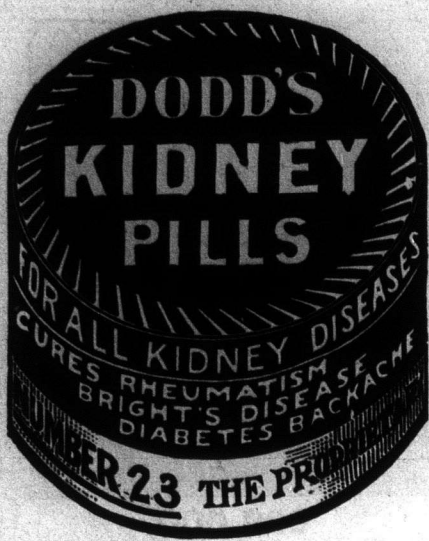


The Home Doctor

GREY 35 YEARS--CURED
IN THREE SHORT WEEKS

I Will Tell You Free How To Restore Your Grey
Hair to Natural Colour of Youth and
Look Years Younger.

No Dyes or other Harmful Methods. Results in
Four Days.

Let me send you free full information to restore your grey hair to the natural colour and beauty of youth, no matter what your age or cause of your greyness. This same simple means not only succeeded with me, but with thousands of others. One friend of mine of 76 who had been grey for 35 years restored his hair in less than one short month to the natural colour of youth, so that not a grey hair can now be found. I myself was prematurely grey at 27 and a failure because I looked old. I restored it to girlhood's color through the advice of a scientific friend. I look younger than I did nine years ago and am a living example that grey hair need no longer exist for anyone.

And so I have arranged to give full instructions absolutely free of charge to any reader of this paper who wishes to restore the natural shade of youth to any grey, bleached or faded hair without the use of any sticky or injurious dyes or stains and without detection. I pledge success with both sexes and all ages no matter how many things have failed.

So write me to-day. Give your name and address plainly state whether lady or gentleman (Mr., Mrs. or Miss) enclose 2 cent stamp for return postage and I will send you full instructions to restore the natural colour and appearance of youth to your hair, making it soft, natural and easily managed. Write to-day and never have a grey hair again. Address Mrs. Mary K. Chapman, Suite 384 N. S. Bannan Bldg. Prov. R.I.



Nine Rules for the Children's Care.

1. Don't forget that lowered vitality makes children much more liable to catch any infectious disease that may be going. Try to keep them strong and healthy.

2. Don't let the baby-soother remain in the mouth when baby is asleep, if it has been necessary to give it to him asleep, remove it whenever he goes to Slumberland.

3. Don't, if you are a nurse, ever hide anything that may have happened to a child in your care—such as a bad blow on the head, a bad fall, etc. Very often something can be done at once in case of a bad accident, and perhaps save the child's life, whereas, if left, it may prove very serious, if not fatal.

4. Don't tell children creepy and gruesome stories just before going to bed. Indeed, such stories are better not told at all.

5. Don't forget that fat is very important as a preventive of consumption. Butter fat is the most digestible form of fat.

6. Don't, on any consideration, let your children wear any garment that constricts the chest. If the little one's

clothes become too small, make them bigger or get new ones, but never keep on using restricting garments.

7. When travelling, don't allow the children to run and shout up and down the corridors of a train, and more about the compartment, trampling on the toes of others. It is so inconsiderate.

8. Do not punish a child who is unwell, however trying he may be. Sometimes in school children, overstudy will produce nervous exhaustion and ill-temper.

9. Don't cut children's nails if you have time to file them, which needs to be done twice a week; and if you do cut them soak them in warm soapy water for five minutes first. The cuticle at the base of the nails should be pushed back after drying.

Twisted Neck

Torticollis, which is derived from two Latin words, means literally "a twisted neck." It may be a symptom of various conditions, some serious and others of slight importance. It appears, for instance, in spinal caries, and in that case it is the direct result of the destruction of the bones of the spinal column. Myositis is a disease of the muscles that

starts with inflammation, and ends in a permanent hardening of the muscular fiber. When it attacks the muscles of the neck it causes a chronic condition of wryneck.

Fortunately, however, the usual attack of "stiff neck" lasts only two or three days, although it is the cause of a good deal of pain. Women and children suffer from it more often than men. It is said that exposure to a draft will often bring on an attack, and neuralgia in one or more of the nerves of the face frequently accompanies it. At the height of the attack, the usual uncomfortable accompaniments of a "cold" will be noticed—a feeling of lassitude, with a furrowed tongue, headache and sometimes slight fever.

It follows that the same remedies that would be adopted for the ordinary cold will be of use, in addition to local treatment for the relief of the pain. Most people find warm applications very helpful, and as the pain gradually lessens, vibratory massage, or gentle massage with the hand, often gives relief.

An acute attack of stiff neck is painful but unimportant; but a chronic torticollis, whether painful or not, is generally a serious matter, and often leads to deformity. That is especially the case with children, in whom it may indicate the onset of tuberculosis of the spine. When a child has a stiff neck that does not yield readily to ordinary household remedies, a physician should make a thorough examination at once.

Open Windows

When the children are restless, constantly waking up or complaining of headache in the morning, find out if they are getting their due allowance of fresh air in the sleeping hours. There cannot be the smallest objection to fresh air, even the baby of one month old can sleep with slightly open windows. When there is plenty of ventilation, children rest more quietly, and therefore thrive better in every way if they have fresh air. And open windows should be the rule in the bedrooms and nursery.

If Mary is pale, or Jackie refuses to get up in the morning, the cause is very probably due to sleeping in stuffy rooms, and the rule of fresh air, day and night, makes a great difference to a child's good looks and health.

The Care of Sponges

All sponges used for children should be frequently scalded and kept scrupulously clean. Never use a dirty sponge for the delicate skin of a young child if you wish it to keep clear and free from blemishes.

The Shape of the Mouth

A child who has hurt the outline of its mouth by constantly sucking the thumb should, as soon as it is old enough, go through regular lip exercises, and a clear and careful enunciation should be insisted upon. This will help to give the mouth a better shape.

Little Girl's Arms

I met a mother the other day who told me she was terribly worried because her daughter, a pretty debutante, had such red arms. "She always had rough arms as a child," she said, "but I never troubled about them." That was her mistake. She could have cured them easily enough before the skin got thick and coarse. A rub, night and morning, with a loofa well soaped with olive oil soap, followed by drying with a rough towel to stimulate the circulation, and then massage with cold cream, will work wonders.

It Rubs Pain Away.—There is no liniment so efficacious in overcoming pain as Dr. Thomas' Electric Oil. The hand that rubs it in rubs the pain away and on this account there is no preparation that stands so high in public esteem. There is no surer pain-killer procurable, as thousands can attest who have used it successfully in treating many ailments.



British "Tommy" use Dogs for Scouting.

The dogs of Major Richardson have been found to be very valuable for Red Cross and sentry duty. They are able when scouting in the field to detect the approach of the enemy much quicker than an ordinary soldier. The picture shows the dogs waiting to advance. Photo Underwood.

The House Beautiful is the House Sanitary

when Alabastine is applied to the walls. This beautiful modern flat-toned wall finish is sparkling alabaster rock, ground to a fine-grain powder. It has natural antiseptic qualities that destroy disease germs and banish vermin. Alabastine can be put on by anyone, skilled or unskilled, covers well and spreads evenly without brush marks. Painters and decorators like to use it because of the pleasing effects obtained and all 'round satisfaction it gives. Modern standards of taste require soft, flat tones—that walls constitute what they are intended for, suitable backgrounds. Here Alabastine is ideal and gives results superior to the most expensive methods at far less cost. We furnish users of Alabastine with complete plans of interior decoration and stencils, free. Our artists also advise individually when desired, without charge. Let us tell you more about Alabastine. Just send a postcard with your name and address and we will mail you our booklet "Modern Wall Decoration" free.

The Alabastine Co., Limited
45 Willow Street Paris, Ont.

CHURCH'S Cold Water Alabastine