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temples, grow old before their time.

If your hair is thining at the temples. if it is losing its natural buy what they required. There may be color, fading or turning gray, put some of them in existence to-day. In the your faith in PARISIAN Sage and old land such market days in the smaller you won't be disappointed. Large villages are quite common, and prove of bottle 50 cents at T. E. Morrow and great advantage to farmers in the neighdealers everywhere. Girl with Auburn hair on every package,

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rl Hicks Almanac

The Parcels Post Question

The operation of the United States arcel post system, to be commenced on anuary 1, cannot fail to be of deep inerest to Canada. Whether it yield the maximum of benefit and convenience expected, or fall short, it will have insanies. had the general public supported the various bills brought forward on othe matter as vigorously as the self-interest opponents of the innovation fought against them. Congressmen who found n their mail from constituents twenty etters of protest against a cheap parcels food products and the prices paid by the etties drove home the necessity of public ed at all, is where the girl's left hand action to enable direct dealing. The

ng area, that retailing in the city was impossible for the producer. Thus the pinch ited States experiment would at once materially strengthen the public desire in Canada for a cheap parcels post

National Farmers

Has it ever occurred to you that while during the year that the farmer has no day which he can call his own, or better, is recognized as a day set apart for the towns and cities have theirs in the civic on the side. It is reforming its holiday, which has become a fixture all own style of dancing, so as to show a over the Dominion. But there is no day good example to those who dance in country. With many in cities and towns, the annual civic holiday is a day when be begun. Hence no more bunny hugs or they visit the country or their friends in strange holds in the dances under the the country, if they have any. Might it auspices of New Pork's Junior Cotillons. not be possible for the farmers to have a day when they could visit the city and be country and city into closer touch with by all dealers. each other. While the people in the city and cauntry are in closer touch with each other to-day than they have ever been be fore, there is a need for further development in this direction. A special day set apart as farmers' day would be a step in this direction. The suggestion has been made by parties interested in furthering the fruit industry that a day should be set apart as apple day, when people would eat apples or in some way, endeavor to foster apple-growing in this country. Might not the same thing be accomplished by having a farmers' day when all the varied interests of the farm might be given special attention? What do our readers think of the suggestion?

In discussing this matter with a prom inent business man the other day, who knows the position of the farmer and his needs a good deal better than most busimen do, he suggested that a day should be set apart as a sort of farmers exchange day, a day when farmers would meet at certain centres, discuss their needs and exchange products one with another. One farmer may have seed grain or a bull, a cow or a horse for sale. Another farmer may want to buy some seed grain or live Falling Hair and Scalp Itch stock or to exchange something for them. when the farmers in a locality could meet He will do more: if after using two or the buying and selling of produce could There used to be in ular, where some years ago it was the reg-Young women who neglect their ular practice in the fall of the year to have If your hair is thining at the visit these points, meet the farmers and borhood. A farmers' exchange day is, therefore, not an untried thing, and might be developed in a way to make it of special advantage to the country generally. What do you think of it?

You will find that druggists everywhere ence in the sale of it that in cases of Jarvis. The prices will suit every ed upon, and that it is pleasant and said to take. For sale by all dealers.

The Rev. Irl R. Hicks 1913 Minanae

is now ready. It is the most splendid number of this Year Book jeyer printed. by remarkable fulfillments of its storm, westher and earthquake forecast this vear. Professor Hicks justly merits the Our list is so arranged that our readers one ience and support of all the people. not only get the advantage of very low in this to send 35c for his 1913 Almanac prices, but can select papers and maga- or any one dollar for his splendid Magzines suitable for every member of their azine and Almanac one year. The best

lin Ave., St. Louis, Mo.

A pair of sharp sciseors-not the big kitchen shears-should always be kept in 1 85 the kitchen. One housewife uses hers to 1.85 cut the rinds from slice of bacon. Any versing on the streets. To say that there to remove the fins from fish with a knife now clips them off with a pair of sharp scissors and has no unhappy result. 2.35 Scissors will also shred lettuce or escarole quickly, will cut off the roots from greens and put herbs, cut dried fruits and re-1.85 moye the crusts from bread. A bunch of 1.85 mint or parsley can be quickly cut with 3.30 them into tiny pieces, and they have been found useful in trimming steaks and cleaning poultry. It is easier to remove the hard core of a grapefruit with scissors than with a knife, and there is not so much danger of spattering the juice.

Do You Dance?

Those who dance will be interested to learn that the "clutch" and "strangle" holds of the ball room have been declared noseemly, ungentlemanly and unlady produced to this continent, probably for ly it such an expression can be used, by all time, a cheap public service of which the patronesses of the New York Juniors the economy will be directly felt by the Cotillons, a learning arbiter in matters humblest citizen. Once the value of this to the community in general has been city. The clutch and the strangle are well established, it is hardly conceivable two positions assumed by the young girls that, no matter what the weakness of the and young men in modern dancing which yssem as originally planned or the the women of society find most unpleas difficulties met in working it out may be, ing. To those who do not trip the light fanor the deficiency of ievenue, there could tastic toe and who may therefore not be be a reversion to the present system of versed in the terpsichorean art, it may be complete dependence upon express com. explained that in the "cluth" the girl facpanies. Many years ago the United es her partner and rests her hands on his States might have had a cheap parcels shoulders, while he holds her in the same post, in spite of the four big express com- manner. The "strangle" as its name suggests, is a neck hold, where the girl faces her partner and hangs on him, both hands encircling his nick so that her hands are clasped at the back of his head. These positions are now classed with the turkey trot and the bunny hug and are no longer to be tolerated in the communication with the farmers for his set where the Junior Cotilions hold sway food products and the prices paid by the consumer of those products in the large and innocuous that it has not been nam public market was out of the question, goes around her waist. "If you place because the cities were so big, the supplies your hand inside your partner's arm, to feed them drawn from so large a farm. are in a position to push his arm away, but when you rest your hand on the outof high prices for food in the large cities side of his arm, then you cannot regulate did what general arguments on the his grip," the high priestess. Mrs. Dodge merits of cheap parcel transportation explains. We are recommending this quite failed to do. The success of the position, which is pleasing, is perfectly ensible and comfortable and can be sumed by any young girl with perfect Our dances will have only propriety waltzes and one steps. The one step is not in the least like the original turkey trot and it is approved by all members, if danced in the proper way. We find that the only way to call a gnest's attention other interests have their special holidays to an overstepping of rules is to tap him or her gently on the shoulder and say: "Oh, they aren't doing that now." Of course, the Junior Cocillons is primarily a furtherance of the farmers' interests. The fashionable amusement organization, but lator interests have their day, people in it also has moral and reform mission recognized as farmers' day, and the farm. the common dance halls. The patroners are the most important class in this esses argue that one must reform oneself before the work of reforming others can

If you are troubled with chronic con entertained by their friends there? An stipations, the mild and gentle effect of interchange of visits once a year would do good. It would being the people of the especially suited to your case. For sale

School Report

Report of S. S. No. 21 Walpole for Many wives have yet to learn that house-The Rey. Irl R. Aicks Almanac for 1913
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It is the most splendid ag. Sr. IV *Hazel Saunders, 75; Jr. IV *Cecil Saunders, *Michael McSorley, occupation which will pay them a few dollars each week, when in their own reductions and the special sp Mitchell. Sr. III Raymond Jaques, Florence Wilson, "Roy Mitchell. Sr. II Mable Henning, Annie McSorley. Sr. I Belle McDonald, "Gladys Mitchell. Jr. I Belle McDonald, "Gladys Mitchell. Jr. I St. I Belle McDonald, "Gladys Mitchell. Jr. I Sugar in prodigious quantities because Stanley Saunders, Effic Mitchell.

The Small Town Loafer

"The debating question whether life is

pleasanter in the city or country is peren-Scissor's Handy in the manners and morality of small towns and large cities might be equally interminable. Yet it might not be without nial, and a discussion as to the relative good results. In a small Ontario city a Toronto visitor was struck by the frequency with which profane language occurred in the speech of persons conother, who used to cut her fingers trying was a time when it was worse than it is the plain people of other nations In now would be to lay the town in question under a serious indictment. On Sunday evening the main thoroughfare was lined with boys and young men who poured their streams of profanity and obscenity from the shelter of doorways, where they were permitted by the police to remain. moved along, and their language would who overheard it. In a large city a policeman is no respecter of persons. The reason is that there are too many persons who might claim respect. It is not possible to extend immunity or license to population of nearly half a million. In a small city it is supposed that the policeman knows three out of every four people fend him if he got into any trouble with a oliceman. His actions may be objectionable, but the fact that the policeman might reasonably cause the officer to have family. But how? That is the hesitate before making an enemy of him. If there is any other reason for the tolerated profanity in small cities and towns sides as a failure. It does not support those who know are invited to state them. the family and in many cases it is not

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Thrifty Housewives

their mistresses would consider them-selves "stingy" to speak a word of warning or give direct supervision of the culin-ary department. The French people are far head of us in their observance of the "penny saved, penny earned" theory. They use for their salads the parts of the vegetables which we throw away. They toast the left over slices of bread which we let mold. They prepared from the common and healthful vegetables which we scorn dishes fit for epicures. And they do these things because they believe that thrift is imperative, and as a result they have bank accounts and a housekeeping woman has five or six professions. She must know something of dressmaking, of cooking, of serving, of finance, of household hygiene. And these things are interesting only when they are given their true value in the world of endeavor. The woman who fo judge from the crowds of these loafers holds competently her place as manager it would appear that there were very tew of her household ranks high above women young people in church that night, and in other professions, for she has learned few in the habit of attending church. In to do not one thing, but many, and her Toronto these loafers would have been executive ability must be of the most perfect order if she is to realize the ideal cause their arrest by the first policeman | in the working out of her domestic "big

Lazy Husbands

What shall be done with men who are too lazy to support their wives and families? This was one of the subjects dishe meets. There may be the magistrate's of Corrections and Charities in Montreal. son, the leading citizen's son, the popular All the societies had complaints to make drug clerk, or some other youth who of the burden thrown on them by such hears a good name, and who could bring men, who either run away from their prominent and reputable people to de families in order to escape the responsibility or else lie around and refuse to work. In either case the family must knows him and knows the influence he All were agreed that somehow the lazy shift for itself or be supported by charity. could bring to bear before a magnetrate husband should be compelled to support ing the man to jail is condemmed on all Whatever the reasons may be, the fact is even a punishment to worthless husbands. not to be denied that the language and If it were possible to make such men street manners in some of our smaller work in jail and support their family also communities would be considered dis- the solution would be simple enough. graceful in Toronto, and not only dis But it seems difficult to make the man whooping cough, diphtheria and scarlet work would be even more afraid of a

graceful, but dangerous."-Mail & Empire | work hard enough to even earn his own board. The Hamilton Times suggests that a good whipping might help a little We wish to call your attention to the and it is just possible that it might. It fact that most infectiout diseases such as may be that the man who is afraid of fever are contracted when the child has a whipping, and the incorrigibly lazy might cold. Chamberlain's Cough Remedy will recognize the advisability of self-reforquickly a cure cold and greatly lessen the mation. We don't think that the husdanger of contracting these diseases. band who would support his family only This remedy is famous for its cures of because he was afraid of a whipping colds. It contains no opium or other would be an ideal husband, but he might narcotic and may be given to a child with be just a little nearer to it than the man

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