



New Hose Free

—if these wear out in
Six Months
For Men, Women and Children

Here is freedom for all time from hose that need darning. Order six pairs of Holeproof Hose in the manner indicated below and we'll give you a signed-in ink guarantee that they will wear without holes for six full months. If one or all pairs show in that time the slightest hole or tear or rip, return them to us and get new hose free.

That is the guarantee under which Holeproof Hose have been sold in the States for the past twelve years. These hose are a wonderful success. The business is fifty times greater today than when the hose were first sold this way, proving a marvelous product. Last year 5,400,000 pairs outlasted the guarantee, wore longer than six months.

Think what it means to have hose wear six months—without any darning—without any discomfort—hose that are soft and pliable, made in the highest gauge weights for summer, as light as any hose can be made, yet guaranteed to wear six months.

We can do it because we use the best cotton yarn—costing an average of 70 cents a pound, the top market price. Common yarn sells for 30 cents. We carry like quality all through the goods. They are thus made to stand the guarantee. Don't wear common hose when you can get hose like these. "Holeproof" costs the same as the common kinds sold with no guarantee whatever.



FAMOUS
Holeproof Hosiery
FOR MEN, WOMEN, AND CHILDREN

How to Order

If you can't get of your dealer the genuine "Holeproof" with the signature on the toe, send to us, stating size, colors (whether all one color or six assorted), weight and kind you want, and send the price and we'll send the hose and the signed guarantee ticket insuring you the wear as stated above. Unless stated otherwise 6 pairs are guaranteed 6 months. Six pairs of one size and weight and kind in a box. Colors only may be assorted.

Send in your order today. You'll always wear Holeproof hose once you try them.

Write for free book, "How to Make Your Feet Happy."

HOLEPROOF HOSIERY CO.
OF CANADA, Ltd.

25 Bond Street, London, Canada
Tampico News Co., S. A., City of Mexico,
Agents for Mexican Republic.

TO DEALERS Write us for our agency proposition. Excellent opportunity. Thousands of United States dealers making big hosiery sales with "Holeproof." (189)

Are Your Hose Insured?

WHEN A DAUGHTER LEAVES HOME

for school, her mother should investigate the environment in which she places her child.

Alma (Ladies) College

ST. THOMAS, ONTARIO,

is a well-managed residential school, where every girl receives the home-like attention she should receive during the period of character formation.

Nothing to distract attention from study. Large, beautiful grounds. Ample recreation. Seven courses of study. Ideal conditions for a broad, finishing education. Rates reasonable.

FALL SEMESTER OPENS SEPTEMBER 11th

Handsome calendar and full information on application to:

PRINCIPAL WARNER, St. Thomas, Ont.

WEDDING GIFTS?

Relatives and friends in need of wedding or other presents can

SAVE 50%

on their purchases of high grade

Jewelry, Rings, Clocks and Watches

Wide range to select from. Every article artistic in design and perfect in workmanship and finish. Full refund of money cheerfully made if entire satisfaction is not given.

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United Watch & Jewelry Co., 123 Bay Street, Toronto

Please Mention this Paper.

harsh usage. Wire brushes, fine-toothed combs, and steel hair pins, should never have a place in "my lady's toilet," and only the purest kinds of soap.

I have heard my grandmother tell of the beautiful long silken hair they had when she was a girl, and she attributed it to the use of grape sap. This, she said, was secured by tapping the grapevine in early spring when the sap or juice flows freely. Another well-known restorative is the old-fashioned sage compound. The extract is superior to the tea, unless one can have the pure leaf grown in the home garden. Take four ounces of dried sage, put it into a pint of rain water and a pint of bay rum. Let it stand for a week; stir occasionally and strain through thin cloth. This is sage extract. Retain your leaves and put with it two quarts of soft water; boil down to a quart. Mix with it the extract and add ten drops of nutmeg oil, and a dram of tincture of cantharides. It is claimed to be an unfailing remedy for hair that is prematurely turning gray, besides having a fine tonic effect upon the hair follicles.

One of the greatest hair destroyers ever invented is the curling iron. The finest head of hair is doomed when the curler begins its work. It leaves the hair faded, ragged, and looking like old weather-beaten hay. Nature designed the hair to hang gracefully over the shoulders, but womankind has sought out many new inventions.—Selected.

To the above, it may be added that pure vaseline, or a mixture of ten parts pure vaseline and one part white precipitate, well rubbed into the scalp, is one of the best things known for the hair. The only trouble is that it brushes out into the hair, making it rather oily, but occasionally one has to put up with a disadvantage. It is said that the Japanese, in order to make their hair shine, first brush their hair, then rub it vigorously and long with a piece of old velvet.

My Canada.

My Canada!
I would that I, thy child, might frame
A song half-worthy of thy name.
Proudly I say—
This is our country, strong, and broad,
and grand,
This is our Canada, our native land!

My Canada!
'Tis meet that all the world should know
How far thy sweeping rivers flow,
How fair to-day
Thy bonnie lakes upon thy bosom lie,
Their faces laughing upward to the sky.

My Canada!
We look always with love and pride
Upon thy forests deep and wide,
And gladly say
"These giant fellows, mighty grown
with age,
Are part and parcel of our heritage."

My Canada!
So rich in glow and bracing air,
With meadows stretching everywhere,
With gardens gay,
With smiling orchards, sending forth to greet
Full breaths of perfume from their burdens sweet.

My Canada!
Thou art not old, thou art not skilled,
But through the ages youth has thrilled;
'Tis dawn with thee,
Thou hast a glorious promise, and thy powers
Are measured only by the golden hours.

My Canada!
What thou art now we know full well,
What thou wilt grow to be, ah! who can tell?
We see to-day
Thy lithe form running swiftly in the race
For all the things which older lands do grace.

My Canada!
With loyal sons to take thy part,
To hold thee shined within the heart,
Proudly we say,
"This is our country, strong, and broad,
and grand,
"God guard thee, Canada, our native land!"

—Jean Blewett.

Care of Children in Summer.

(By Margaret C.)

To keep the young child healthy and happy during the summer months is one of the problems of this changeable climate of ours; but there are a few rules which, followed carefully, invariably bring good results.

The children of the past generation, were, as a rule, dressed too warmly, and their clothing was too heavy. For the child up to two years, all that is necessary is a thin silk and wool knit band, wool gauze shirt with short sleeves, the lightest weight flannel skirt, and lawn or dimity dress, cotton stockings pinned to the diaper, and kid shoes.

For the older child, much the same clothing may be used, except that the band need not be worn, and rompers may be substituted for the dress on most occasions; also sandals instead of kid shoes. These may be worn without stockings in the very warm weather where there are few mosquitoes or black flies. Do not, on any account, let your little one run barefoot, as it spoils the arch of the foot, and besides this the germs of lock-jaw are often found in the dust, and the disease may be contracted through cuts or abrasions of the skin of the foot.

Let your little ones sleep outside as much as possible, always taking precautions to shield the eyes from bright light; a parasol lined with green is good for this purpose.

Never let a young baby lie in such a position that he can stare up at the sun or get its direct rays in his face. Always have the crib well screened with netting, so that neither flies nor mosquitoes can get near your child. Scientists now assure us that these insects are great spreaders of disease.

Fortunately for the mother, mechanical ingenuity has helped her in the nursery as well as the kitchen.

One of the best inventions we have seen is a crib which can also be turned into a bath, chair or walker. The framework is of wood, and is jointed so that it may be folded flat. As it is on rollers and weighs only eight pounds, it can easily be moved to porch or lawn, and the mother can have her little one near her while she works in the open air.

There is not a mattress in the crib, but in its place a body of white canvas duck, made deep and wide, which yields to every motion of the child. This can be easily laundered, and to make it still more comfortable, you can have a pad made of cotton batting between two layers of cheesecloth.

To change the crib into a chair, all that is needed is a readjustment of the canvas. The chair has a broad flap, which serves for a table for toys. Another readjustment of the canvas makes it into a walker. The bath is of white rubber, on a nickel frame. It fits into the top of the crib frame when the canvas has been removed. It has no seams and cannot leak. Another good feature is a canopy frame over which netting may be placed to keep off insects.

The crib is sold complete, with chair and walker, for four dollars and a half, three dollars extra for bath-tub attachment, and twenty-five cents for canopy top. If you do not care to spend the money on this, there are hammocks made specially for the young child, which cost less, and, like the crib, may be easily carried around.

Next in order comes feeding, which is not such a problem with a breast-fed baby as with a bottle-fed. Children from two years upwards are often harder to care for than infants in arms, as outsiders often thoughtlessly give them undesirable things to eat.

One rule to stick to for all children is not to overfeed them; much harm is done by overtaxing the digestion during the hot weather.

Be very careful to have everything connected with the food and baby himself scrupulously clean.

Have longer intervals between feeding than in cold weather, and do not feed during the night after baby is three months old.

The breast-fed baby needs to have water given him just as much as the bottle-fed. On very warm days, it is a good plan to give a little boiled water, or barley water, just before he takes the breast, thus diluting the mother's milk, and mak-