

THE CLOTHING OF BABIES.—Although I own that children are now more sensibly clothed than was the case thirty years ago, it is still common to see an infant, who can take no exercise to warm himself, wearing a low-necked, short-sleeved, short-coated dress in the coldest weather. The two parts of the body—viz., the upper portion of the chest, and the lower portion of the abdomen—which, it is most important to keep from variations of temperature, are exposed, and the child is rendered liable to colds, coughs and lung diseases on the one hand, and bowel complaints on the other. What little there is of the dress is chiefly composed of open work and embroidery, so that there is about as much warmth in it as in a wire sieve, and the socks accompanying such a dress are of cold white cotton, exposing a cruel length of blue and red leg. I cannot see the beauty of a pair of livid blue legs, and would much rather behold them comfortably clad in a pair of stockings. If the beauty lie in the shape of the leg, that shape will be displayed to as much advantage in a pair of stockings; if it lie in the colouring of the flesh, beautiful colouring will not be obtained by leaving the leg bare; and, from the artistic point of view, a blue or red stocking is infinitely preferable to a blue and red leg.—From "Mental and Physical Training of Children," by Fessie O. Waller, in the Popular Science Monthly for December.

HINTS FOR THE BALD-HEADED.—Now as to the treatment for incipient baldness, thin spots, and so forth. This is what an eminent physician said to a gentleman who consulted him for the first-named trouble (says Good Housekeeping): "Have you been accustomed to wash your head in soapy water?" asked the doctor. "Yes, every morning," was the reply. "Well, that is the cause of this bald place; stop washing and begin brushing your hair. Use a bristle brush, and brush for fifteen minutes every morning and night. You may not notice any improvement for a year, perhaps not for two, but be assured you will have a fine crop of hair, and never grow bald if you pursue this course." As fifteen minutes seems very long while vigorously moving a hair-brush hither and thither over the surface of your head, it would be well to inveigle one's friends into assisting, wouldn't it? If the hair is falling out, remember that it is owing to a healthy condition of the scalp. First cut off about two inches of the hair, next wash in clear, cold, soft water, rubbing dry with a crash towel; then begin the fifteen minutes' brushing process, and in a few weeks you will see the tiny spires of new hair coming all over your head. Beware of being tempted to the use of any nostrum whatsoever, no matter how plausible the advertisement thereof; all are more or less injurious, generally more, as you will find out to your sorrow, if you begin the use of them.

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To an advanced age, in its youthful freshness, abundance, and color, by the use of Ayer's Hair Vigor. When the hair is weak, thin, and falling, this preparation will strengthen it, and improve its growth.

Some time ago my wife's hair began to come out quite freely. She used two bottles of Ayer's Hair Vigor, which not only prevented baldness, but also stimulated an entire new and vigorous growth of hair. I am ready to certify to this statement before a justice of the peace.—H. H. Lewis, Lewisburg, Iowa.

On two occasions, during the past twenty years, a humor in the scalp caused my hair to fall out. Each time, I used Ayer's Hair Vigor and with gratifying results. This preparation checked the hair from falling, stimulated its growth, and healed the humors, rendering my scalp clean and healthy.—T. P. Drummond, Charlestown, Va.

About five years ago my hair began to fall out. It became thin and lifeless, and I was certain I should be bald in a short time. I began to use Ayer's Hair Vigor. One bottle of this preparation caused my hair to grow again, and it is now as abundant and vigorous as ever.—C. E. Sweet, Gloucester, Mass.

I have used Ayer's Hair Vigor for years, and, though I am now fifty-eight years old, my hair is as thick and black as when I was twenty. This preparation creates a healthy growth of the hair, keeps it soft and pliant, prevents the formation of dandruff, and is a perfect hair dressing.—Mrs. Malcom B. Sturtevant, Attleborough, Mass.

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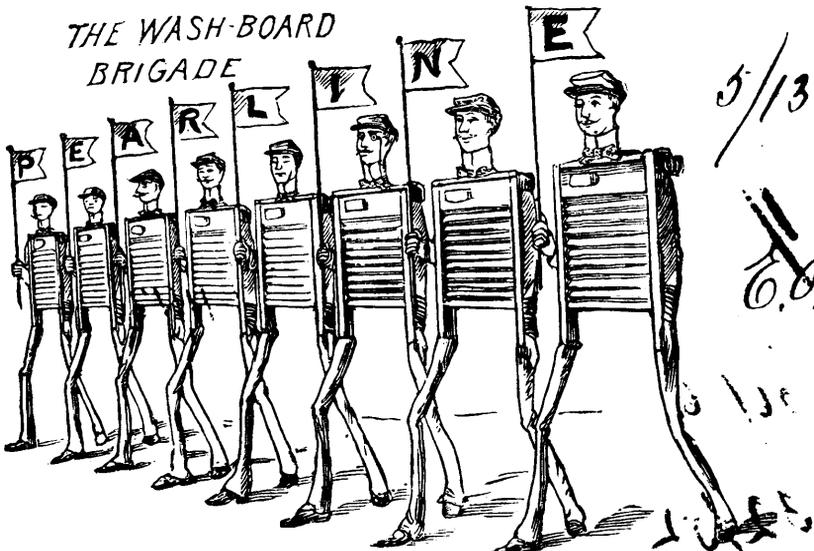
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ANOTHER NEW LIST OF HOME REFERENCES:

GEO. NICHOLSON, Zephyr, Ont., rheumatism 18 years, after two days resumed work in the harvest field. HENRY WHITE, Markham, Ont., rheumatism, shoulders and knees, cured after doctoring ten years. WM. DRINKWATER, V.S., Dutton, Ont., a martyr to rheumatism, cured in three weeks. MRS. MCKAY, Ailsa Craig, Ont., sciatica 15 years, no pain from the first day. JAS. MANSFIELD, Saskatchewan, N. W. T., piles and complete prostration completely cured. JAS. STORY, Fitzroy, Ont., after wearing Butterfly Belt one night, attended a fair; a walking advertisement for us—70 years old. W. J. GOULD, Bathurst St., City, after laying off 3 weeks went to work. wore Butterfly Belt 4 days—sciatica. GEO. H. BAILEY, Yarmouth, Ont., a cripple from rheumatism, liver and kidney, completely cured in one month. MRS. WALTER LUNN, Port Talbot, Ont., not able to work for two years, cured in one month, lame back and liver complaint. JOSIAH FENNEL, 287 Queen St. East, for 6 weeks could not write a letter, went to work on the sixth day—neuralgia. S. FLOYD, 119 1/2 Portland St., cured against his will, liver and kidney trouble. FLORENCE O'NEILL, Pakenham, neuralgia, cured in four days. Doctors could do nothing more for her. MISS FLORIE McDONALD, 21 Wilton Ave., reports a lump drawn from her wrist. RICHARD FLOOD, 40 Stewart St., had everything for catarrh, Actina cured it. L. D. GOOD, Berlin, Ont., cheerfully recommends Actina for catarrh. J. H. JOHNSON, Solgirth, Man., tried a hundred remedies, nothing effective, Butterfly Belt cured biliousness and dyspepsia. SENATOR A. E. BOTSFORD, Sackville, N.B., says Actina is good for defective eye-sight. THOMAS GUTHRIE, Argyle, Man., received more good from our Butterfly Belt and Suspensory than from the medicine he paid for in twelve years.

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