

## A COLD However Slight MAY TURN INTO BRONCHITIS.

You should never neglect a cold, however slight. If you do not treat it in time it will, in all possibility, develop into bronchitis, pneumonia, asthma, or some other serious throat or lung trouble.

On the first sign of a cold or cough it is advisable to cure it at once, and not let it run on for an indefinite period.

For this purpose there is nothing to equal Dr. Wood's Norway Pine Syrup a remedy that has been universally used for the past twenty-five years.

You do not experiment when you get it.

Mrs. Louis Lafonde, Penetanguishene, Ont., writes:—"When my little boy was two years old he caught a cold which turned into bronchitis. I tried everything to cure him, even to doctor's medicine, but it did him no good. One day I was advised to give Dr. Wood's Norway Pine Syrup a trial, and before he had half a bottle used, he was cured. I would advise all mothers to try it, as good results will follow. My home is never without it."

See that you get "Dr. Wood's," as there are numerous imitations. It is put up in a yellow wrapper, 3 pine trees the trade mark; the price, 25 and 50 cents. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.



Good housekeepers commence using Wilson's Fly Pads early in the season. Do it now. You will not kill many, but every one represents thousands that would infest your home later on.

## RUPTURE CURED

by STUART'S PLAPAO-PADS means that you can throw away the painful truss altogether, as the Plapao-Pads are made to cure rupture and not simply to hold it; but being self-adhesive, and when adhering closely to the body slipping is impossible, therefore, they are also an important factor in retaining rupture that cannot be held by a truss. NO STRAPS, BUCKLES OR SPRINGS. Soft as Velvet—Easy to Apply. Inexpensive. No delay from work. Awarded Gold Medal. We prove what we say by sending FREE. Write trial of Plapao absolutely FREE. Today. Plapao Laboratories, Block 860 St. Louis, Mo.



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## The Home Doctor

### Freeing the House of Mosquitoes.

It is a simple matter, according to Frank Parker Stockbridge, to rid the house of mosquitoes, scarcely more difficult to keep out the pests, and not a particularly difficult task to avoid being bitten even when mosquitoes are particularly thick.

"If bitten by a mosquito," says Mr. Stockbridge in "World's Work," "moisten a piece of toilet soap and rub it on the bite. This is the advice given by Dr. L. O. Howard, Chief Entomologist of the United States Department of Agriculture, who has made extensive researches into the habits of the mosquito. Dr. Howard also recommends, as the most effective application for keeping mosquitoes away from one's person, rubbing the hands and face with a mixture of two parts of oil of Citronella and spirits of camphor with one part of oil of cedar. A few drops of this mixture on a towel hung over the head of the bed will keep the common house mosquitoes away," says Dr. Howard. "A few drops on the hands and face will keep them away for hours. The evaporation of the mixture may be retarded by mixing it with castor oil or liquid vaseline."

"Ridding a house of mosquitoes may be accomplished by catching the individual mosquitoes and by fumigation, provided there is effectual screening and full precautions taken to prevent others from breeding in the house. While some varieties of mosquito, including the yellow fever varieties, bite more freely in the day time than at night, most of them are active only after dark. It is easy to find them on the ceiling or light-colored walls, and they can be caught by means of a shadow tin can attached to the end of a pole and containing a teaspoonful of kerosene. One must catch every mosquito in the room, to insure a good night's rest. If the cup is pressed against the ceiling so as to inclose the mosquito, the insect, attempting to fly, will be caught in the kerosene and killed. A mosquito trap used in India consists of a box lined with dark cloth and with a hinged door at one end. This is placed in a dark corner of the room, as mosquitoes always seek a cool, shady place in which to rest. If driven out of all other places they will gather during the day in this box which can then be closed and the mosquitoes killed by pouring a teaspoonful of benzine through a hole.

"The most effective way of killing all the mosquitoes in a house, however, is by fumigation. Tests made by various experimenters indicate that the ordinary pyrethrum or "Persian insect powder," if pure and reasonably fresh, is the best fumigant for this purpose. If heaped up in a cone and lighted at the top, this powder will burn slowly and give out a dense smoke, or it may be moistened and molded into cones which will burn readily after drying, with less waste of powder. The smoke stupefies the mosquitoes, which must be swept up and burned after the fumigation. It takes about a pound of insect powder for every thousand cubic feet of interior space. Another effective fumigant, known as "Mimms Culicide," is made of equal parts by weight of carbolic acid crystals and gum camphor. The melted crystals are poured slowly over the gum, which is absorbed, and the result is a clear liquid which may be kept some time in tight jars. Three ounces of this Culicide placed over a lamp or other moderate heat, will give off sufficient vapor to kill all the mosquitoes in an ordinary sized room.

"Screens for mosquitoes must be absolutely tight and with a mesh of not less than twenty to the inch. A mesh of fifteen to the inch will admit the smaller varieties of house mosquitoes."

### Bronchitis.

Chronic bronchitis is often regarded as an incurable disease, when, as a matter of fact, it is one of the most curable of diseases. It originates in the colon, and means nothing more or less than that the lungs and skin are being overworked in an effort to rid the system of the poi-

sons. The mucous membrane is only a lining skin, and it is a noticeable fact that persons who suffer from bronchitis are also subject to skin diseases. Rid the system of its poisons and the bronchitis will take care of itself.

### Daily Care of the Bedding.

There is not enough thought given to the daily care of the bedding, and in this, as in other things, the matter of health should be considered of paramount importance, says a correspondent. Every child should be taught to throw off the covers the moment he leaves the bed that the exhalations from the body may escape, instead of being absorbed by the bed and bed clothes.

An hour's airing each morning is sufficient, and when breakfast is over, the beds will be ready to put in order.

### Cover for the Mattress.

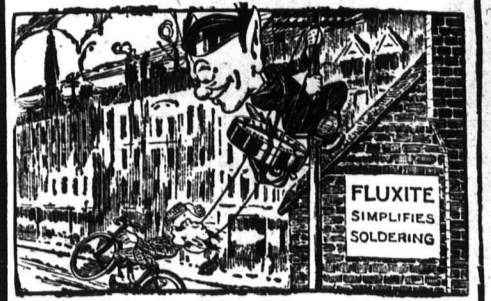
A housekeeper should always think it worth some effort to keep her bed ticking bright and clean, for it seems repulsive when dingy or soiled by long usage, and it is a good plan to make a cover for the mattress of heavy brown cotton, and slips to fit the pillows out of heavy white cotton and fasten them at one end, so they can be easily removed. A pretty outside covering to be used in a bedroom furnished in blue was made of blue and white seersucker and the edge trimmed with torchon lace, and this cover was quite easily laundered when soiled, but there is nothing so neat and cleanly as a plain, white counterpane, and they are not hard to launder if they are not allowed to become very soiled.

### Keeping the Spread White.

The spreads are made beautifully white by putting them to soak overnight in warm suds made with borax soap chips, but the chips should first be dissolved in hot water and then enough of this solution stirred in warm, soft water to make a nice lather. In the morning add hot water to this suds, wash the spreads, then put through a clean suds prepared like the first and rinse through two waters with a little bluing in the second. There is nothing better than suds made with the 20 mule team soap chips for washing the pretty lace covers and the lace embroidered pillow slips so much used now, as they soften the water and whiten the goods without injuring the fabric in the least. Bed spreads are improved if they are ironed on the wrong side over a well padded ironing board, and pillow-slips look better if they are ironed lengthwise instead of crosswise to iron the wrinkles out instead of in.

### Doctors and Health.

The general arrangement according to which the physician in Canada serves the public is one that is very largely at variance with ordinary common sense and likely to defeat the very object being sought. Ostensibly the medical profession exists for the preservation of the health of the public. In order for this object to be attained in its fullest measure, disease must be prevented to the very greatest extent possible, and when it does break out it should be given treatment. But the emphasis should be laid—and very, very strongly—upon prevention. If the skill of the physician is to be rewarded by the most desirable results, he must not simply be active in the sick room, but he must devote much of his energy to matters of general sanitation and right living. A large part of our sickness is preventable, if only the skill of our doctors were directed in the right angle. But by our own foolish arrangement of paying the physician only to cure and not to prevent, we make it financially unprofitable for him seriously to undertake the prevention of sickness. To effect health through causing people to live rightly is unprofitable, but to let disease spread and then treat sick folks brings in the dollars. It is to



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