For Your Health

you should buy the best.

is the purest and most scientifically prepared tea, sold today. - Try it.



BATHS AND BATHING.

Bathing serves a two-fold purpose; it cleanses the body and opens the pores so that the skin may throw off impurities and absorb oxygen. Many diseases would be prevented if the I skin of the whole body were thoroughly cleansed with due regularity.

Both general and local baths are of value for various disorders. Probably the customary weekly soap-and-water bath is all that is absolutely essential

with sponge, wash-rag or just the ature. slow. The cool, or body-temperature A COMBINATION BAG AND FAN. bath is usually better. A cold bath A bag that will serve as a fan can more. I know I'm a very miserable had served in her sitting-room, Helen of warmth immediately after. Salt three and a hair dozen bugie beads; added to the water will insure against five-eighths of a yard of feather band-taking cold. When the feet are warm ing, cardboard, buckram and a skein Helen already had her arms around David's name, and the quick light in the Chinese girl's eyes did not escape duced into England, and an effort was a sillar and the girl's head on her her.

Those who have heart disease of any kind and those with seriously depleted ality chould be very careful about using the hot bath-not have it too And then, if one feels a sense of overheating while in the water, it is best to get out of it immediately. Of course, a bathtub of some kind is necand a half inches or a heart-shaped day was so near."

To Hee's voice spenging with cold or cool water. But

cellent for sprains and hurts, where rosebuds used instead of forget-me. Chu Sing was in the drawing-room. mindedly.

Hastily alimning on a dressing-gown. "You are ings. It also relieves local inflamma-

The hot foot-bath is sometimes effectively used to relieve nervous headache and head colds. Its effectiveness is augmented by the addition of salt or mustard. An alternate hot and cold foot bath is a fine general tonic, and may be used as often as desired. Have two pasins of water, one cold and the other hot, and kept hot. Begin by holding the feet in the hot water two or three minutes, then in the cold water a minute or less. Repeat three or four times in each, ending with the cold bath. Taken at bedtime it will warm the feet for the night, as it draws the blood to them and sets it freely circulating.

SINCERITY.

She has an honest habit in her speech; She puts aside our pretty pettiness, Our soft deceits that are so meaning-

says just what she means, and if we reach

Only the swift, clean wind of honesty binding of white linen would be That blows away the films and lets pleasing. us see

Some of us like her; some there are Pattern mailed to any address on

AUTOMOBILE SCHOOL

One of the Best Equipped in Ontnario. We have First-Class Instructors to make you a Real Expert. Write or see 1 6 Jaton, 661 Queen St. E., Toronto. let go his grip.

She is too harsh; her words are far too plain-She hurts their feelings twenty times

-Abigail Cresson.

WASH-DAY ASSISTANTS.

for cleanliness, provided the other ers of discarded corsets. Save them, barbaric gold nail-shield gleamed up or Helen doubt the truth of Tu Hee's eliminating organs do their part toward purifying the body. Otherwise
more frequent baths are required to
insure cleanliness.

Darbaric gold nail-shield gleamed up
at her mackingly.

"It is so good of you to have come,
insure cleanliness.

When the doorstep, oh, you're
at her mackingly.

"It is so good of you to have come,
insure cleanliness.

When the doorstep, oh, you're
statement. If the girl had had no
become a yard long and four inches wide. On
wash days small pieces such as hand
"It hesitated somewhat at intruding,"

"It hesitated somewhat at intru A daily morning bath is very health- kerchiefs and napkins can be fastened dear," replied Helen, "but my scruples him. Her whole manner proclaimed dear," replied Helen, "but my scruples him. ful and invigorating. It may be taken in the supporters while in the house evaporated in my interest and longing it. But would strangers be so creduin a bath tub—just a plunge—followed instead of having to pin the pieces to to see you. by rapid friction with Turkish towel, the line in the hot sun, or worse yet, "And the continued praises I heard wondered Irma. Already she was in-

hand. The latter is especially good It takes only a moment to pin the Irma, with a smile.

is a strong stimulant to the entire easily be made of the following maone. The gods have indeed forsaken tried to divert the girl's mind from circulatory system, provided one can terials; one-third of a yard of silk or me, and now, O Mrs. Claymore"—a the gruesome subject that submerged the tables of practically everybody at recuperate quickly, and have a feeling satin; a bunch of forget-me-nots; wild sob broke from the distracted girl them all. She did succeed in bringing least once a day, it is rather difficult of warmth immediately after. Salt three and a half dozen bugle beads; -"they think I killed him!"

immersed in hot water while taking seven and a half inches in diameter,

Poor Tu Hee, a woman's sympathy they were wasting precious moments age their cultivation, the scheme was the hand or sponge bath, or while and clip a segment from each for the had been denied her so long that the in loitering over tea when the girl's roundly denounced as a device of the using a hand spray in the bath tub, opening of the bag at the top. Re- friendship of these two foreigners was life was in hourly danger. She had rich for the oppression of the poor, cold bath should always be followed match. Fit the silk and the lining (of the disks with buckram cut to neavenly paim to ner.

The distribution of the same of the same of the same of the disks with buckram cut to neavenly paim to ner.

"It's so nice to have you here," Tu act she must and quickly.

"Much as I would like to spend the live on such "cattle food."

"Much as I would like to spend the live on such "cattle food." distely before or within two hours sections together except at the top, blue eyes had almost vanished. which should be left open so that you "I want to tell you and your friend half." Hot water has a wonderful influence can slip the cardboard stiffening in all about it," continued Tu Hee. think I'm afraid to meet my fate. I'm afraid to meet my fate. I'm parting and insert the handles. Without bending in the cardboard manipulate it gently until it slips into the pockets. Seam not and I feel it mishing on me year.

As irma took I'u nee's hand at think I'm again baffling, flickering tato was not mentioned in the Bible, it memories that aligned her. Was it mere must be unfit for Christians to eat. It pity, she wondered, that almost com- was even described by one divine as pon the elimination of wastes and and insert the handles. Without bend- "Can't that wait, dear?"

> Cut a strip of cardboard for a in trying to save me only involved me standing in the door of her apartment, handle one and a half by thirteen deeper, believes I may be guilty: inches in size and stitch buckram to "To think at this time yesterday he could see no ray of light piercing the it. Cover the handle with the fabric was with me!" Tu Hee paused as if redark clouds that surrounded the acand stitch it on the machine; then inforcing her self-control. "Yes, he cused girl. press it with a hot iron. Make another spent nearly the whole day here and As the two women followed the ser-utensil.

piece. Cover it with the fabric and Tu Hee's voice faltered, and as she sight of Irma plunged her into the then cover the fabric with forget-me- saw the blue eyes fill with tears Helen wildest confusion. do not cool off too quickly, and be nots, carefully stitched on. Outline wondered if the girl had real affection "I'll wager she knows more than she careful not to become chilled after a the section with bugle beads. Sew the for the man after all fire doubts were has told about this alian, inwardly bath of this kind. The hot bath takes is then ready for service, both as a control of the following staked my life on that old woman's fidelity. They're a queer race, these fatigue out of the muscles and helps is then ready for service, both as a much, Mrs. Claymore. He has been fidelity. They're a queer race, these to promote sleep. For these purposes fan Vou can add a faether handling very kind to me since my uncle's people. fan. You can add a feather banding death. Hocally applied, the hot bath is exlient for sprains and hurts, where

The dispensed with and tiny homemade bed when a servant brought word that Irma answered vaguely and absent-



A SERVICEABLE MODEL.

4469. One could make this apron ed her hand reassuringly. of rubberized cretonne, sanitas, chambrey, linen, toweling or terry cloth. see him as he looked when I came upon The pockets will delight the tiny Behind the truth for flattery we feel wearer. Blue linen with pockets and

The Pattern is cut in 4 Sizes: 6 Things as they are the clear, the months, I, 2 and 3 years. To make the apron either size will require % yards of 24 or 27-inch material.

receipt of 15c in silver or stamps, by the Wilson Publishing Co., 73 West Adelaide St., Toronto. Allow two weeks for receipt of pattern.

A drop of oil will make a wood tick

The Gift Of The Gods

BY PEARL POLEY.

As Helen and Tu Hee talked, Irma back to the door, his arms resting on To his far vision plain and true as are studied surreptitiously the slim form a small table, and the ruby clasped in its simple mourning gown of pure tightly between his fingers.

white. Never before had a stranger "I don't know how I did it. I real-

veined brow, the whiteness and clear- That is all I remember, but they say ness of which caused Irma to wonder. I did it!" If the thought wasn't ridiculous, she All this time Irma Culver had sat

surprised. Helen was taken aback, come the narrator, she had started up amazed at Tu Hee's appearance as if to comfort her but had restrain-Whatever the cause, the girl looked ed the impulse immediately. less like a Chinese than ever before. All this time Irma Culver had sat Fusty little snow squall, dancing on And does no good by it—so where's Perhaps the lack of rouge and the na- a silent listener, her slim body ment remaps the lack of rouge and the na- a sment distense, her sum body ment tural sweet curves of the unpainted slightly forward, her eyes fixed intent- Meeting on the window pane, blowing gravely, "you don't spend all your cannot answer—yet her truth I lips helped in the startling change. Iy on Tu Hee's face. Several times, know

Truly the gir! before them, in spite of when emotion had threatened to over
Just enough to make us think of elfin Is what has made me love and trust the ravages of illness and sorrow, was come the narrator, she had started up

And then Heien's eyes dropped to the Following Tu Hee's story, absolute soft hand clasping her own and re-silence reigned in the room for sev-Don't throw away the hose support ceived a setback to her musings. The eral minutes.

or it may be taken from a wash-basin on a winter day with a zero temper-sung on your behalf made me your criminated by her own story, and the friend without seeing you," added servant had put on the black tragic Peppering our overcoats, powdering

Tu Hee's lips trembled.

full to perform their work, frequent the two fabric-covered sections tohat baths are of great help in making gether with embroidery silk in a butthe skin do, or help to do, the work tonhile stitch.

Lim arraid to meet my rate. I'm pity, sne wondered, that almost composite mot, and I feel it rushing on me very pelled her to take the girl in her arms being the forbidden fruit which had all around me. Everyone in my household but Lim and the boy servant, who assurances to Tu Hee as they left her hold but Lun and the boy servant, who assurances to Tu Hee as they left her ing leprosy and fever.

handles to the box one on each side. Some matters to look after in the city. face to face with Lun. The old nurse's handles to the bag, one on each side. He departed in the very best of spir- hands were clutching at each other

Hastily slipping on a dressing-gown, "You are surely not disappointed in I went down. I'm sure not more than her, Mrs. Culver?" exclaimed Helen,

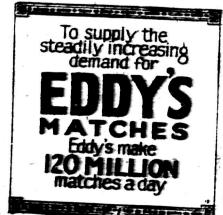
"And where was Lun at that time?" you to champion our cause."

Irma turned puzzled, surprised eyes "Lun?" Tu Hee looked at her friend on the questioner. "Disappointed? some fresh morning robes for me."

ugly thought had crept into Helen Claymore's mind. The old nurse's frantic efforts to postpone the wedding were vividly recalled. Could it be possible that the woman had taken this

ordinary had happened to bring Chu other day, through a misunderstand-Sing back at that hour, so I hurried ing, Mrs. Tamen, on her arrival at B-down, not even waiting to coil up my found that her husband had already

her eyes for a moment. Helen press-"Oh, it's so horrible. I shall always



him. There he sat in a big chair, his

affected her like this girl. Her heart ized something terrible had happened. New ways for old, he sang, youth's went out to her in great waves of He had a light grey overcoat on, and maternal sympathy. Was it the lovely it was torn and blood-stained under fragility and youth of her that had the shoulder. The shock must have This youhtful light flamed ever in his aroused her compassion? Her heart numbed even my feeling of horror, for ached strangely as she noted the deep I deliberately walked over to him. A Fearless, the boy in him put his ship's shadows under the blue eyes, eyes that dagger, one of my uncle's, lay on the appeared almost too large for the floor-it-it was covered with blood. I don't know yet how I could have done The dainty, arched eyebrows showed it, but I picked it up, and then the in startling relief against the blue-door opened and a servant looked in.

would have said the girl's face had a silent listener, her slim body bent. The boy who gave a new free world been stained and the dye was wearing slightly forward, her eyes fixed intently on Tu Hee's face. Several times, But it wasn't only Irma who was when emotion had threatened to over-

more amazingly beautiful than she as if to comfort her but had restrained Fusty little snow squall on your facry

"I hesitated somewhat at intruding, least entertained a friendly liking for Creature of a frail wind over in an

as the warmth of the hand, dipped in strip of muslin to the line and take it I'm not quite myself yet and I might" lections of the country's horrible pund. cold or cool water, prevents chilling down after the pieces are dry, thus of the body. No one should take a speeding the job.—C. C. A.

I'm not quite myself yet and I might because of the graph of the body. The pieces are dry, thus speeding the job.—C. C. A.

I'm not quite myself yet and I might because of the graph "You're a marvelous girl, Tu Hee." facing a wild, reckless, unreasoning

Over the light lunch that Tu Hee When Potatoes Were Banned.

no definite plan on which to act, but and one champion of the workers

It was true; the hunted look in the to your interest that I hurry away and even more unfriendly reception. Serafternoon with you, dear, is more

Cut from buckram a disk of three its, very much elated that our wedding nervously, and her eyes shifted from

ten minutes could have elapsed from disturbed and hurt at what she took the time I received the message to the for the older woman's disinterestedtime I entered the drawing-room ness. "Somehow I was counting on

in surprise. "Let me see. Ah, I re- Why, my dear, I was amazed, overmember now. Lun was away in an- whelmed at the child's loveliness. It other part of the house sorting out has dazed me a bit, that is all. Please come up to the temple to-morrow, "I see; well, go on, dear." But an Helen, and we will talk it over." (To be continued.)

An Addition.

terrible means of achieving her der the management of Mr. Tamen "Yes, I remember I was a trifle up-set. I knew something out of the other day through a misunderstandhair, but merely covered it with a lace been astonishing the natives with his Tu Hee paused again and covered they decided to join forces. show. Something had to be done, so

Next day the following advertisement appeared in the local papers: "Mr. Tamen begs to announce that, owing to the unenxpected arrival of his wife, his collection of ferocicus and wonderful beasts has been aug-

The Kitchen Table.

Before covering the kitchen table with oilcloth, paste squares of heavy muslin or other cotton cloth over the four edges of the table. This prevents the oilcloth's breaking at the corners. —L. G. €.

Minard's Liniment for Dandruff. ISSUE No. 42-123.

One day at Genoa and gazed afar, Pilled with the dream that becke past the bar. call of sea and sky posse

The shining wonders of some newfound stars ancient hymn.

prow Out into trackless seas beyond his ken: Though aged and in chains, yet none could bind

The deathless spirit that had proved

John L. Foley.

First Snow.

wings!

Fusty little snow squall, sifting us

hour!

Fusty little snow squall, drifting down

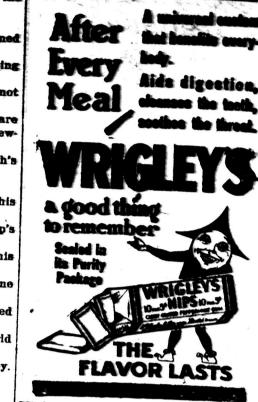
our necks, Blowing round the corners, sifting through the door-Fusty little snow squall, bless you—au

revoir!

warned them against being induced

mons were preached against it, in

A novel egg beater of the crankoperated type can be adjusted to fit CANADA FOUNDRIES & FORGINGS the shape of almost any cooking



earnings?"

"No, sir," responded John, respectfully; "I always makes it a strict rule, sir, never to spend moren two thirds of me wages, sir."

"Ah, that's good—that's good!" said the parson. "And do you put the other third in the bank?"

"Oh, no, sir," responded the man; "I puts it to much better use than that. I gives it to the missus to keep

Minard's Liniment Heals Cuts.

Most Foreign.

Lady (to teacher of languages)—"I want you to teach my son a foreign

Teacher-"Would you like Polish, Jugo-Slavonian, Czecho-Slovakian, Armenian, or Arabic?" Lady—"Which is the most foreign?"



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