



Best Bread in the World

is none too good for the man who needs daily vim and vigor.

PURITY FLOUR

is the most health-giving, vitalizing Bread Flour ever produced by modern milling methods from selected Western Canada Hard Wheat. Besides, it is

Absolutely Dependable in the Baking

Sold Everywhere in The Great Dominion. WESTERN CANADA FLOUR MILLS CO., LIMITED. Winnipeg, Goderich and Brandon.

Household

EFFECT OF PLEASANT TABLE TALK

It used to be the custom in our house to talk over during meal time, whatever disagreeable things had occurred at any time preceding. I don't know just how it came about but we fell into the habit and kept it up as a great many people do such things, probably because it had never entered our minds that we were doing a very foolish thing.

One morning something especially irritating had happened, and the whole family was in a state of ferment. The breakfast had been a very uncomfortable meal, and one or two members of the household had left the table with scarcely a mouthful of food.

On the doctor's advice we made a hard and fast rule that under no circumstances should anything unpleasant be brought up at the table. Nothing short of a cyclone or a fatal accident to man or beast was sufficient excuse for breaking this rule.

The Ideal Laxative for Children

Mothers cannot be too careful in what they give children to move the bowels. Calomel, cascara, senna salts, cathartic pills, castor oil, and purging mineral waters irritate the bowels—upset the stomach—and eventually lead up to chronic non-action of the bowels—Constipation.

Fruit-a-lives

are the finest medicine in the world for children. It's just like giving the little ones apples, oranges, figs and prunes—because "Fruit-a-lives" ARE the juices of these fruits—but so combined that the medicinal action is increased many times.

what would have seemed to an outsider extremely silly things. Sometimes we laughed simply because there was nothing to say, and the effort to think of something increased our amusement.

Within a few weeks there was a notable improvement in the health of the family. This was particularly observable in one of the children, a timid youngster who was pale, thin, exceedingly nervous, sensitive and irritable, and had given the family no end of uneasiness lest she were going into a decline.

The doctor's talks set me to thinking, and without exciting her suspicions, I got her to speak of her appetite, and why she liked things better when she picked them up between meals.

The various physical features which make or mar the beauty of a child are for the most part the gifts of Nature, and can neither be improved nor cured nor spoiled by neglect.

THE CARE OF THE HAIR.

That a child's scalp should be kept scrupulously clean goes almost without saying; at least so does in theory, if not always in practice.

If one is to judge by the latest modes from Paris the short sleeve is already passe over there, even for Southern wear. Evening gowns seem to have dispensed with the sleeves altogether, there being just a strap or two over the shoulder and a little drape over the arm.

not so much to prevent disease as to render the child sweet and attractive. If frequent washing did not improve the growth of the hair (which it certainly does), and therefore claim attention on hygienic grounds, it would still add quite as much, or more, to a child's attractiveness as washing of the body, and hence become of high importance from the purely aesthetic point of view.

The notion entertained by some mothers that delicate children are liable to take cold from having the scalp carefully washed is without foundation. Once a week the head should be thoroughly shampooed with soap and warm water.

Frequent and thorough brushing of the hair is extremely desirable. It not only improves temporarily the appearance of a child, but tends at the same time to keep the scalp in a healthy condition.

It stimulates the growth of the hair and prevents it from becoming dry and harsh. Care should be exercised in selecting a thick, soft brush, and due attention be paid to the manner in which it is used.

DEVELOPING HEALTH AND HAPPINESS

Growing boys and girls do not always appreciate that it is while they are growing that they are forming their figures for life. Drooping the head as one walks, standing unevenly, so one hip sinks more than the other—all these defects, easily corrected now, will be five times as hard in five years and twenty-five times as hard in ten years.

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FASHION NOTES.

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As usual, at the start of the season there are several radical departures from accepted styles that are tried, as it were, tentatively, and accordingly as they are met with favor or otherwise their future career is settled.

Many a bereaved mother has been soothed through the agonizing memories of birth-day and other anniversaries by giving a little thoughtful planning to the day, seeking out some motherless child to be made particularly glad for the sake of her own vanished darling.

Josephine went to the Lover of little children years ago, but to-day she seems a sweet and blessed possession to the brothers and sisters who have no real knowledge of her little face except from cherished pictures.

"We always dress a doll for Josephine on her birthday," said another to a friend, "and give it to some other child."

"You dear little thing! I must kiss you," she said, with a stare of haughty surprise, "that I shall not fail to report your impertinence to Mrs. —" and she swept on.

"I am sure Baby's mother will be glad to know how carefully you carry out her orders. It is very kind of a baby to be kissed so much by strangers."

"Yes, ma'am," she replied. "This odd weather, it chaps her little lips, and that lady had a cold-blisther on her lip, anyway, and Mrs. — wouldn't kiss Baby herself if she had one."

I wonder how many ladies would be as foolish, in the first place, and as cruelly rude, in the second, as the one I saw. Women should know better than to offer to kiss babies in the street, and certainly any woman should know better than to rebuke a child for carrying out her mistress's orders. It is hard enough to get the idea of properly protecting a child in to a nurse maid's mind, without finding fault with her when she does her duty.

Children will catch cold and trouble mother no matter what care she takes.

A remedy that children like and is a quick cure for coughs and colds is

Simson's Flaxseed Emulsion

A simple preparation that will not disagree with the most delicate stomach. Price 25c.

THE NATIONAL DRUG & CHEMICAL CO., LIMITED, HALIFAX.

Advertisement for 900 Drops Castoria, featuring an illustration of a child and text describing its benefits for infants and children.

Advertisement for Castoria, 'The Kind You Have Always Bought', featuring the signature of J. H. H. H. H. and text stating it is used for over thirty years.

Advertisement for 'The Manufacturers' Life' insurance, showing a table of rates for Business-First Six Months, 1906 and 1905, and listing agents in Maritime Provinces.

Advertisement for F.M. Switzer & Co. Photo Engravers, Illustrators, and Designers, located in Halifax.

Advertisement for Dominion Atlantic Railway Steamship Lines, listing routes to St. John via Digby and Boston via Yarmouth.

Advertisement for a Grand Clearance Sale starting to-day, with a list of items like clothing and gent's furnishings.

Advertisement for St. John and Digby Royal Mail S.S. Yarmouth, listing departure and arrival times for various routes.

Advertisement for Good Meat and Fresh Fish, listing various types of meat and fish available at B. M. Williams' Market.

Advertisement for Bridgetown Laundry, offering first-class work done and satisfaction guaranteed.