

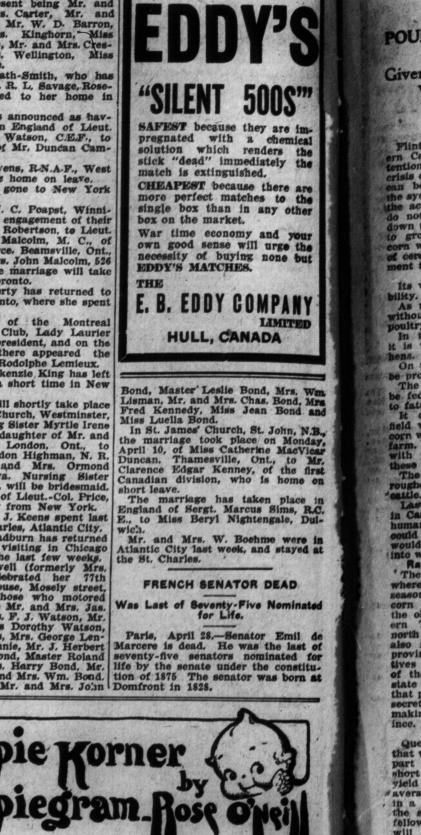
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The same way, no woman is home-ly until she admits it—by word or by deed. One reason why business wom-en stay young looking longer than house-wives is because they have to. The same way, no woman is home-it an exercise. Bedmaking is good for the waist muscles and the arms; it makes you bend backward and for-

GUARANTEED

TO CONTAIN

NO IMPURITIES.

Their interests are broader, of course, and that helps; but their work is usu-ally more routine and monotonous, and that does not help. The housewife has such a fine chance to let herself slide into care-lessness and middle age! There is the old year-before-last dress.

lessness and middle age! There is the old year-before-last dress, "just the thing to wear around to sweep and clean in; nothing could make it look worse than it is!" So she chooses the worn-out, homely rag to spend hours of her days in, while her self-respect must just ooze out of her. For, why do the hair neatly, when the dress is old: and why wear well. the dress is old; and why wear well-fitting shoes? Such is the frame of

## Questions and Answers. Reader-Better get a doctor to give

A little of Sunlight goes a long way; every particle is

pure; there is nothing to harm the clothes or impede the rapid progress of the wash. Every cake of Sun-light Soap carries a \$5,000

THEY'RE ONLY

SOFT RUBBER, PA.

THEY CAN'T DO

ANY HARM! F

guarantee of purity.

mind that makes a pretty woman into frump in a year or two. Take pains to be neat at your work, a frump in a year or twoand make your work into a beauty tar in them are good. Keep nose and exercise—because ft can be done, throat clean with antiseptic spraying.

ington. The medical officers starracks the floor and air space in the barracks were less than sanitary rules demand, and therefore it was not possible to have five feet of space between heads. Some energy. See whether a tall wouldn't permit many a rest stool while See whether a tall five feet of spa blame for that mistake,

The first of a back hot possible to have first of course. Only the doctor and the nurse need to there under the five-foot barrage. And pees they may have with the patient from a reasonable distance. A visitor, from a reasonable distance. A visitor, from a reasonable distance. A visitor, sympathy—or curiosity—at eight feet as. Terms have no wings, no feet, no where they are carried. And it is a ried beyond the five-foot limit. In Durand Hospital, Chicago, a var-ster of contagious diseases are treated, here they are scarried for washing rooms of for washing the hands of attendants, tary of contagious diseases are treated, for scalized by steam. No antiseptic re-for washing the hands and all laun-for scale and the marks, of a doubd for going to the wash. All waste, dress-tard burned. Eating utensils are boiled after ach use. Face masks of a doubd for solong to the wash. All waste, dress-and burned. Eating utensils are boiled after ach uses of gauze are worn by doctors make were adopted. BUESTIONS AND ANSWERS.

QUESTIONS AND ANSWERS.

Great Big Bouncing Boy. 1. Is 18½ pounds too much for a boy 9 weeks old to weigh? He is breast fed. 2. What causes croup, and what is a good remedy? 3. How long should a baby wear the abdominal band? Mrs. H. S. ANSWER-1. The average baby weighs 20 pounds when one year old. 2. Spasm of throat muscles induced by some slight inflammation of nose or throat or larynx. Teaspoonful of ipecac syrup, to be re-peated after twenty minutes if vomiting has not occurred. Wrap baby up, then open all windows wide to admit cold air. Croup seldom if ever develops when the

Polly and Her Pals . :-:

DAWGONE IT POLLY

WISH YOU [

WOULDAT BIFF

THEM GOLF BALLS

ABOUT . THE HOUSE!

Sunlight Soap

Co., Ltd., boratories, Longonie of HUUS and can be obtained of HUUS all stores. Its quality of deepening graynees to the former color in a few days, thu the former color in a few days, thu the thousands to retain their positio

GOB !!

BURP!

Boeckh, Miss G. Young and Mr. A. Ingle. Mr. Leo Smith's violoncello recital on Saturday in the Music Hall of the

LOCKYER'S

SULPHUR

Hair

ecuring a preserved appearance position. A SOLD EVERYWHERE. Lockyer's gives health to the hair and restores the natural color. It cleanses the scalp and makes the most perfect

he scalp and mi Hair Dressing,

and actions of the Music Hall of the Conservatory, College street, was given it to an enthusiastic audience. In the first isonato played by Mr. Smith, and an old Italian sonato and two of his own composition, an "lirsh Romance" and a "Horse Race Ballad," he was accompanied by Mr. Fricker. Miss Winnifred Hicks-Lyne, who sang a group of Russian songs and two of Mr. eLoSmith's looked extremely well in pale yellow satin with bead embroidery, and a white tuile scart. Mrs. John Macdonaid, accompanied by Mrs. Raymond, returned yestenday from a fortnight's visit to New York. Mr. George F. Galt has left the Chateau Laurier, Ottawa, to join Mrs. Galt in New York.
Mr. John A. Walker returned on Sunday from a few days spent in New York.

York. Mrs. W. P. Watson, who has been laid up with neuritis, with leave for Atlantic City this week, accompanied

by her two daughters. Miss Isabelle George spent the end of the week in Buffalo. The I. O. D. E. was represented at

the service in the Queen's Fark yes-terday by Mrs. E. F. B. Johnston, Mrs. W. R. Riddell and several other members of the executive. Several hundred individual members of the

order were also present. The Misses Catharine and Emily Merritt have returned from Barba-does, where they spent the winter. Mrs. Hollway and Miss Aileen Rob-

Mrs. Hollway and Miss Aileen Rob-erison have returned from a visit to the West Indies. Mrs. J. J. Dixon gave a tea on Sat-urday afternoon at her house in Cluny avenue, for the organization committee of the Humane Society Flag Day on May 25. The Heliconian Club held its last musicale for the season on Saturday afternoon at the clubrooms, 801 Yonge street, Miss Carter presiding



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