

A Tonic

HORSFORD'S ACID PHOSPHATE

The most efficient remedy known for the relief of languor and exhaustion, so common in the spring and summer months.

Taken after exhaustive illness it acts as a wholesome tonic, giving renewed strength and vigor to the entire system.

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Harding Hall, London, Ont.

This school for girls, already favorably known through its past year-and-a-half of work, re-opened on the 12th of September, with bright and growing prospects. All grades, from the Kindergarten to University Entrance, are taught by competent and experienced teachers, pupils being prepared for the High School Entrance and for Junior Matriculation examinations. Harding Hall has already won a reputation for substantial and thorough work, and its aim is, each year to improve upon the methods and results of the preceding one.

The school is entirely undenominational, teachers being appointed solely on the grounds of ability, culture, and character; and every effort is made to set before the pupils the highest standards of work and deportment.

The house, located in one of the best residential districts of London, is roomy and well adapted for the purpose for which it has been chosen. The shady grounds contain tennis and croquet lawns, and afford ample room for the sports of recreation hours. The number of boarders is limited to ten, and their surroundings are made in every possible way home-like, and helpful to individual development.

Among the special features of the Harding Hall Course of Study, may be mentioned a class in General News for all able to profit by it, a class in Art History for the senior pupils, special instruction in sewing, open to all, and an excellently conducted chorus class.



Destroying Dust.

The modern housewife has learned that feather dusters and other flitting brooms and brushes merely scatter the dust and germs in her house, instead of removing them. She is now being told by scientists that to shake her rugs and carpets, beat her draperies, etc., in the tiny yard of her city home is undesirable. The dust flies in nearby windows, her own, perhaps, and is again disseminated. The idea of housekeeping to-day is to destroy dust. Carpet sweepers, covered dust pans, and cloths are the implements to be made use of, and the dust thus gathered should be burned, or, in the case of cloths, washed out. Back of this care, however, should come a wise choice of household belongings. Simplicity should be the fundamental law of their selection. Have the things needed for comfort and use in simple, easily-cared-for designs, for pure decoration, only a few very satisfying things. Gew-gaws, as a rule, are useless, and may be dispensed with.—*New York Post.*



A simple maiden in her flower
Is worth a hundred coats-of-arms.
—Tennyson.

Pond's Extract

Used over Half a Century

CURES

- SUNBURN
 - CHAFING
 - MOSQUITO BITES
 - ITCHING
 - SCRATCHES
 - SPRAINS
 - STIFFNESS
 - FATIGUE
- and

ALL PAIN



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