after effect, or reaction, often causes other diseases, and produces complications and aggravations that require more drugs to mitigate; that this drugging habit, once entered upon has no end this side of the grave.

The old methods are wrong, I tell you; the whole scheme is wrong. I have proved to the world that nearly all human disorders can be cured by removing the primary causes, and if you will consult me, if you will read my book, which is free for the asking, you can learn something about this subject that will interest every Man and Woman who is in search of Health.



The New Way

If you feel that your Health and Strength—your vital stamina—are on the wane, if your liver has got into your eye, your heart in your boots, if you are not the Man or Woman, physically or mentally, you should like to be, I can give you the means of getting back the Strength and Vigor you have lost; a process of treatment founded upon common sense; one in which the use of drugs in any form does not enter.

Again and again I have preached that "Electricity is Life;" that by building up the nervous energy of the body by a constant and steady infusion of this life force, the causes of seven-tenths of the weaknesses and disease to which human flesh is heir can be effectually overcome.

Do you want proofs, Mr. Skeptic? I will give you an abundance of them. "An ounce of proof is worth a ton of assertion." Below is a sample of the kind of medicine I have to offer. Write to me and I'll give you more.

Dear Sir,—I am perfectly satisfied with the Belt you sent me. I followed your advice as far as possible and I have not been troubled with Rheumatism since. I have felt better this winter than I have done for four before. It was always in the fall and spring I was troubled with it. Yours, etc., **GEORGE MILNE,** 69 McAdam Ave., Winnipeg, Man.

Dear Sir,—After using your Belt for pains in the back for one month, I find it has cured me. I think it is the cheapest investment I ever made, as I have paid out more money for doctor's medicines which did me no good than would have paid for the Belt. Thanking you for your valuable service and wishing you success.—**FRANK HOWARD,** Woodbend, Alta.

Dear Sir,—I cannot praise your Belt too much for what it has done for me. I am strong and active again. I kept it I secret from my friends and they are always asking me how a came to be looking so well and strong, and I just show them my Belt, and say that is what did it.—**A. MATTHEWS,** No. 44 Osborne Street, Winnipeg, Man.

Do you doubt it? If so, any man or woman who will give me reasonable security can have my Belt, with all the necessary attachments suitable for their case, and they can.

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My Belt is a success. It is a remedy upon solid scientific fact. Already it is proved that my Belt is a cure for hundreds of ailments that drugs and other medicines have failed to cure. For weak and broken-down men and women my Belt is the only logical remedy—the only effective remedy.

My Belt has proved a complete and lasting cure for Indigestion (Dyspepsia), Constipation, Headache, Drowsiness, Rheumatism, Neuralgia, Lumbago, Sciatica, Weakness of the Back, Nervous Debility, General Debility, Sleeplessness (Insomnia), also Female Weakness, Menstrual Complaints, Inflammation, Bearing-down Pains, Dizziness. It improves the blood circulation, it restores lost vitality, it corrects every sign of mental impairment and physical breakdown in Men and Women.

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