





quite in sympathy with to keep yourself your hus-re looking for the sake of your hus-ind and children. I am giving you the rmula for Dr. Vaucalre's remedy. As you will see, he advises the use of asit in connection with it. I searcely hink you will find it necessary to take i tonic while using the remedy and keep yourself young and attrac-oking for the sake of your hus as they both act as a tonic reneral system. For the od skin food Take

Thrust the tongue under the line so as bold it firmly up in contact with hold it firmly up in contact with cushion of the hand. Smooth the e with this cushion just as yed woold ooth a wrinkle out of a piece of slik satin-gently, but firmly, and with my movements-and then squeeze and ny movements-and then squeeze and ist the muscles gently all around it such a direction as will tend to fill the crease, but do not brake the sh. Massage will also be good for e skin of your face and nece and I giving you formula for a good ach for your peek. Go in for hy-nic living-drink quantities of water, careful to eat wholesome food, take me form of exercise and get plenty of esh air.

. Vaucaire's Remedy for the Bust. extract of galegs. (goatsrue), h lacto physicate of lime 10 grams of fennel, 1) grams; sim, le syrup

ms, lose is two sourceounfuls with water each m.al. Dr. Vaucatre also ad-he drinking of malt extract during

Bleach for the Neck. fresh strained cucumber juice, ive minutes, and for every five our lice add: hverized borax, 15 grams, etaic of soch, 90 grams, beture of quillais, 2% ounce, heture of benzoin, 4 drams, sewater, 1 plat, ix thorouchly ahd apply two or three is a day until the stain is removed.

Treatment of Blackheads

you kindly give me advice as reatment of coarse pores and b ac BELLE.

formula for a lotion most successful in near of obstinate blackheads nswer to "Rag" for formula for enlarged pores.

Lotion for Blackheads. notasse linces; cologne, 1 ounce; potassa, ½ ounce. at night, after washing the face y with scap and water.

A Sick Room Hint.

A Sick Room mut. I a recent case of illness in whic' a trained nurse was employed, the pleasant air of the sick room was no-eable. When commented on, the nurse plained how it was managed. A few plained how it was managed. w it was managed. A few wn paper had been soaked sater and allowed to dry. sion required, a piece of 'n a lin pan kept for the c al scuttle would do), a "ed javender flowers laid match confided The -red prefer inversion -match applied. The aroma-try refreshing and agree-er suggestion in the same to the use of lavender in L. A few drops of oil of tred into a grees of very into a glass of very purify the air of a room

the beneficences of sunshine were generally understood and appre-d, every house owner would have where about the house a solarium in room. The ancient Romang knew value of sunshine and always had hed to the house or form-

lean fresh eggs and clean pure mills o by a microscopic examination of

Provincial Rights

Regina County Convention

A Convention of Provincial Rights supporters in the constituency of Regina County (formerly Lumsden District) will be held at the

Borden Club Rooms Cornwall Street, Regina THURSDAY, July 30

1908, at 2 o'clock p.m.

For the purpose of Nominating a Candidate and completing organization.

> J. G. MacDONALD, Chief Organizer

"GOD SAVE THE KING"

On behalf of Needy Consumptives Strong words of Canada's Governor-General

At the official opening of the King Edward Sanatorium for Consumptives, near Toronto, His Excellency delivered an address that must have an important bearing on the future of the sanatorium movement in Canada. We quote :--

> "The proceedings this afternoon sommenced with a beautiful and reverent prayer from your old friend, Dr. Potts. He prayed that the light of the Lord might shine upon us. That prayer is abundantly answered. He also prayed that the White Plague might be removed. Well, whether that prayer will be answered or not depends upon yourselves."

> "Is it not a standing shame and reproach to the govern-ments and individuals that there is not more care taken by the people of Canada to protect themselves against the curse of consumption?"

On his way out to the King Edward Sanatorium, -so named by permission of His Majesty King Edward VII-the Gov ernor-General's car was stopped in its progress outside the Canada Cycle & Motor Co. by a large crowd of its employees. A contribution of one hundred dollars was handed the Governor-General, a donation to the Toronto Free Hospital for Consumptives.

"'Twas a kingly gift" said His Excellency in making acknowledgment. "I will tell the King."



Addressing the large audience that attended these opening exercises, referring to this eve Barl Grey said :

"Ladies and gentlemen, when the workingmen of Canada are setting an example of this character; I hope you will not be slow to follow, and I trust that the example of the Canada Oycle & Motor Co. may be followed, as I am sure it will, in every factory and manufacturing industry throughout the land."

We carry these words to the people of Canada in our appeal to-day on behalf of the

Muskoka Free Hospital for Consumptives

An institution that has never refused a single applicant admission, because of his or her inability to pay.

Seventy-five patients can be cared for to-day. Accommodation could be provided for three hundred if the required money were forthcoming.

To make this possible, our appeal is for \$50,000, to be used in extension of buildings and maintenance of patients.

Where will your money do more good?

Every community and every individual is interested.

His Excellency Earl Grey has shown his interest and sympathy in the work at Muskoka for needy consumptives, by accepting the position of Honorary President of the National Sanitarium Association.

Contributions may be sent to Sir Wm. R. Meredith, Kt., Chief Justice, Osgoode Hall, Toronto; W. J. Gage, Esq., 84 Spadina Ave., or J. S. Robertson, Sec'y-Treas., National Sanitarium Association, 847 King Street West, Toronto, Canada.