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CHESLEY WOODS.

The Evening Chit-Chat

By RUTH CAMERON



ind iff er- board. ent health since mer's vacation -

last sumthat that vacation was two months was tiful mountain resort.

My neighbour's vacations up to last summer have always taken the thought she would spread the same Hoyle. money over two months by having a

She took a cottage just far enough could-and did-run down for the

She had to leave her maid at hom to look after the part of the family certainly doesn't give that kind of a that could not be moved, so that meant she had her own work to do at

Besides the family friends with their week-end visits, all of the four children had to have their respective friends visit them, of course. Only five days of the two months, my neighbor has since reckoned, was the menage entirely free from company of some sort. And not that if you count Great-aunt Susan, whom she carefully avoided inviting, because she is a good deal of care, owing to the fact that

The lady diag- but who cheerfully descended upon onally across the them for a month, assuring them that from us she was sure they wouldn't mind behas been in rath- cause she'd be glad to pay good

The lack of running water and of the gas range my friend depends upon so much at home added to the joys despite the fact of the situation.

And so, as I said at the the lady diagonally across the street from us has been in rather poor spent at a beau- health ever since her last summer's vacation, despite the fact that that vacation was about two months spent at a beautiful mountain resort.

I am tempted to stop here and leave form of a month spent at a boarding the point to sink in without any ashouse or small hotel somewhere in sistance on my part, but I suppose the country, but last summer she that wouldn't be quite according to

Any woman who has the cares of a house through the rest of the year owes it to herself to take some kind from the town so that all her friends of a vacation which will be a complete rest from the routine of housework. And the mere removal of the scene

> of her activities to a summer cottage vacation. tendant circumstances I have described in my diagonal neighbor's case,

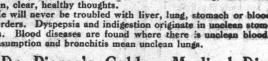
> but anyone who has had any experience along this line knows that a good many of them are mighty apt to be A month or two spent in the country is a very desirable thing for all the family, but I think that month

> entirely free from all household cares

should have some separate vacation

Outside cleanliness is less than half the battle. A man may serub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, a clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and act it. He will work with energy and think clean, clear, healthy thoughts.

He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs.



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prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and clean, healthy flesh.

It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs.

Constipation is the most unclean uncleanliness. Dr. Pierce's Pleasant Palets cure it. They never gripe. Easy to take as candy.

HOUSEHOLD

thin in the fold, cut an inch off one their normal condition.

member that if the milk is in a double the spots will disappear. boiler it reaches the right tempera-

utensil boils. to three quarts of warm water. Let out of the waist.

about an hour. boiled dinner place the spinach in a blue it thoroughly, and place the dress cheesecloth bag; then when the din- in it. When you open the blue bag ner is done it can be easily taken out your dress will be as white as when and the other vegetables will not be you placed it in. covered with bits of green.

NowCuredof Rheumatism

Mr. James Clark, Maidstone, Sask, cites: "I suffered for four years with heumatism in my shoulders and could of lift my arms above the head. I ried nearly aff the advertised remeies but none of them gaves me ref. It cost me at least \$100.00 for an hour add the mayonnaise. It will an hour add the mayonnaise.

ies but none of them gaves me reef. It cost me at least \$100.00 for
cdicines before I used Dr. Chase's
idney-Liver Pills.

'With the use of this medicine, I
con found relief. I followed up this
reatment for six months and was then
uite free from rheumatism. While
sing Dr. Chase's Kidney-Liver Pills
also used Dr. Chase's Backacke
laster when so stiff that I could
carcely bend. They always found the
reak spot and gave relief while the
internal treatment was bringing about
t thorough cure.''
The success of Dr. Chase's KidneyThe succes

the best time—16 minutes, 46 3-b sections of Dr. Chase's Kidney-fiver Pills has been phenomena!
One pill a dose, 25 cents a box, at all dealers or Edmanson, Bates & Co., Torinto. Dr. Chase's Recipes will be sent for the water, from which he was rescued uninjured by a torpedo boat.

When a tablecloth begins to look | they will stiffen to almost if not quite

side and also off one end and re-hem | If for any reason the red bricks it end and side; this changes all the your fireplace become discolored or folds when the cloth is laundered. have white spots on them full of lin-In making custards or other food seed oil giving them all they will abstuffs calling for scalded milk, re- sorb, and after a few applications

To clean a net waist, put it into a ture as soon as the water in the outer two-quart fruit jar filled with gasolene. Be sure that it is well screwed After thoroughly washing white on. Let it stand over night. In the ace curtains, put them in a solution morning shake the can back and of one teaspoonful of chloride of lime forth. The motion will clean the diri

the curtains stand in the solution for To prevent dresses and other articles from becoming yellow with age When cooking an old-fashioned take a good-sized pillow case and

Punch holes in both ends of a If the seats of caned chairs sag, turn empty baking powder can to keep them upside down, wash well with scraps of soap in. This is handy for soapy water, soaking so as to washing dishes, as the soap 'cannot throughly wet them, and on drying come into direct contact with them. and in this manner every scrap of soap can be utilized.

To remove grease spots from wall paper take a piece of blotting paper and drop a few drops of benzine on it Place the blotting paper on the grease failed—Cured by DR. CHASE'S

KIDNEY-LIVER PILLS.

Spot and place a hot iron on the other side of the blotter, holding it there several minutes several minutes.

EGZEMA AND SALT RHEUM



cause of its tendency to become chronic and to other parts of the body, a hard fight issury to overcome ezzema. When you beginse of Dr. Bovel's Herb and Gum Salve up your mind that you will persist is the bad and connectionity. u, and you will not be disapp box, at all Druggists and Dea

BOVEL MFG. CO. St. John's, Nfld., or Montreal, Can

Water, Drains, and Other City Matters.

Dear Sir,-Reading over Mr. Coaker's appeal to the Municipality of St. John's, last night, I notice he is strong on the available water service of the city. I agree with him in this respect: but, then, what is the use of giving the consumers all its benefits when there is such a wanton waste going on with householders? I venture to say there is more water going to waste in this city than there is actually consumed. I have visited places in our midst, where there are two and three water taps continually on the run all the winter, and is still going on at present-notwithstanding that we have a Waste Water Inspector, to see if there is any defective pipes and taps. I doubt very much if all places are visited and looked after; the very

fact of a person passing through our public streets and hearing the water rushing away continuosuly proves the contrary. Now, what is the use of spending a large portion of money for water service when the whole business is abused? I say, the Inspector should be more strict in insisting on regulations, or else the Council should provide the consumers with waterneters, or some other such means, so hat the persons who use or waste nore water than is necessary will lave to pay according to what numper of gallons they use. Until such neans are adopted, the present system of waste will still go on. I cordally agree with him in the improvement of appraisements. For instance: if a poor man is fortunate enough, in this cown, to be able to raise enough of noney to build a shelter for himself and family to live in, and he happens o give it a lick of paint, up goes his axes. Another man may possess hree or four tenement houses and a couple of them are not occupied: brough no fault of his, it is a deadletter on his hands, with no income rom them-only expense-to keep them in repair. His case is not con sidered, and he has to pay the taxes Il the same. Where, I say, is the encouragement to build houses? And still there is a class of people all the ime shouting about no small tenenent houses. There is another point n Mr Coaker's appeal to the elector te that I am perfectly in accord with, nd that is: concrete drains instead of the germ-collecting cobble stone, I can call them nothing else, as they are

ill laid with crevices, which are the means of collecting all sorts of obnoxious matter; whereas the concrete would be perfectly smooth and even and free from any obstructions in the way of flushing, with a very clean looking appearance. If Mr. Coaker should be elected (which I trust he will), I hope he will be as-

ing his ideas into effect. I remain, yours sincerely, A CITIZEN. St. John's, May, 4, 1910.

sisted by other councillors in carry-

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