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moderate prices. Attendance day
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THE TEA POT INN

'Tea as You Like It'
134 Dalhousie St.
osite the Market.

THE VIRTUES OF OLIVE OIL

NEARLY every one knows what an important part olive oil plays in the making of palatable stews, but many are unaware of the value of olive oil from a health and beauty point of view. The oil can be taken internally for many ailments. Some most distressing cases of indigestion have been cured by a tablespoonful of olive oil taken after each meal. If the health is poor, lemon-meringue juice or grape juice will do it to some extent. Four drops of olive oil between two portions of the juice. It must be understood, however, that like all other remedies, this one is not infallible for all patients. Rubbing the oil into the skin with a gentle rotary motion. The oil used internally will increase one's weight if a tablespoonful of it is taken four times a day.

Another use for olive oil is to prevent callous spots. Very often the soles of the feet become hard and sore. This can be avoided if oil is applied frequently. Persons thus afflicted should avoid wearing shoes which have

One should never delay the search for a remedy for indigestion. When the trouble becomes chronic it is a serious matter. Attend to the trouble as soon as you feel the first symptoms if you wish to be saved future misery.

Olive oil mixed with quinine is a valuable remedy in the case of a cold. The mixture should be rubbed into the back and chest until the pores have absorbed the greater part of it. After applying the remedy, place a piece of oiled silk over the skin, so that the clothing will not be soiled.

Campfire combined with olive oil rubbed on the throat will relieve soreness.

I am afraid that a great many persons treat colds and sore throats too lightly. No one cares to be associated with the person who exaggerates his condition, but yet it is a risk for one to consider a cold a light ailment and allow it to go on in its own way, thus weakening the tissues and putting the system in such a position that it would be able to resist any great attack made on it. It is very important that the nose and throat be kept in a healthy condition, for they are the main entrance to the lungs.

One should avoid exposure to wet and cold. A very bad habit is to wear a hat in damp skirts and shoes. Whenever it is necessary to go out in the rain, do so by removing the damp clothing as soon as possible after you enter the house. Persons in the business world should make it a point to always have an extra pair of shoes and stockings in the shoe, office or store.

The individual suffering from a cold should make it his or her duty to keep the system toned up by taking a spoon-

ful of cod liver oil every day. This will soon warm the skin so that it may be easily pushed back with an orange-wood stick.

Be a wise virgin and keep plenty of oil on hand if you wish to be of assistance to yourself and others in the time of need.

BEAUTY QUERIES ANSWERED

REPLIES to letters to the writer of this department will be printed in the SUNNY SOUTH. No replies in print may be expected in less than three or four weeks.

Correspondents desiring immediate replies to queries may get them by enclosing a stamped self-addressed envelope. Personal inquiries will receive a prompt attention if accompanied by a stamped and self-addressed envelope.

To Darken Eyebrows
Dear Mrs. Adams: I will please tell me of something that will darken the eyebrows. Do an eyebrow pencil harm the eyebrows? Will Everette's hair cream darken the hair? I do for a shiny nose and forehead? Do you think the skin soap that I use will make the skin white?

The eyebrow pencil is the most satisfactory thing to use to darken the eyebrows. It will not harm them. A little benzoin added to them will increase the whitening qualities of the lotion.

Dislikes Her Nails
To I. L. H.: I cannot refrain from saying that you are a very foolish girl to put so much importance on the appearance of your nails. Do not let their condition prevent you from taking up the course you suggested in your letter. An employer, while he expects personal neatness, will not let the matter interfere with his work.

To Whiten the Elbows
Dear Mrs. Adams: I have my elbows white. They are yellow and don't cause me to go to bed. I have the best. BEAUTY SWEET.

Too Stout
Dear Mrs. Adams: I am a girl and extremely stout. Please tell me what I should do. My chestbones are very prominent. I have a mole on my right cheek. I am very stout. I wish to make them less prominent.

To Whiten the Elbows
Dear Mrs. Adams: I have my elbows white. They are yellow and don't cause me to go to bed. I have the best. BEAUTY SWEET.

Headaches
Dear Mrs. Adams: I have a headache when I get up in the morning. I have a headache when I get up in the morning. I have a headache when I get up in the morning.

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CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



ADVICE ON SOCIAL CUSTOMS

to you when things go wrong? Take a look at the blue sky or the green trees; let the white snow or the brown soil prove to you that there is a grand scheme in the world and that there is a balance, a compensation that is comforting. And that reminds me that if you are very rebellious the Emerson essay on compensation by Emerson will bring you to a frame of mind that will make you happy.

Be thankful that you are not living in a time when a woman was burned for daring to think or to act except along prescribed lines. The concession that women are human and worthy of regard and respect is worth our thanks.

Be glad that you can laugh and cry; that you can feel sorry and a little more experienced and a little more worth while than you were this time last year.

Be thankful that you can express your gratitude. So long as this is so there is some good in you and there is hope for your life's little work that is being woven each day by countless weavers all around you.

Solutions to Social Problems
After a Long Time
DURING the summer I attended a tea given by a woman and her daughter acquainted with me. I am only slightly acquainted with them. I am at a loss to know what to do. I am at a loss to know what to do. I am at a loss to know what to do.

A Fee to Be Paid
Dear Mrs. Adams: I will please tell me if it is proper to pay a fee to a private party at which a fee is to be paid to have the young man say "I love you" to the young woman.

The Man's Dress
Dear Mrs. Adams: Does a man wear a full dress suit at a party? I have seen a man in a full dress suit at a party. I have seen a man in a full dress suit at a party.

Who Speaks First?
Dear Mrs. Adams: When a boy and girl meet on the street, who should speak first? I have seen a boy and girl meet on the street. I have seen a boy and girl meet on the street.

At a Morning Wedding
Dear Mrs. Adams: I am going to a morning wedding. I am going to a morning wedding. I am going to a morning wedding.

Not Necessary
Dear Mrs. Adams: I am going to a party. I am going to a party. I am going to a party.

What Color Gloves?
Dear Mrs. Adams: I am going to a party. I am going to a party. I am going to a party.

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