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Wrapper Below.

HEADACHE.

DIZZINESS. BILIOUSNESS.

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SALLOW SKIR.

THE COMPLEXION

EADACHE

Soothing Syrap or THIRTY JEAN IOTHERS for their TEETHING, WILL IT SOOTHES THE THE GUMS, AI-TRIES WIND COLUMN For diarrhoes. Sair

Ho sure you got the gen-uise "Hammo-Couch." Most stores cell it.

OneHourAfter & Baby Is Born

NEAVE'S MILK FOOD

FOR INFANTS is entirely different from

FREE TO MOTHERS. — Write today for free tin of Neave's Milk Food and free copy of our valuable heak "Hints About Baby". Sold in 1 lb. airtight time by all Druggists in Canada.

Canadian Agent — EDWIN UTLEY, 14 Front Street East, TORONTO, Mire, J. R. NEAVE & CO., England.

Her love carried her at once to the other extreme of speculation. Was her father not a victim, but a hero? He had made a great effort, and he said that he made it for her sake; she did not understand that, but he had written the words. Did he know that the effort would cost him his life.

She canvassed this thought, and it seemed to her that it was the truth. She found a certain comfort in it, and she took a greary pleasure in carrying out the task which he had laid upon her. The



HERE'S the very thing you'll want this summer—the "IDEAL" Hammo-Couch. You can tell to look at it how much more comfortable and serviceal; it is than the saggy, skimpy, shifty "half-m 'n" kind. Has springs, and a soft, substantial mattress on a steel frame base. Covered with heavy tan drill. Strong and roomy. Built for real comfort and good service. Supported by steel frame, or sold separately to hang from porch ceiling.

Write to-day for FREE Hammo-Couch booklet and names of etores where you can see it, sit in it and realize what a treasure if is. Address our office nearest you. Ask for Booklet No. 122

THE IDEAL BEDDING CLIMITED

MONTREAL-TORONTO-WINNIPEG

H Bad Ban Ama Ban

When you buy Metal Beds see that this label is on the feet-rail.

Interest To Women

Of Interest To Women by Cynthia Grey.

An Editorial for Women by Cynthia Grey.

What does your husband owe you?

What does your husband?

But—what do you owe your husband?

But—what her packet with her, sealed in a rreat stone jar, it was thin and flat, and had rolled easily into a shape that would pass through the jar. It was thin and flat, and had nolled easily into a shape that would pass through the you of the last sone and fund.

She look the packet w

than they owe. But they are door mats, not helpmates. Of course, there than they owe. But they are door mats, not helpmates. Of course, there part of the work with cheerfulnesss and skill. And they are the hap their part of the work with cheerfulnesss and skill. And they are the hap yones.

But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of But don't you know many others who seem to say with every firt of the But don't you know many others who seem to say with every firt of the land came to her through the fog.

CHAPTERI XI.

The Pling-Up of the Sea Horse.

Elsa drew back her boat loster in surface, and stood up in the boat lister, ing with a strained intensity of concentration. She was attained and strained and

"MAKES DIRT RUN"

Comfort Lye is just the thing to make the dirtiest dirt get rid of itself. Note the improved, sir-tight cover—easily pried off, easily put ea.

Large Can 10 C At Grocer's Valuable Promiums Pree for Valuable Promiuma Pree for Comfort Lye Labels 200



rms is a dashing new spring and summer the for the yachting girl, the summer resort girl, the out-door girl, or any other girl who likes to get away from the prim and conventional in dress. It's made of red silk, with embroidered tips.

DAILY MENU

DINNER.
Sorrel Soup with Croutons.
Radishes Young Onions
Roast Shoulder of Veal with

Forcemeat
Mashed Potatoes
Black Currant Jelly Fried Parsnips
Dandelton Salad. Demi Tasse Rhubarb Shortcake.

SUPPER SUPPER.
English Monkey in Chafing Dish
Creamed Potatoes with Parsley. Rolls
Strawberries and Cream
Sponge Cake
Tea.

All Around the Home CYNTHIA GREY.

Now it is that those who are so fortunate as to live in the country may gather all sorts of delectable spring greens, for their physical well being. The tender leaves of the dandelion, the homely mustard greens, the wood and field sorrel, tender docks and cowslips, horse radish leaves and rhubarb leaves, are all specially wholesome, as well as chicory, corn salad, purslane; milkweed, marshmallow and chickweed. Each and all of these may be cooked and served as boiled greens or in a salad. In looking over all greens and salads thoroughness is essential. Every leaf should be closely scanned for slugs, bugs and other undesirable tenants, and at least three waters be used in their washing. Now it is that those who are so

Olive Oil For Thy Stomach's Sake.

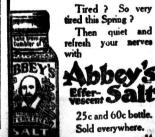
If persons who are inclined to be anaemic or are possessed of delicate digestive powers would learn the hygienic value of simple greens, dressed with sait, olive oil and lemon juice or a little pure vinegar, there would be fewer dyspeptics, to say nothing of

bad complexions. Olive oil is much more easily assimilated than animal fat, and is, besidels, rich in nutriment and healing power.

Dandelion Wine.

The cheerful-faced dandelion is still offering great medicinal advantages to whomsoever cares to avail himself of nature's free dispensary. For the wine, pick the blossoms and stems, and over three quarts of them pour four quarts of boiling water and let stand over night. Strain in the morning. Take three lemons silced fine, three and one-half pounds of granulated sugar and cup of raisins cut open, and add to the liquid. Better add a little water to dissolve the sugar and let it come to a boil before adding to the rest. Pour into a covered jar, allowing it to stand twelve days, and stirring every day. Strain again, let the liquid stand for a month, then bottle.

To Serve as a Vegetable.



AGENTS FOR HOME JOURNAL PATTERNS.

GRAY & PARKER

Turn into a colander, press so as to extract all the liquor, then chop. Place a tablespoonful of butter in a stew pan, and when melted add a tablespoonful of flour. Add the greens, toss lightly with a wooden spoon, an i when the butter is absorbed season with salt, pepper and nutmeg and moisten sultably with broth or gravy. Toss ten minutes longer, add if you like a tablespoonful of cream, sweet or sour, and serve hot with a garnish of toast points or croutons.

To save fingers, always use a leaves, washed, dried and

chilled. Pound in a mortar or chop preferred, mixing with a little butter, alt and pepper to season. Spread this pixture on thin slices of bread and

Have a paper flour sack handy

Ticking makes substantial kitchen aprons. Large, plain white ones may

lays a soft shell egg every second o

Correspondence

Edited by Cynthia Grey.

lays a soft shell egg every second or third day, and has since the early part of March. Can you or some of the readers of your columns tell me the cause? I am told she is too fat. I have reduced the feed for some weeks, but she is no better. If you can tell me I shall be very grateful. Thanking you for your trouble.

A.—Lighten up on the grain feed; give green stuff, and keep lime, grif and crushed oyster shell before your hens all the time.

Dear Miss Grey .- Can light-colored window blinds That have become soiled window billing that have become solice
be painted, and is there any special kind
of paint to use? INQUIRER.

A.—I don't know that painting would
be very satisfactory. Rubbing with stale
bread crumbs is a good way of cleaning.

To Remove Stain.

Dear Miss Grev. Some oil of smok from a stovepipe got on a navy white silk skirt. I washed it off, but the perplexed. A.—Apply first a very little olive ofl o lard; then sponge with benzine or tur

Tennis Clubs.

Dear Mss Grey.—Kindly let me know through the paper the names of some tennis clubs in the city. Could one become a member.

A.—There are several clubs connected with various churches in the city, but they are usually composed of the young people of the congregation. An inquiry among your acquaintances would, no doubt, put you in touch with the officers of some of these clubs.

Tennis Clubs.

Richard and congregation and consider the search of this model, which will mrove an ideal frock for the season. The years it requires 3% yards 124-inch matted with various churches in the city, but they are usually composed of the young people of the congregation. An inquiry among your acquaintances would, no doubt, put you in touch with the officers of some of these clubs.

More Stains.

Dear Miss Grey.—As I am a constant reader of The Advertiser, would you please answer a few questions for me.

1. What would take a spot our of light blue and tan shot silk? 2. Are velvet shopping bags the most fashionable at present? Thanking you in advance.

ANXIOUS. A.—1. You do not state what kind of spot it is: if a grease spot, try a paste made with ammonia and magnesia; when dry, brush off with a fine brush. 2. Velvet handbags are very popular; many of them are ornamented with bead work in gold or jet.

Wedding Etiquette.

KITCHEN HINTS

Always spread cornmeal out on paper to dry thoroughly before putting it away.

IMPORTANT SALE

to make a Lace Curtain showing in which, Quality, Design and Price combine in one of the most attractive and advantageous offerings in years. Prices range from 25c to \$6.00 per pair.

29 PAIRS NOTTINGHAM LACE CURT AINS, 3 and 31/2 yards long; regular price \$1, 14 DIFFERENT PATTERNS TO CHOOSE FROM IN NOTTINGHAM CURTAINS,

A big range of higher-priced Curtains being sold at the same close prices, viz.: \$3.00 Curtains for \$2.40

OF LACE CURTA

10 DESIGNS IN \$1.50 CURTAINS selling at per pair

Curtain Muslins and Nets in large range of patterns,

\$4.00

\$5.00

\$6.50

PHONE 1182

Turn into a colander, press so as to

Dandelion Sandwiches Have ready a number of tender danNever wrap steel or silver in a woolen cloth. Use softest tissue paper.

clean cloth wrapped on a stick t grease hot pans and bake-tins.

sewing clippings, threads and waste paper and dispose of it to the ragman for articles needed.

Advertiser Patterns



No. 8941—A Garment of Simple Construction—Kimono Dress with Long or Cap Sleeve for Little Girl.

A practical and popular frock is here shown. With the cap sleeve it may be sworn over a gaining. The dress has the side closing in front and the empire body, which is cut without fullness, and in peasant style, is joined to a plain skirt, laving platted fullness at the back and under-arm seam. Gingham, percale, populn, plaue, linen or galatten are suitable materials for this model, which will prove an ideal freck for the season. The protection of the season is a plantern in cut in four sizes—2, 4, 6 and 8 years, it requires 3½ yards of 24-inch material for the 6-year size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Please send above-mentioned paper directions given below, to

150 DUNDAS AND CARLING STREETS

Always wash cut glass in hot water, a and polish with newspaper.

Never use carving knfie in cutting bread. It will ruin it.

Skillets, griddles, iron gem-pans and waffle irons should be well greased and burned off once or twice before using.

In lime water localities keep an oyster or mussel shell in the tea kettle to prevent lime from forming in the kettle.

The best soup is made by cooking the stock the day before and cooking the vegetables in it the second day.

To fringe celery cut it in pieces two inches long and cut down into several perts with water to curl.

Lobster salad should be eaten as soon as possible after dressing is added, else it is unwholesome. Always sift all flours before using.

To freshen a salt fish lay it skin ide up in an earthen vessel—never in

In stewing an old chicken a little soda or vinegar added to the water will make it quite tender.

Lay a garment which has been scorched in froning where the sun's rays will fall directly on it.



use Sanitol Face Powder. It enhances a good complexion, e ates blemishes, and remains undetected on the face. Soothing to a skin irritated by extremes of heat, cold and wind. A scientific antiseptic preparation, beneficial to sensitive skin. Made in three tints— flesh, white and brunette.

Housecleaning **Made Easy**



Don't remove your carpets. I control the world's best power wagon. Will send it to your house, and with powerful suction will remove all dirt, dust, microbes, moths and disease germs. Estimates free of charge. Orders taken at

J. SAGE 578 YORK STREET.

Phone 2808 Satisfactory Work Guaranteed.

To Serve as a Vegetable.
Cut off the coarse outer leaves, wash
well, then leave in cold water for an
hour to crisp. Drain, throw in a
saucepan of boiling water that has
been salted and simmer for twenty
minutes or half an hour, if full grown.

