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THE CENTAUR COMPANY, NEW-YORK CITY.

## OF INTEREST TO WOMEN

SUN YOUR HAIR.

One thing Canadian women don't do very often that every woman ought to do and that is let their hair hang down loose. The English woman will take the pins out of her hair and let it ripple unconfined over her shoulders every chance she gets. If she takes a little midday nap she is not content unless her hair is down and she really enjoys giving her hair a sun bath when she finds a little leisure on a winter's day and a sunny window in which to do it.

On the other hand Canadian women are more fastidious about washing their hair than are any other women. They should remember that sometimes an air bath is as beneficial as a water and soap bath.

Even oldish women's hair has a wonderful way of restoring itself to health if it only has a chance. Sometimes what it needs more than anything else is seeming neglect. For women had lustrous and luxuriant tresses before they were any hair tonics and restoratives and electric massages. And if you notice, it is not always the woman who devotes the most time on hair treatment whose hair is thickest and in best condition.

One of the worst things that you can do for your hair is to keep it forever confined under a hat. That is why the housewife so often has better hair than the woman whose duties keep her very much dressed for the street. Another very bad thing for the hair is to overdo the hair curling process. Some women as soon as they take out the pins that confine their hair in one tortuous position all day after a hurried brushing twist it into kids or other curling devices that restrict just as much as has the day-time position.

## HINTS TO HOUSEWIVES.

Borax or ammonia can be used to soften hard water for bathing.

Discarded hot water bottles should be put up for sink mats.

Odd bits of fermented fruit juices can be put into the vinegar jug.

Boil clothespins once a month and dry thoroughly. They will last longer.

Keep all scraps of silk or velvet for patchwork quilts, couch covers, shopping or work bags.

A delicious dessert is made by adding whipped cream to any fruit whip and freezing like an ice.

Old sweaters may be washed, dyed unraveled, reknit for women's or children's sweaters, scarfs, caps or wrist-lets.

When washing chamois leather add a little ammonia to the water. This cleans them beautifully and helps to make them soft and pliable.

A cake mixture never should be beaten after the stiffly-beaten whites of eggs have been carefully folded in, as it breaks the cells containing the air which, with effort, has been beaten into them, and the expansion of this air is what adds to the lightness of the cake.

## WHIPPED LEMON JELLY.

Two tablespoons gelatine and one cupful cold water, soak for five minutes, pour on one and one-half cupful boiling water, and three-quarter cupful of sugar, stir until dissolved, then add one cupful lemon juice. Place mixture in bowl on ice; when it is cool, but before it begins to harden beat with a Dover beater until white and frothy. Turn into a mold; set in a cool place to harden. Serve with boiled custard or preserved fruit.

## JACK TWIN SULLIVAN IS STILL ACTIVE

Jack (Twin) Sullivan is breaking all records for long service in the ring. Although he began boxing in 1896 and is nearly 42 years of age, he is still active in Buffalo clubs and has recent victories over Willie Langford, Joe Bonds, Indian Jamison, Soldier Jones, Jack Holland, Jimmy Gray and Charlie Gousse.

## A PROBLEM FOR THE EDITOR

It has been asked whether stepping on a man's corns gives provocation for swearing. Answer: Keep the toes clear of corns by using Putnam's Corn Extractor. It's the best, 25c. at all dealers.

## AMERICANS ACCUSED OF HARD WORK

(Boston Traveller)

Most of us are so busy earning our daily bread and other necessary things that we have little leisure left to enjoy life. An immigrant, going back from the United States to his home country, spoke this criticism of Americans: "I don't like the people. They work like dogs and don't live at all." He had seen only a small section of America, perhaps the section that is privileged to play the least. But there is an element of truth in the statement that, as a people, we fail to live.

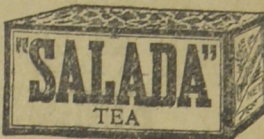
To be forced to work is no curse, but a blessing. Idleness is the most tiresome thing on earth. To work hard at a worthwhile task, to strive to do it a little better today than it was done yesterday, is in itself a source of satisfaction.

Americans are, by nature, energetic and ambitious. They work with the vision of advancement ever in the mind's eye. They aim not only to earn the bare necessities, but to have something left over, and to forge ahead.

This is as it should be. It makes ours an industrious nation, a land of prosperity. But there is danger of being carried too far by our ambition and our habit of work. We need sometimes to relax, and don't know how to do it. We rush home from work, snatch a bite to eat, and are off to a ball game, an automobile ride or the theatre—anything for excitement. These diversions are useful to an extent. But a life consisting only of work and excitement is by no means a complete life.

Dorothy Canfield Fisher, in her remarkable book, "Home Fires in France," tells among other stories that of an American business man who went to France during the war to render such help as he might be able to give in a commercial way. He came across an apothecary who was making a cold cream of extraordinary quality—a preparation that had a fortune in it if properly promoted. The American conceived a gigantic plan for organizing a company, erect-

Get a Packet, and Realize  
what an infusion of Really  
Pure Fine Tea Tastes like



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## SERVANT GIRL INCIDENT

(H. F. Gadsby in Saturday Night)  
Having carefully barred the doors in Washington and London Sir Robert passes the time of day with the Minister of Militia who is waiting for a kind word.

Sir Robert—Well, Hugh, they tell me you are a great pilot—composure, dignity, grasp of your subject—all that sort of thing. The Franchise act seems to have got along swimmingly.

Mr. Guthrie (modestly)—Yes, we took it over the bumps all right. It is a well drawn bill. You heard about

ing factories, advertising and selling the great toilet articles.

The Frenchman listened—he saw the possibilities—but he refused to enter into such an undertaking. It meant riches, power, success; he saw all that. But it also meant strain and toil and worry. The cream which was now compounded with great care by a few skilled workers would not be so well made under factory conditions. Besides, there was the family life, the evenings in the garden under the stars the meditation, the reading of great thoughts wise men have set down in books. He could not give up all this.

Doubtless the French apothecary was not altogether right. He lacked something of the enterprise that every American admires. But he had found satisfaction in life that most of us, in the hurly-burly of making a living, fail to find.

General McLean, of course—he used the word "servant girl" out loud. Colonel Peck and Col. Cooper resigned from the Pensions Committee but took it back when the general apologized.

Sir Robert—What was all the hubbub about? I know the General—he is nothing if not gallant.

## HOW SALLOW SKIN CAN BE CHANGED TO ROSY COMPLEXION

Every woman with pale cheeks and poor complexion needs medicine—needs a potent tonic to regulate her system.

To touch up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation—make nourishing blood—instill force and vim into a run-down system.

If nervous and can't sleep your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his mandrake and Butternut Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and languor is marvellous. Hundreds declare they soothe and quiet the nerves so that a good night's rest

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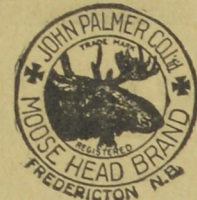
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