

ULUSIAN SECTOR SECTOR

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trimmed. The newest and latest styles are to be found in this magnificent display. A full range of sizes. From 95c. to \$6.50.



are apt to ruin the flavour. A good thing to keep an evening iress in is a cheesecloth bag with a hanger in the top. Old sheets should be made into bags n which to hang one's suits or dress-Every closet should have little shelves in it, one above the other, near the floor, to hold shoes. To keep icing from sticking to the Home Dying has no terrors for me - It's simply



CLEANEST, SIMPLEST, and BEST

lightly while wet. The best color for nursery walls

A little practice will do it.

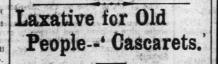
soft green. All-white irritaes adult eyes and must be tormenting to babies. To remove a glass stopper from a bottle, put a few drops of oil bn the

firmly in the neck of the bottle. When you wash a delicate article in gasoline, add a little salt and there will be no stain left at the edges of the

washed portion. Watch Yourself. When you sit, do you lean forward. as though your waist were a joint? or meaningless, cramped heap when street, or when you slip into a chair to rest? Do you walk with your shoulders

ergy and your last friend, too?

to follow your bidding. proud of yourself.



as natural as it is for old people to walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles. So all old people need Cascarets One might as well refuse to aid weak eyes with glasses as to neglect this stopper and let it stand. Then turn gentle aid to weak bowels. The bowels must be kept active. This is important at all ages, but never so

much as at fifty. Age is not a time for harsh physics Ycuth may occasionally whip the bowels into activity. But a lash can't be used every day. What the bowels of the old need is a gentle and natural tonic. One that can be constantly used without harm. The only such Do you "flop down" in a soft sort tonic is Cascarets and they cost only .10 cents per box at any drug store you stop to speak to a person on the They work while you sleep.

-----The monthly meeting of the Holy Name Society of the R. C. Cathedral was held on Sunday afternoon when back and your head in its proper place, or do they droop miserably, as over 50 nem members joined. Rev. Fr. if you had lost every vistage of en- O'Callaghan presided and delivered an eloquent address. Benediction of the Blessed Sacrament was held in the The muscles of the body are wonde fully pliable, and seem almost anxious Cathedral when the O Salutaris and Tantum Ergo were excellently render-Give them a chance to

ed by the choir, Mr. Gus Collins presiding at the organ. Officers were nom inated at the meeting.

A good example of this system of lighting may now be seen at the West End premises of the Hon. George Knowling, where the new lamps have recently been installed.

We invite comparison, and will be glad of the opportunity to prove the merits of the "Humphrey" Lamp, which we will instal free of charge on trial.

ST. JOHN'S GAS LIGHT COMPANY.

Cumber and Builders' Supplies Our stocks were never more complete than they are now. Everything from SILL TO SADDLE IS OUR MOTTO.

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