

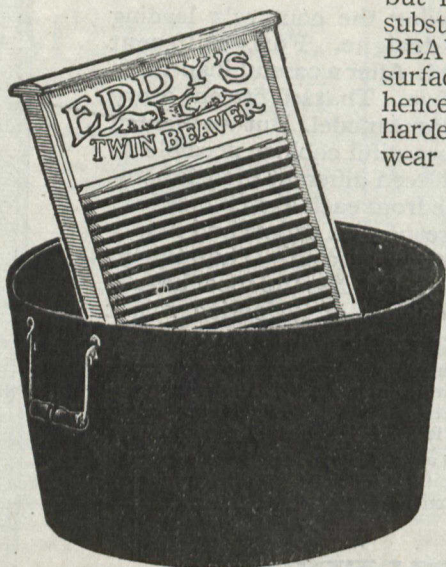
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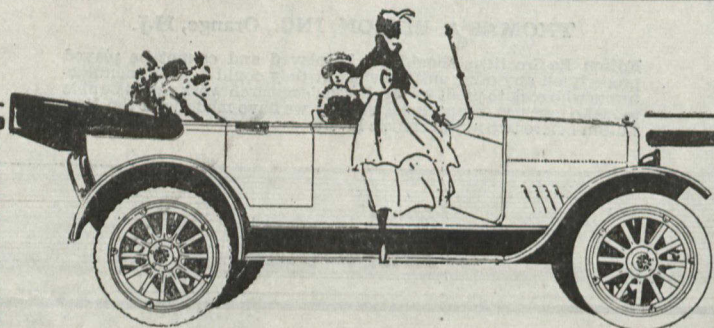


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Simple Laws of Health and Beauty

By FRANCIS C. HOPE

WHO does not wish to be beautiful? Surely there is no woman who reads these pages that does not long, consciously or not, to improve her appearance and to retain her charms.

The easiest and only certain way of doing so is to follow the simple rules of Nature—get plenty of exercise, plenty of rest, plenty of sleep, plenty of fresh air and plenty of water, within and without.

The water first. Such a simple cure it is that people often fail to realize its importance. They are like the great Syrian captain who came to the Prophet Elisha to be healed of his leprosy, expecting on account of his high rank that the humble Jewish man of God would show peculiar signs and wonders to work this mighty miracle (for hitherto all the great doctors of his day had failed to find a remedy). And when he rode up in state with his richly caparisoned retinue, Elisha did not so much as go out to see him. He merely sent a brief message, "Go and wash in Jordan and thou shalt be clean."

And Naaman was very wroth and was about to go away in a rage, but his advisers persuaded him to try.

"My Lord," they said, "if the prophet had bid thee do some great thing, wouldst thou not have done it? How much more when he saith simply, 'Wash and be clean!'"

Some people seem to think that washing is only necessary when they have been in actual contact with dust and dirt, and as the body is generally carefully covered, it can never get dirty, so if they use plenty of soap and water on their hands and faces, they are altogether clean. But that is a very great mistake. It is the waste matter from within the body coming out through the pores that defiles the skin, and makes a frequent bath a necessity, in order to preserve the health. For this waste matter is the refuse of the food we eat after all the nerve-building, life-giving substances are withdrawn from it and absorbed into the blood and tissues. It must be got out of the system, otherwise rapid poisoning would be the result. The skin, the lungs, the bowels and the kidneys are the agencies that throw it off. Each must do its proper share. If for some reason, any of these agencies are not acting as they should, extra work is thrown upon the others, and they are consequently weakened by the excessive strain.

So as a first aid to beauty, be sure to have plenty of water outside—a daily bath if possible, and a weekly one without fail. But don't stop with the outside. The internal bath is equally important. All doctors insist upon plenty of water to drink. Drink a glass or two upon rising in the morning. If you don't like it cold, take it hot, and it is better if sipped slowly while dressing. Then in the middle of the morning, the middle of the afternoon, and again at night drink another glass or two. This helps the kidneys and keeps the drains well flushed. Result, a clear complexion and a warm and vigorous body.

Plenty of Exercise

THEN exercise—another very necessary aid to beauty. Of course, many women will here remark scornfully that they have no time for such luxuries; it is only the rich who can amuse themselves with golf and tennis, and other delightful but impractical pursuits. Well, if you can't swing a golf club, use a broom or a hoe. The result will be equally beneficial and equally enjoyable if undertaken in the right spirit and possibly of much more practical advantage. Most housewives do get exercise enough and variety enough in the ordinary discharge of their duties, but for women in offices and engaged in indoor pursuits where they must stand or sit for the most part of the time, it is very important that they make a point of doing something after hours that will bring into play the muscles not ordinarily employed. For this nothing is better than a good long walk, and it is well, night and morning, to spend ten or fifteen minutes at some simple physical drill that will strengthen the spine and limbs.

And side by side with the need for exercise is the need for rest. Don't exercise too much until overtired. It is the judicious mixture that makes for perfection. One of Sarah Bernhardt's rules by which she has regulated her remarkable career is, "Take little rests often."

Try it. After a spell of extra hard work, just stretch yourself on a couch for ten or fifteen minutes. You will be able to do double as much in the next hour. If you have had a little fall, or a sudden shock, a cut finger or some bad news, don't go

right on finishing your task, but sit down and give the nerves a moment's chance to recover. Then make a point of getting a good hour's rest in the middle of the day if at all possible. Lie down in the most comfortable position, and relax absolutely. Don't try to read or even think. Pull down the blinds to ease your eyes and sleep if you can. It may take some little time to acquire this midday-rest habit, for it is only a habit, but it is well worth while if you persevere and let nothing but a matter of great importance interfere with it. If the working-girl grumbles that she has only an hour or so at luncheon-time, and such a length of rest is out of the question, well, let her take what she can, even if it be but a few minutes.

Sleep is pretty generally recognized as a necessity of life, apart from its efficacy as a beautifier, yet some people—those indefatigable mothers, those tireless housewives—will persist in robbing themselves of this magic restorative, Nature's greatest balm, and are up late and early to attend to the numerous wants that thrust themselves upon their notice. That is all very well if it cannot be helped, but don't get into the habit of living like that. Don't think that because you did with five or six hours sleep for weeks while the children were ill, or some other member of the family in peril of death, without dropping in your tracks, that you can continue to do so indefinitely. As soon as the strain is removed, make a point of catching up those hours you lost, otherwise Nature will surely demand it some day, at a time which you will probably consider most inconvenient.

Eight good hours sleep is an average period, but some people require more, and if you find that you are one of them, take it—provided always that you lead a normally active life when awake. Don't get into the bad habit of sleeping late in the morning, however. The old saying about "early to bed and early to rise" is a true one, at least as far as making a man healthy and wise goes. You will find it much easier to get to sleep at night if you make a point of rising comparatively early.

Fresh Air

AND now we come to fresh air, and while we cannot say it is the most important of Nature's cosmetics, it is the one on which I would lay most stress, as it is the one most often neglected, especially in the winter-time. It must be remembered that the body is constantly throwing off waste matter, and that waste matter is absolutely deadly poison. True it cannot be seen, yet it comes out every moment on our breath and through the excretions of the skin, and the air about us is thus immediately charged with this poisonous matter. Out in the open, it is carried off and dissipated instantaneously, for the gases in the air intermingle very quickly, but in the confined space of a small room, it cannot so easily be purified.

Unless there is some system of ventilation, the air speedily gets heavy with this poisonous matter, which is breathed back again into the lungs. Always make sure, then of keeping the house freshened during the winter. It is quite easy to ventilate a house without making objectionable draughts. Always open the doors and windows wide once a day for a few minutes to allow a through sweep of air through the rooms. Always open the window for a while in a room you are just leaving for another. Then when you go back the air is fresh and healthful. Always sleep with the window open enough to let in a constant supply of air.

If you feel the cold unpleasantly at night put on extra clothing, and by the way, don't put all the blankets on top of you while you have only a skinny mattress underneath. You may not realize it, but it is underneath you that the cold strikes most quickly, so see that you have plenty of warm clothing below. Another good plan to avoid an uncomfortable chilliness, especially if your room is not kept very warm, is to put a hot water bottle in the bed while undressing, slipping it from place to place. It uses up a lot of vitality unnecessarily to warm up a cold bed and is a waste of energy, especially for anyone who is not very strong.

There is no need to let yourself feel cold because you see that the windows are opened enough to keep continually replenishing the supply of air. It is Nature's greatest beautifier and restorer, and as a matter of fact, it is much easier to heat a room where the air is fresh. Even if you do feel cold at times, you won't catch cold, and that is really much more to the point.