# IMPORTANT NOTICE! 

 workimg men, attention :Be very careful where ycu buy Insurance for yourselvès or your families! There is a great deal of difference between the Policies of the Sun Life Assurance Company of Canada and those of other Companies; more than you have any idea of.

For instance: The Sun Life 20 year endowment for children costs less and gives ninetcen dollars more on every $\mathbf{\$ 1 0 0}$ of Insurance.
The Bonuses or Profits are guaranteed on small pelicies as well as large.

- Write a Post Card to

ALFRED B, OHARLES, Supt. Thrift Dept.
SUN LIFE ASSURANGE COMPANY OF-GANADA

- 72 Queen St. W., Toronto, Ont.





## HOUSEHOLD HINTS



 $\underset{\substack{\text { cayemo } \\ \text { ane pen } \\ \text { terean toant }}}{ }$
scotch woodoock.

 | apoo |
| :---: |
| stane |
| talte |



 sen
pon
pan
puta
tor a






 нотсhpotč puddine.







 The olor of perpiration en be pre
venter vith f fer frope of ammonia
Jin the bathing weter
 Plister eacts. And omemontio in : deanel br overing witiz old statreb


Throw the egs still into the wock

If silk id wathod every woek in waim monia, the polith can be preserved for a


 In order to remote the anke from the

 with four beofore being brushed ol
with egz and bread erumbe
Blue otains, when caused by hoose
 wiil answer for this $j^{\text {urppose. }}$
 it will prevent any chanee of difengree.
able lumpe so often found in wones.
ete
 the litle one a bath in greaten comfor
to o ourand geit domp to tit and have
the right height.





 groased paper to prevent tho learrea
touching the cake botter.
To mako lineed ten put two table





 part of tho night,
 Wathing fabries thit are ineched to
ado shoild bo tonked and rineed in
 pandzufe

 Diferesione like mail strems, are firs Sarro fien they rises, but gatber an




