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is the enemy of all dirt. It is the friend of the housewife, and is made for her profit. To the housewife it means less labour, less dirt, more leisure, and time and money saved. SUNLIGHT SOAP does away with needless rubbing and scrubbing, and so preserves the clothes.

GIVE IT A TRIAL.



An Unreasonable Husband.

By RUTH CAMERON.

A feminine letter friend asks me to please write on the subject, "Should the mother be able to lay aside a household worries and care when the father gets home?"

Can you picture exactly the conditions behind that request? The husband coming home from his day's work, tired and irritable, wants his wife to be ready to drop every thing and be ready to greet him with a smile and devote the rest of the evening to making things comfortable for him; she for her part has also had a hard day, and more than that she is still busy; there is the dinner to serve and clear away, the baby to feed and put to bed, sewing, mending, preparations for to-morrow, all the innumerable details of that work that is never done. He claims that she ought to manage somehow so that she should be completely at his disposal during the few hours which he is at home. She declares that it is impossible. He says that it is because she doesn't know how to manage. She cries over the baby as she puts him to bed. He stinks over his newspaper or goes out with a wooden dunn.

This idea that a busy wife and mother ought to be ready to drop everything and spend her evening making things pleasant for "himself" is as common as it is absurd. Suppose, in the first place, she were free to do it (which no woman who is nursemaid, cook, waitress, seamstress and general houseworker possibly can do), even so, why should she? The chances are that she has worked every bit as hard as he and at more monotonous work. Why shouldn't he exert himself to

amuse her? That would be just as reasonable. We hear a great deal about the woman who drags her poor, tired husband out to social functions. As a matter of fact she is a product of a small upper class and not half so common as the woman in the humbler home whose husband wants to keep his poor monotonous wife cooped up within the four walls of her home seven evenings a week, and who furthermore expects her to look pleasant and exert herself to make him happy by way of recreation. Did you ever hear the expression "K. H. J."? It means "Keep Him Jumping," and is supposed to describe the way women treat their husbands. Now I'm going to invent a new code, "K. H. H." which means "Keep Him Happy" and which I think describes the average woman's greatest care. A friend of mine who was calling with her husband ended the call very abruptly one evening. Afterwards she apologized for her rudeness. "I knew Arthur would be cross if we didn't catch that car," she said. That little incident is typical of the attitude of constant anxious watchfulness, of willingness to sacrifice anything to placate his lordship, which many women take toward their husbands.

To my mind all these matters should be compromised. Each should be willing to give up something of personal comfort for the other's happiness. The wife ought not to point out the annoyances of the day into her husband's ear; the husband ought not to expect a hard-working housekeeper and mother to be ready to cheer him up and wait on him.

The only right basis of happiness in married life is reasonableness and justice, and the husband who expects this is not reasonable or just.

Ruth Cameron

Cedar Rapids

By GEORGE FITCH. Author of "At Good Old Swash."

Cedar Rapids, Iowa, is the metropolis of the Cedar River, Lynn county and the B. C. R. & N. Railroad. It was originally founded by people who got tired of waiting for the north-bound train on the Decorah branch and has now accumulated 35,000 people—a fact which is regarded with scornful frenzy by its neighbor, Waterloo.

Cedar Rapids is a model American city with winding, parklike suburbs, infant skyscrapers, a new hotel and a complete club which sleeps standing up. It is the receiving ward for half the corn and oats grown in Northern Iowa. It turns the corn into starch and the oats into breakfast food. The leading breakfast food factory in Cedar Rapids displaces as much skyline as the Rock of Gibraltar

and a mere look at it gives one an overfed sensation.

The people of Cedar Rapids are prosperous, enterprising and Bohemian. This does not mean that they sit around in collars eating champagne while those washed down with red ink. They were born Bohemian—at least 10,000 of them were. Cedar Rapids takes the raw Bohemian, straight from Ellis Island, and successfully transforms him in a few years into the owner of a bungalow, a foreman in the starch mill and an upholder of the commission form of government.

The people of Cedar Rapids are also hospitable. They lie in wait around the Northwestern depot with automobiles, and when they capture a stranger they show him the park system, the home of the local P. D. Armour, the post-impressionist bank building, the Masonic Library, the local college, the island upon which the city government is going to retreat to settle the North-and-South-

Had a Stroke of Paralysis

And Found a Cure in Dr. Chase's Nerve Food. It is always better to prevent serious diseases of the nerves. There are many warnings, such as sleeplessness, irritability, headaches and nervous indigestion. Exhaustion, paralysis and locomotor ataxia only come when the nervous system is greatly exhausted. Even though your ailment may not yet be very serious, there is a great satisfaction in knowing that Dr. Chase's Nerve Food will cure paralysis in its earlier stages.

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Marine Notes.

The R.M.S. Mongolian sails from Philadelphia to-day for this port. The s.s. Florida is due here tomorrow from Halifax. The s.s. Nascope leaves Sydney to-day for here. The s.s. Corunna sailed last evening for Halifax where she will undergo repairs.

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