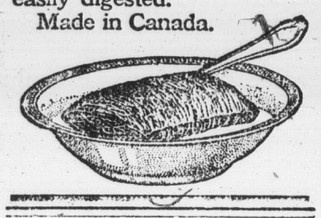
A Five-Cent Breakfast in five minutes! What a boon to the busy housekeeper! Two Shredded Wheat Biscuits, heated in the oven to restore crispness and served with hot milk, make a complete, perfect meal, supplying all the strength needed for a half-day's work at a cost of four or five cents. The richest man in America can buy nothing better. Contains more real nutriment than meat or eggs and is more easily digested.

Made in Canada.



## The Housekeeper

When nothing better is at hand, a raw potato will relieve the pain of a burn. Later the wound should be dressed with sweet oil.

To remove paint from windows or other glass, wet a woollen cloth with ammonia and apply to spots, rubbing briskly. If some stubborn spots remain, scrape them off with the edge of a coin.

Add a cupful of boiled rice when next you need a beef loaf and it will keep nice and moist till eaten.

It is said that one tablespoonful of flour of sulphur in a pint of rum will remove moth patches or brown spots on the face. Apply to the patches once a day, and in a few weeks they will disappear.

French chalk placed for a few hours on a soiled spot in either a gown or drapery will remove the grease.

Rag rugs made of cotton wash well. These are inexpensive and are often just the thing for the kitchen as well as other parts of the house.

When you find fruit stains on table linen, wet stains with a little camphor. If this is done before linen is wet it will remove stain.

It is a good plan to buy a cheap teapot for melting paraffine. Always keep it for that purpose. The melted paraffin pours so easily just where it is wanted and need not be all used at one time.

A little potato, barley, sago, tapioca or soft breadcrumbs may be used for thickening a puree, quite as effectively as a roux of flour and butter.

To clean enamel bathtub, cut a lemon in half, dip in salt, use on greasy tub, then wash with hot suds and dry thoroughly till tub shines like new.

Discolored ivory may be restored to its original whiteness by painting it with spirits of turpentine and putting it out in the sunshine for two or three days.

## MOTHERS OF LITTLE ONES

No mother of young children should be without a box of Baby's Own Tablets. The Tablets are mothers' best friend and are as good as a doctor in the house. Concerning them, Mrs. F. Wurger, Ingersoll, Ont., writes: "I have used Baby's Own Tablets for the past eight years and would not be without them. I can highly recommend them to all mothers of young children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Good Old Times.

At one time in Rome political offices were auctioned off in public to the highest bidder. In ancient Greece theft was not considered so much of a disgrace as being caught at it.

Our prisons are not ideal, but we have made progress in dealing with crime. There were formerly fourteen offenses in Delaware punishable by hanging. In the early history of Connecticut lying, "that foulle and gross sin," was punishable with five stripes at the whipping post and confinement in stocks; people were imprisonment in awful dungeons for debt. In Rome men were sold into slavery to pay debts; creditors could tear the body of the debtor to pieces, each receiving a piece according to the size of his credit.

To-day is the best day creation has ever seen. For 2,000 years the Sermon on the Mount, like heaven, has been permeating the hearts of men. At last only that which is good can endure. The fires of time burn out the dross.

There is "one far-off divine event toward which all creation moves." It is perfection—but it is not here.—Lessing.

Minard's Liniment Cures Diphtheria.

### A Rare Bird.

The lowest form of bird life which we know is believed to be the kiwi, or apteryx australis, of New Zealand. It is so scarce, however, that scientists are [illegible] to get a specimen in good condition. It is without any [illegible], its legs are very short, its claws [illegible] and are seen for distance. The food of the bird is unknown. The body covering is a cross between hair and feathers. The creature can move great speed and make quite a fight when attacked. A characteristic is that during the day they conceal themselves under the roots of trees and when at rest resemble to some extent a hedgehog when it is curled up. Efforts to keep them in captivity have utterly failed, and only a few museums can show specimens.

## BAKED CIGARS.

### Before Smoking the English Dry Out All Spirits and Nicotine.

The English bake their cigars thoroughly in the oven until all of the moisture and nicotine are dried out. As is well known, they have the pick of the tobacco crop over there, and what they apply to the best of cigars might well be administered to those of inferior quality which are smoked in America.

Here is what every smoker should do: First, loosen the cigars in the box and let them stand on or near a stove or radiator until absolutely dry.

A moment before smoking wash the cigar in water on the outside and dampen well the wrapper. This may be done at the table by holding the cigar by the tip in a glass of drinking water, taking care not to wet the filler. Then wipe the tip end before cutting it off on the napkin. Water revives the leaf and restores its natural flavor.

What you have previously dried out in the oven is not water moisture. It is the bay rum and other spirits which are frequently sprinkled over the cigars after boxing to keep them looking fresh. Both the wholesaler and the retailer often sprinkle them again before showing them to customers. It is these spirits that impart such a strong odor to clothes in which cigars are carried. Drying and washing afterward will make for a better smoke, to say nothing of better health, in cases where very cheap spirits have been used on the cigars.—Cleveland Plain Dealer.

### How to Cook Roman Meal Porridge.

Invariably use double boiler, or set boiler in basin of boiling water. Have water boiling in both vessels, that in inner one salted to taste. Slowly stir in one cup Roman Meal to each two cups of water. Cover, set in outer vessel, and never stir again even while serving. For early breakfast cook at evening meal and warm in morning, using a little less Roman Meal. It's dark, nutbrown, granular, rich porridge. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." Ask your doctor. At grocers, 10 cents and 25 cents.

Made by Roman Meal Co., Toronto.

## BRINGING UP CHILDREN.

### There Are Some Curious Customs in This Queer World.

There has been much discussion over the proper bringing up of children, but ideas continue to differ. And the farther you get away from home the stranger the ideas seem.

The Filipino father cries out with proud delight as his three-year-old girl baby takes her puff at her first cigar.

Among the Seri Indians of the gulf of California the father is the last one expected to have any influence on the children. The mother rules the younger members of the family, and when she must enforce her authority by physical force she calls, not on the father, but one one of her brothers or some other male adult of her family. The father must never chastise his children.

The Navajo father administers punishment to his children very much as any other father does, but the Navajo boy has a means of protection denied to white boys. He has only to catch a rat by his own unaided efforts. From the moment he has accomplished this feat, no matter how young he may be, his father may not lay hands on him.

The children of the Point Barrow Eskimos have special training in politeness to foreigners. In conversing with strangers who make mistakes in the native dialect children must carefully note those mistakes and repeat them, even to imitating the wrong pronunciation of words. To speak correctly in such a case is likely to bring punishment from the parent of the child.—New York Sun.

### Art.

Nobody has yet been able to define art correctly, because every conception of art differs with the individual. Nobody really knows what truth is, yet art is said to be truth plus personality. Personality itself is our most incomprehensible enigma.

Art must possess a supreme and constantly increasing interest. The best and most unfailing test of art is when it endures. Time, therefore, is necessary to proclaim it. All masterpieces turned out overnight are not to be trusted.

The true artist is, therefore, most likely to be unknown. Time crowns him master with one hand and destroys him with the other.—Life.

Minard's Liniment Cures Garget in Cows.

### Birds' Songs.

French writer says that notwithstanding the fact of their simplicity the songs of birds cannot be imitated with musical instruments because of the impossibility of reproducing their peculiar timbre. The notes of birds, while corresponding with our musical scale, also include vibrations occupying the intervals between our notes. The duration of birds' songs is usually very short, two or three seconds for thrushes and chaffinches, four or five seconds for blackbirds, but from two to five minutes for the lark.

There is no greater sorrow than to be minded of the happy time in misery.—Longfellow.

DOAN'S KIDNEY PILLS

NUMBER 23 THE PROP[illegible]

QUICK HELP FOR CHEST SORENESS!

ALL CONGESTION MADE TO GO QUICKLY!

Worst Co'd or Sore Throat Cured in Quick Order.

RUB ON NERVILINE

Rub Nerviline plentifully over the neck and chest—rub it in well—lots of rubbing can't hurt. The relief will be surprising.

Nerviline is effective because it is powerful—about five times stronger than an ordinary liniment. Nerviline is penetrating, sinks in through the tissues, gets right in where the soreness and congestion really are. Its action is marvellously soothing. Rubbed on at night, it draws out the inflammation, and before morning takes away that feeling of tightness and stops the cough entirely.

Where can you find so powerfully searching a relief as Nerviline for a bad cold? Search the world over and you'll discover nothing half so good.

For nearly forty years Nerviline has been quickly curing colds, coughs and rheumatism, sciatica and neuralgia—they all speak well of this grand family liniment, because they have proved its almost magical power.

Whenever you have an ache or pain be it neuralgia, sciatica, lumbago, joint or muscle stiffness, always remember that Nerviline is the quickest, safest cure. Every good dealer in medicine sells the large 50c family size bottle of Nerviline, trial size 25c, or direct from the Catarrhozone Co., Kingston, Canada.

## EARTH NOT YET CROWDED

When Augustus Caesar ruled the world the total population of the globe was put at only 50,000,000. One hundred years ago it had increased to 700,000,000. To-day it is estimated at 1,600,000,000.

It is said that when Columbus discovered America there were about 300,000 Indians within the confines of what now comprises the United States. At the time of the Revolution there were 3,000,000 white men—now there are over 90,000,000.

The question has been asked: What will be the growth of the population in the future? An officer of the Census Bureau sums up the various factors and tendencies and estimates the population of the United States for the year 2000 as 207,000,000.

This very fascinating question was first brought before the public something like a century ago. An English clergyman named Malthus startled the world by suggesting, in an essay on the subject, that the population was increasing faster than the food supply, and that the misery and starvation among the poor in those days was the inevitable result of the working out of this principle.

Should the whole world actually become crowded with people as cities now are, the wholesale starvation among the poor in those days was the inevitable result of the working out of this principle.

Should the whole world actually become crowded with people as cities now are, the wholesale starvation prophesied by Malthus would seem inevitable; but placing the blame of the present poverty and misery upon the increase of population is a very difficult proposition. In fact, the world's experience since Malthus' day has thrown considerable light upon his theories.

One thing that we have learned is that the increasing intelligence of man has and may for a long time yet to come cause the food supply, or, more generally speaking, wealth, to increase as fast or faster than population.

PROPORTION OF WASTED WEALTH.

Another thing we have learned is that the proportion of wealth wasted by the rich does not necessarily remain the same. Indeed, it has recently suffered considerable increase, and some optimistic people are of opinion that it is presently going to grow less again. Either way it is a factor that insists on intruding and unceremoniously upsetting all nicely-calculated ratios between production and population, which, left to themselves, should accurately reveal the starvation of the future.

Dr. Woodruff, in a work called "The Expansion of Races," tries to reconcile the Malthusian theory with facts as we now know them. He lays down a new rule, from which we learn that their is neither danger of general starvation from the population outrunning the food supply nor of the other extreme of race suicide in the midst of plenty. Woodruff holds, with the Malthusians, that the population of the world is directly dependent upon the food supply, and that the great increase within the last century is directly due to the greatly increased productive capacity of the earth, which in turn is due both to the colonization of new lands and the great advance in technical knowledge and labor-saving machinery.

If we accept the Woodruff theory we must predict the future population of the world from the rate of the food supply rather than from any fixed rate of multiplication of the human species. As a matter of fact, the world's possible food supply, while not limitless, is at least so much greater than our present production that it puts the world's final population limit far beyond our time or the times of our great-great-grandchildren.

When the wheat crop runs behind and the world has become so crowded that the temperate zones cannot supply men with food, transportation will have been so well developed that the vastly fertile regions of the tropics can be utilized for food production and the temperate zones be given over to manufacturing, residential and recreation purposes. Such an arrangement will greatly extend the possible limit of the number of human beings which the world can support, for food production is chiefly the process of water and carbon dioxide being converted into starch and sugar by the action of the solar rays.

An acre of ground in the warm, moist tropics, with a 12-months' growing season, is capable of producing several times as much food as an acre in the temperate zone, where the really good growing weather lasts only for two or three months.

All of the surface of the earth may some day be fully utilized for the purpose for which it is best adapted by nature. The limit to population will then depend upon our progress in plant and animal breeding and our improvements in the manufacture of artificial fertilizers, which we are already making from the nitrogen of the air by the aid of electricity generated by water power.

If we ignore for the time the consideration of such future technical progress we can get something of an idea of the world's capacity to support population from the present condition of Japan, where extensive cultivation is now about as highly developed as our present knowledge permits. Japan is a mountainous country with considerable waste land. On a basis of Japanese population density the rest of the world, excluding deserts and polar regions, would hold 135,000,000,000 persons, of which the share of the U. S. would be about 1,000,000,000.—New York Sun.

## DRY SUGAR PRESERVING.

### A Seasonable Bit That You May Like to Know.

Successful dry sugar preserving is not difficult. After going over the fruit carefully to see that it is sound, clean and dry, embed it in a thick layer of dry powdered sugar. Fruits give up the greater part of the water contained in them to the sugar, and, at the same time, a quantity of sugar passes through the interior skins into the interior of the fruits. When the fruits are sufficiently preserved, wash them once, wipe and let them completely dry.

Mansonville, June 27, 1913.

Minard's Liniment Co., Limited, Yarmouth, N. S.

Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of you Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefited by the use of your Liniment, I am, sincerely yours,

GEO. H. HOLMES.

## EXTERMINATING PESTS.

Buffalo Moths.—This little black fellow is not a moth at all, but a beetle or carpet bug, but "moth" is quite appropriate, for he creates sad havoc among floor coverings. Common salt sprinkled freely on the floor underneath the edges of the carpet has reduced the ravages of the bug materially. Kerosene is reputed to destroy them. Benzine is quite effective, but its highly inflammable character should always be borne in mind. It should be applied only in the entire absence of fire or light, as the vapor formed by its evaporation readily ignites at long distance from its source.

As to Ants.—To keep ants from running up table legs or cupboards, smear Peru balsam on these articles. To drive them away from closets, pantries, etc., chalk the shelves upon which the provisions are put; or soak bread crumbs in tincture of quassia and lay them about the closet. Powdered cloves is said to drive them away, and powdered borax will exterminate both red ants and black ants. Saturate a sponge with sweetened water and when the ants have gathered plunge the sponge in boiling water.

Flies, Gnats, Etc.—Every lover of animals is distressed to see how flies, gadflies, gnats, hornets, etc., make miserable the lives of our good domestic friends of the barnyard in summer time. The best protection for animals against these, says the Pharmaceutische Zeitung, Berlin, is eucalyptus oil, but on account of its dearness it is generally mixed with laurel oil.

A highly effective protection is made by adding enough creolin to eucalyptus water to cause a milky turbulence, and with this wet the parts of the body exposed to attack, using a sponge as a vehicle. Be careful not to get too much creolin, for excess adds nothing to the efficiency of the preparation, and it would make the hair rough and unsightly.

Mosquitoes and Gnats.—A solution of beefe gall in spirits of camphor and spirits of turpentine does excellent service in destroying these.

Burning a small quantity of Persian insect powder in a room is said to be efficient in driving away mosquitoes.

Minard's Liniment Cures Distemper.

### Ceilings and Ventilation.

Rooms with low ceilings or with ceilings even with the window tops are susceptible of more perfect ventilation than those with high ceilings. In such rooms the leakage at the windows, which is constantly going on, keeps the air in motion throughout the room, whereas if the ceiling is higher only the lower part of the air is moved, and an inverted lake of foul and hot air is left floating in the space above the window tops. This lake keeps actively at work, fouling the fresh currents circulating [illegible]

## BRIDES IN WHITE.

### It Was Mary Stuart Who Set the Fashion for That Color.

The majority of brides choose white when selecting their wedding dress because it is the conventional color, and many persons are of the opinion that it always has been favored. As a matter of fact, it is of comparatively modern origin, and in most eastern countries pink is the bridal color.

During the middle ages and in the renaissance period brides wore crimson to the conclusion of all other colors. Most of the Plantagenet and Tudor queens were married in that vivid hue, which is still popular in parts of Brittany, where the bride is usually dressing in crimson brocade.

It was Mary Stuart who first changed the color of the bridal garments. At her marriage with Francis II. of France in 1558, which took place not before the altar, but before the great doors of Notre Dame, she was gowned in white brocade, with a train of pale blue Persian velvet six yards in length.

This innovation caused a great stir in the fashionable world of that time. It was not, however, until quite the end of the seventeenth century that pure white—the color worn by royal widows—became popular for bridal garments.—London Sketch.

## Avoid Harsh Pills! Doctors Condemn Them

Most Pills unfortunately are harsh and drastic; they cause inflammation and great discomfort. Rather like nature is the way a pill should act, mildly, but effectively. Science has established nothing more satisfactory as a family pill than the old reliable pills of Dr. Hamilton's, which for forty years have had a premier place in America. Dr. Hamilton's Pills are very mild and can be effectively used by the aged, by children, and indeed by men and women of all ages. No stomach or bowel medicine is more reliable. No remedy for indigestion, headache or biliousness is so effective, so mild, so certain to quickly cure as a 25c. box of Dr. Hamilton's Pills.

## ON LEARNING RUSSIAN.

(By H. Hamilton Fyfe.)

The Westminster Gazette announces that in the towns of Willesden and Wood Green, near London, the authorities have ordered that all the children in the national schools must learn Russian.

Now, although I am afraid the Westminster Gazette has sometimes been inclined to hide the truth, I do not believe that it would manufacture lies. Therefore I am quite sure it has not announced anything of this kind. I recoil from the thought of unhappy little boys and girls in elementary schools tackling the Russian thirty-six letter alphabet to begin with, and then going on to discover that every noun, adjective, and pronoun has nominative, vocative, accusative, genitive, dative, ablative, and must be put into their "cases" correctly, while the inflexions of verbs are even more painful still. Yet, although that thought afflicts me, although it would be absurd to advocate the adoption of Russian as a general subject in schools, there is a great deal to be said for the learning of the language of our Allies by all whose business is likely to brign them to Russia. Indeed, no one should attempt to come and do business without knowing the language, or enough fo it, at all events, to suit his purpose.

This latter requirement is within reach of all. I know a man (and there are many like him) who represents a big British firm here. He can talk in Russian fluently about the business of that firm, but there his conversation stops. He can scarcely rea da newspaper. On other subjects than his work he has no vocabulary. Yet even this limited accomplishment is of enormous value t ohim, and it cost him very little time or trouble.

There is no more foolish mistake tha nto believe that one can "get on" in Russia with French. French is spoken by diplomatists, by some of the higher officials, by most educated women, by a fair number of educated men who have also travelled. German used to be talked a great deal among business people in the capitla and in Moscow before the war. Now its use is forbidden. But outside these cities and Odessa even French and German togethe rare useless substitutes for Russian, as I discovered when I travelled all over Russia four years ago. All who want to do good business with Russians should be able to talk with them in their own language; if possible to chaff them (for the Russian is great on chaff), to chat with them, to make friends with them. Business and friendship are closely bound together here, more closely than in any other country I know.

### Mother's Bo-Peep.

My little Bo-peep is fast asleep,
And her head on my heart is lying,
I gently rock, and the old hall clock
Strikes a knell of the day that's dying;
But what care I how the hours go by,
Whether swiftly they go or creeping?
Not an hour could be but dear to me,
When my babe on my arm is sleeping.

Her little feet, with dimples sweet
From the folds of her gown are peeping,
And each wee toe like a daisy in blow,
I caress as she lies a-sleeping;
Her golden hair falls over the chair,
Its treasure of beauty unfolding;
I press my lips to her flaxed tips
That my hands are so guilty holding.

Tick, tock, tick, tock, you may wait old clock,
It was foolish what I was saying;
Let your seconds stay, your minutes play,
And your days go all a-Maying.
O Time! stand still—let me drink my fill
Of content, while my babe is sleeping;
As I smooth her hair, my life looks fair,
And to-morrow I may be weeping.

ISSUE NO.

HELP WA[illegible]

WANTED— TWO [illegible] Davis & Furber a[illegible] card hand. For partic[illegible] The Slingsby Manufactu[illegible] Brantford, Ont.

HELP WANTED—

WANTED — TINSMITH [illegible] tomed to furnace wo[illegible] The Hamilton Stove & Heater [illegible]ilton, Ont.

AGENTS WANTED

AGENTS WANTED—MALE [illegible] male—household goods—free [illegible]ples and catalogues. Don't apply [illegible] you need money; references required [illegible] C. Rand, Lennoxville, Que.

FOR SALE.

FOR SALE—FANCY PIGEONS AND [illegible] flying homers; prices reasonable. [illegible] J. Holton, 62 Caroline street south, Ha[illegible]ilton, Ont.

## SKILL OF THE BEAVER

### As a Canal Digger He is [illegible]gineer of Rare Abi[illegible]

According to a legend, t[illegible] supposed to be a reinca[illegible] man, put back on eart[illegible] past offences by work, and [illegible] of the early drawings it is depicte[illegible] with the face of a man. And when we consider its extraordinary intelligence and skill as woodcutter, engineer (dam and canal maker), house builder and food storer the notion does not seem at all farfetched. Describing the canals which the animals make by scooping out the earth with their hands, A. R. Dugmore in the "Romance of the Beaver" remarks:

"It might be presumed that these canals are only run through level country, but here is the greatest evidence of the engineering ability of the beavers: They build their canals uphill by means of weirs or dams, the distance between them varying according to the gradient. Yet they never work uphill unless it is made absolutely necessary by the contour of the land. The width of these canals is usually about three feet, with a depth from one to three feet, seldom deeper except when small pools are made, evidently with the idea of providing a hiding place in the event of danger. The direction of the canals must necessarily be variable. Wherever conditions are favorable they are as straight as though laid out by human engineers, but when there is any advantage to be gained by curves they make curves."

## Better Than Spanking

Spanking does not cure children of bed wetting. There is a constitutional caus[illegible] for this trouble, Mrs. M. Summers, Box [illegible] W. S. Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adult and aged people troubled with urine difficulties by day or night.

### To Make French Dressing.

Have all ingredients cold.

And have the mixing bowl cold.

Rub the bottom of the bowl wit[illegible] garlic.

Or a freshly cut onion may be use[illegible] instead.

Put into the bowl then half a te[illegible] spoonful of salt.

Until the salt has been dissolv[illegible] this rubbing must be steadily conti[illegible]ued.

Keep on this rubbing, adding fro[illegible] four to six tablespoonfuls of olive o[illegible]

Next add a saltspoonful of pepp[illegible] and begin rubbing with the wood[illegible] spoon.

Then begin adding a tablespoon[illegible] of good vinegar or lemon juice. B[illegible] a moment after it is in.

Ust at once, pouring over a dish [illegible] lettuce leaves or other green sala[illegible] which has been thoroughly wash[illegible] dried and arranged in a salad bowl.

Minard's Liniment Cures Colds, E[illegible]

## "THE SOLDIERS' GAZETTE"

Sir Thomas Shaughnessy has wr[illegible]ten the following open letter in [illegible] interests of the "Soldiers' Gazette":

"At a time when so many pul[illegible] spirited Canadian women are work[illegible] for those at the front, it is alm[illegible] invidious to specify any one parti[illegible]lar activity, but the untiring indus[illegible] of Mrs. D. Forbes Angus, Presiden[illegible] Queen Mary's Needlework Guild, [illegible] of the ladies associated with her, [illegible]serves special consideration, part[illegible]larly in connection with their pu[illegible]cation 'The Soldiers' Gazette.' This [illegible] a weekly summary of Canadian ne[illegible] compiled by these ladies from [illegible] leading newspapers of each Prov[illegible] in Canada. Fifteen thousand co[illegible] are printed each week and distrib[illegible] in the proportion of one to each s[illegible] soldiers of the Canadian Contin[illegible] overseas. The news from home [illegible]tained in the 'Gazette' is hi[illegible] appreciated by our gallant sold[illegible] many of whim have little opport[illegible] of seeing a Canadian newspaper. [illegible] publication is printed at less [illegible] cost, through the generosity o[illegible] Montreal newspaper proprietors, [illegible] even so, further funds are requ[illegible] to carry on the publication, esp[illegible] in view of the fact that the nu[illegible] of Canadian overseas is steadily [illegible]creasing. Large subscriptions are [illegible] required, but any small amount [illegible] to Miss Shaughnessy, Honorary [illegible]surer, at the office of the Q[illegible] Mary's Needlework Guild, Wi[illegible] Station, Montreal, will be spent i[illegible] good cause."

### Being Old at Forty.

Few men need to be old at for[illegible] less they choose. In a large pa[illegible] it is an official matter. If one [illegible] his nose to the grindstone of bu[illegible] eats too much, indulges in [illegible] freely, gets no physical exercise [illegible] takes his business cares hom[illegible] bed with him every night, he is [illegible] likely to be too old when he be[illegible] forty. The suggestion that a [illegible] or woman—is old at forty ough[illegible] absurd. That it is not absurd is [illegible] thing of a reflection upon that [illegible] of us who, because we are [illegible] to take a little trouble, are [illegible] bringing on age at forty.—Cl[illegible] Plain Dealer.

THIS PAGE IS IN POOR CONDITION