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It is surprising how easy you can dye successfully at home with Maypole Soap, which washes and dyes at one operation. "No mess, no trouble." Brilliant and fadeless colorings—you can dye to any tint with it.

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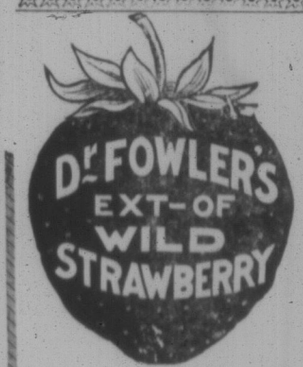

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ITS EFFECTS ARE MARVELLOUS.
IT ACTS LIKE A CHARM.
RELIEF ALMOST INSTANTANEOUS.

Pleasant, Rapid, Reliable, Effectual.

EVERY HOUSE SHOULD HAVE IT.
ASK YOUR DRUGGIST FOR IT. TAKE NO OTHER.

PRICE, - 35c.

Wanted Everywhere

Bright young folks to sell Patriotic Goods. Some ready, others now in preparation in England.
Address to-day the
VARIETY MF'G CO.

The Home

HOW CLARA BARTON KEEPS YOUNG.

She is one of the most interesting women in the world. Over sixty-five years old, slight built, sensitive and nervous—and though she has seen more suffering than falls to the lot of most women, she is still young.

Her prescription for youthfulness is interesting and well worth trying.

"How do I stand all this wear and tear? Economy. That's it, economy. I save my strength. When I'm not working at the business which is my very life, I either rest or play. I don't putter. That's what ages women—puttering. When I see a teacher breaking down, or a trained nurse giving up with nervous prostration, I wonder when women will learn to stop puttering.

"I wouldn't sew a button on to one of my shoes for all the kingdoms of the earth. I can't afford such luxuries. A woman can't be a fine teacher, an excellent dressmaker, an expert cook, a shoe-cleaner, a glove-mender, a nurse, and a domestic economizer all at once. The minute she tries to do it, she breaks down, and then some one writes a brilliant article on 'Why American women break down.'

"Sleep is a great thing for women. Half the women I know don't sleep enough. I've cultivated the accomplishment of napping. I shut my eyes and go to sleep whenever there is a lull in my work.

"It isn't work that wears women out; it's fretting and puttering. The way to keep young? Stop worrying and go to work. Throw yourself, heart and soul, brain and nerve, into some one thing; make a fetish of it; throw every bit of energy you've got into it—housekeeping, taking care of children, teaching, writing, nursing—it doesn't make a bit of difference what you do; it's the way you do it that counts. Copy the first young looking man you see; do the way he does; work when you are working, but when you are not working cultivate the art of being amused."—Sel.

ELEMENTS OF SUCCESS.

Neatness of dress is one of the essentials to success, whether in business or in the home. With this comes neatness in other habits, and all help to mark the commercial value or its opposite in the young man or woman who wants to make a living, at home or with others.

"I had rather board three men like Frank than one girl like his sister Anna," was the statement of a boarding-house keeper.

I was curious, as usual, to know the "why" of this.

"It is just because Frank is as neat as wax, about the house and his room, in his person and in his dress, while his sister is just the reverse; and she therefore makes both my girls and self a great deal of work. I never like to introduce her to my friends, while I am always proud of her brother."

That helped to settle the value which they put upon themselves, as well as upon neatness. One was benefited by his way, while the other was simply tolerated for hers. And there is a vast difference between the degrees of "welcome" and "toleration" in any home or office.

The matter of neatness in dress and person speaks for itself, and is a mute testimonial which has been know to carry more weight than written recommendations in the case of more than one office boy, shop girl, or teacher who was looking for a place. In a recent examination for teachers two stood equally well and led all the rest. They were both called before the board of education for personal examination, and the one whose gloves were soiled, shoes unpolished, and skirt pinned to her waist, was not selected; while the more neatly attired candidate was given the place.

It sometimes happens that a very little thing will decide your case, for or against; and it is well to have the little things in your favor. Neatness is one of the things which you alone can control for yourself. See to it that teeth, nails, and skin are kept spotlessly clean, hair well brushed, shoes and clothing in order. And even a boy may learn to mend, and neatly, rather than go untidy because his mother has not time to look him over every day and see that he is rightly equipped for his work or business.—Northwestern Christian Advocate.

THE REST CURE.

Fretfulness is the certain indication of the need of rest. It is the cry of the nerves for repose. Doctors have recognized this need by establishing rest cures, where one may gain from silence and repose the strength which can be gained in no other way. Life to-day is strenuous, even for those who most crave peace. We live in an atmosphere of noise and bustle, and it leaves its impress upon our minds and bodies, even when we are unconscious of it. The strain upon us is never ending, and men, women, and children show the tension in irritable speech and gesture. Rest sanitariums, with their attendant expenses are out of the question for many of us who have duties at home and work that must be done, but it is possible for each of us to have our own rest cure. There is no home so poor that within it is no nook where one may go for an hour and drop the cares that are heavy "as the weight of dreams pressing on us everywhere." The greater the rush, the greater the need of the resting time, and the resulting vigor with which one will attack the tasks which were dropped for a time.

In the so-called idle minutes one pulls one's self together, and can start again almost as fresh as if the day were just beginning. Woman's way of resting, by turning from one task to another, from baking to darning stockings, or to doing fancy work, is no rest at all. Every thought, every motion, however trifling, uses up a certain amount of force. Change of work simply taxes another set of nerves and muscles, whereas rest allows all nerves and muscles to relax, thereby gaining tone. The rest cure should be part of the system of living. For the woman who is trying to hold back her fleeting youth there is no such aid in this effort as rest. Rest is wisdom; it strengthens the worker and it sweetens life.—Western Christian Advocate.

BRIGHT BABIES

Are a joy to Mothers and a Treasure in the Home.

All babies should be bright, good natured and well. If you have a child that is sickly, fretful, nervous, restless at night, or suffers from stomach or bowel troubles of any sort, give it Baby's Own Tablets and it will soon be well. There is no other medicine in the world will so safely and speedily cure indigestion, sour stomach, colic, constipation, diarrhoea and teething troubles. Thousands of grateful mothers speak of this medicine in words of warmest praise. Mrs. Fred Power, 18 Scollard street, Toronto, says: "My baby suffered greatly from indigestion. She was pale and very thin and would cry with pain in the stomach, and sometimes would not sleep either day or night. I got a box of Baby's Own Tablets and they have made a great change in my little one. She now digests her food readily; is not troubled with the pain in the stomach, and has grown quite plump. I do not know of any medicine that can equal Baby's Own Tablets for little ones."

This medicine is guaranteed to contain neither opiate or other harmful drugs. Children take the tablets as readily as candy and crushed to a powder they can be given to the smallest, weakest baby. Sold at all drug stores, or sent postpaid at 25c. a box, by addressing The Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y.

One hundred and seventy-five thousand bushels of grain have been carried from Chicago in one day, part way over the Canada Atlantic Railroad. Previously it has taken seven days.



For 60 Years

The name GATES' has been a warrant of par excellence in medicine.
During these six decades
GATES' ACADIAN LINIMENT
has been in public use with ever-growing popularity. All classes of workmen are now recognizing that it is the handiest and best application they can get in case of accident or colds, and the greatest pain killer in the world.

Lumbermen carry it with them in the woods for emergencies.

Fishermen and *Miners* have discovered that they require its aid. Farmers can get no superior liniment for ailments of horses and cattle.

Householders should keep it constantly on hand for burns, bruises, cuts, colds, coughs, etc.

It should be applied to a CUT at once, as it heals and acts as a disinfectant, killing the disease germs which enter the wound. If you have a cold or other use for a liniment, get a bottle at once and you will be convinced that you have got the best. Sold everywhere at 25 cents.

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Abbey's Effervescent Salt

The best Tonic and System Regulator for Spring

It purifies the blood and improves the tone of every organ in the body.

A teaspoonful in a glass of water in the morning after breakfast.

Sold by all druggists.

A terrific wind and rain storm, accompanied by a waterspout, swept over Cincinnati, O., Thuesday, the loss of six lives and injuring many other people.

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