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Ambrose KENT & Sons Limited
156 Yonge St. Toronto
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If You Have **SUPERFLUOUS Hair** Note the Following Advice



Don't cut, pull or burn the hair.
Don't use any kind of a depilatory or a pumice stone. The results will be disastrous.
Don't try the X-Rays treatment, it is equally as bad.
Don't allow inexperienced operators to treat you with Electrolysis. Scars and a return of the hair result.

Patronize Canada's Leading Dermatologists at the Graham Institute.

They guarantee satisfactory results with their method of Electrolysis in every case of Superfluous Hair, Moles, Warts, etc. If afflicted come during the Thanksgiving holidays, Oct. 25 to 30, for treatment. They cure skin and scalp affections of all kinds, including pimples, blackheads and blotches; treat corns and all foot troubles, etc.

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Graham Dermatological Institute
502 Church St., Toronto. Estab. 1892.

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STAMMERERS

We treat the cause, not simply the habit, and therefore produce natural speech. Write for particulars. THE DR. ARNOTT INSTITUTE, BERLIN, ONT.

outside world, there is nothing more helpful to cheer us than pleasant memories, and those I prize most and those which gather round like ministering spirits, are the kind deeds and words of sympathy of dear friends. They seem almost as essential as food for

Algoma, Ont. JULIA.

[You must often feel terrible lonely, Julia, and when the next lonely spell comes on, bring your knitting to the Ingle Nook and have another chat. There will always be an extra cosy-corner for the lonely people.—D. D.]

Dear Dame Durden,—Could you name any books or papers by which a young girl wishing to become a trained nurse could study the subject at home before going into a hospital? I will be grateful for any advice?

W. S.

Ans.—I do not think there is any book that would give you much that would be an advantage to acquire before going into a hospital. It would likely result in your having to unlearn a great deal after entering. But outside of instruction in actual nursing you can read a good deal along general lines, practice the preparing of food for invalids, and those many little arts of neatness and quietness that every nurse must have. Above all, build yourself up physically for your expected work, for no other profession requires such perfect health as that of the nurse. As a reader of the "Farmer's Advocate" you will find help in the second series of papers written by a trained nurse, which began with the first issue of this month. The writer, Miss Owen, is a first-class authority, having had a wide experience in all branches of nursing.

From a Scotch Cook.

The following recipes have been given to me by an old Scotch cook, and, having tested them frequently, I can vouch for their excellence. "Come down to the kitchen again, dear, and I'll give you some more," were her parting words. The most delicious of all her works of art is the steamed fruit pudding, which literally melts in one's mouth:

Steamed Pudding—One egg, one tablespoon butter, three-quarters cup sugar, two cups flour, two teaspoons baking powder, one cup milk, one-quarter teaspoon salt. Beat well together the egg, butter and sugar; then add the milk, and finally stir in the flour, baking powder and salt, which have been sifted together two or three times. Flavor slightly with vanilla. Grease a pudding dish well, put in a good layer of fruit, either raw or preserved, pour in the batter, and steam for not less than half an hour, nor more than three-quarters. This will make a pudding for five people.

Gingerbread—The following proportions will make a large pan of the delicacy, but it will keep easily for a week: Three eggs, one cup butter, or half butter and half dripping or lard, one teaspoon baking soda, one heaping dessert-spoon of ginger, one teaspoon cloves, one teaspoon cinnamon, one teaspoon allspice, a grating of nutmeg, three good cups of flour, one cup blackstrap, sour milk, one-half teaspoon salt. Have the butter softened, but not oily. Beat together butter, sugar, eggs, then add the blackstrap. Dissolve the soda with one-half cup sour milk, and add. Sift the flour, spice and salt several times, and then stir it into the batter. If stiff, add more sour milk. Pour into a well-greased bake-pan, and put in a moderately quick oven.

Caraway Cake—One-half cup butter, one cup sugar, three eggs, one cup sweet milk, one dessert-spoon caraways, three cups flour, three teaspoons baking powder, one-half teaspoon salt. Cream the butter and sugar to a foam; add the well-beaten yolks of the eggs and the milk. Sift the flour, baking powder and salt three or four times, add the caraways (lemon peel, chopped raisins or chopped nuts will do as well). Stir the whole into the batter. Finally fold (not beat) in the well-beaten whites of the eggs, and bake three-quarters of an hour in a loaf, in a moderate oven.

The cook advises housekeepers to buy their baking powder, baking soda and flavorings at a drug store, rather than in tins at the grocery.

D. D.

HEALTH IN THE HOME.

By a Trained Nurse

The Baby's Bottle.

The market is full of foods of all kinds, and many of them are of great value under certain conditions and for particular cases. Not one of them, however, is the proper thing for all babies; nor, perhaps, for any baby under all circumstances. If the baby cannot take milk, then, of course, something else must be found, and this is where foods are of service.

Condensed milk is often invaluable, and is used alone, and sometimes added to cow's milk. Sometimes a proportion of some of the foods is added. There is no rule about it, and the kind of food given depends entirely upon the baby, and its special needs. A baby's whole business in life is to eat and sleep, and it will not do well unless it gets the right kind of one and the right amount of the other. If it does not have the right food it will be hungry, fretful, full of colic, and will not have enough sleep.

After a suitable food or milk mixture is found the whole situation hinges upon the care of the bottle. This is of the utmost importance. The baby should not be allowed to play with it, but be made to finish it within a reasonable time, after which it should be taken away, the mother or nurse noting how much is taken at each feeding, and during the twenty-four hours. The bottle should then be washed out with borax and a brush—such as is made

for the purpose; one that has a good tuft at the end, to wash out the corners and the angle formed by the bottom and sides—and then be filled with cold water and allowed to stand in a cold place for half an hour, or until it is convenient to attend to it. Cold water is used instead of hot, because cold checks fermentation, which would be encouraged by heat under the boiling point. Further care consists in putting it into a pan of cold water and boiling it for ten minutes or more. It is then emptied, stood in the upright position, and covered securely with a perfectly fresh, clean towel.

Nipples should be placed in a solution of baking soda and water, and allowed to soak for fifteen minutes. They are then boiled in the same solution, which is finally drained off, fresh, plain water put on, and the nipples boiled again. They stand in this water, covered with a clean towel, until needed. They must be cleaned immediately after use.

Food should be given regularly, every two, three or four hours, as directed by the physician. A little baby requires food every two hours, and ordinarily not less than two ounces at each feeding, day and night. As the child grows older, and is doing well, more food is given, increasing it gradually up to four, six or eight ounces every three hours during the day, and every four hours at night. If the baby is not satisfied, either it is time to increase the

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You don't feel tired if you use a

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HAMILTON, CANADA

POULTRY AND EGGS



Condensed advertisements will be inserted under this heading at two cents per word each insertion. Each initial counts for one word, and figures for two words. Names and addresses are counted. Cash must always accompany the order for any advertisement under this heading. Parties having good pure-bred poultry and eggs for sale will find plenty of customers by using our advertising columns. No advertisement inserted for less than 30 cents.

BARRED Rock cockerels and White Pekin ducks, one dollar each. Reduction to person buying several birds, if sold before middle of November. Mrs. Howard, St. Julian's, Sutton West, Ont.

BEAUTIFUL, selected Barred Rock cockerels. Prizewinners for fall shows. Prices right. A. E. Donaghy, Colborne.

FOR SALE—Choice lot of Barred Rock cockerels. The birds are well bred and will please. Prices reasonable. Write A. S. Werden, Bethel, Ont.

FOR SALE—Orpingtons (buff, black and white) from best English and American strains; some imported from England; selling cheap. Write your wants. J. U. Tanner, Lancaster, Ont.

FOR SALE—Hockin's Barred Rocks. Winners at Toronto, Guelph and London Shows. I have a fine lot of cockerels and pullets to sell from \$1 up. Show birds and breeding stock. Must sell before winter. Also a few pair old birds. Write at once. Chas. Hockin, 121 Rectory St., London, Ont.

ROSE-COMB Brown Leghorns and Rose-comb Black Minorcas, cockerels and pullets; prize stock; \$1.50 each. Vercy Charlton, Ilderton, Ont.

WHITE WYANDOTTES, winter layers, March-hatched pullets, cockerels not akin. Prices right. Chas. A. Goulding, Vine-mount, Ont.

Barred Rocks—We offer eggs for hatching, from pens good in size, shape, color and laying qualities at \$1 per 13, \$9.50 per 39, \$5 per 100. 1905 egg circular free.

M. Gee & Sons, Rainham Centre, Ont.

Douglass Poultry Grit

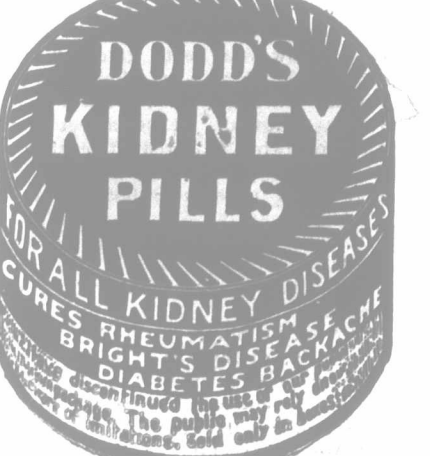
Poultrymen who have tried this grit recommend it highly. It is the best in the market; possesses great shell-producing qualities, and keeps the hens healthy and robust. Supplied by

George Mathewson, St. Mary's, Ont.

"No," said Ragson Tatters, "I don't like dis here slang. I had a fierce 'sperience on account of it, onct."

"W'en wuz dat?" asked Weary Willie.

"O! quite some years ago. One day a man asked me if I didn't want some soap. O' course, I sez 'No!' an' de werry nex' day I learns dat 'soap' wuz a new slang word fur 'money.'"



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