



### Baby's Advice

**Don't use medicated soaps unless your skin is sick — and don't make it sick by using strong soaps, pigments, or by neglect.**

Use Baby's Own Soap freely with warm water, rinse well and dry carefully, and the most delicate skin will be kept soft and white—will not harden or become coarse. Its constant careful use will make HARD SKINS softer and whiter. Its gentle lingering aroma is a lasting pleasure enhanced by the knowledge that it is due exclusively to flower extracts—No artificial chemical perfumes are used in it.

# BABY'S OWN SOAP

Best for Baby



Best for You

Sold Everywhere — ALBERT SOAPS, LIMITED, Mtn., MONTREAL.

## Home Nursing And Health Hint

### HEADACHE FROM OVER FATIGUE

"I couldn't stand it another minute, mother. My headaches are old history now, but this afternoon I simply had to come home!" And Angela Perkins, opening the side door, sat limply down at the kitchen table.

Her mother was baking biscuits. She dusted the flour off her hands and with a look of deep concern placed tender fingers on the girl's forehead.

"My dear, if you would only take care of yourself, instead of waiting till you are forced to give in! These headaches of yours have been troubling you for so long. And it is no unreasonable to think that there must be some cause for them. If you would only have your eyes examined. A pair of glasses perhaps—"

After the fashion of unthinking daughters, the girl pushed her mother's hand away and flounced impatiently across the room.

### Girl Very Much Angered.

"I am not going to go around looking like an owl—peering through glasses," she said. "It can't be my eyes. I can see perfectly well. And it isn't my teeth. And you thought it might be my teeth. The X-ray plate was entirely satisfactory. I am tired of being bawled. And scolded—and nagged at."

And the girl, who had never been scolded in her whole life and who did not know the meaning of the word "nagging," though she believed to be the most abused person in the whole world, started up the back stairs, slamming the door.

Her mother, with a sigh, after the fashion of mothers, went back to her bake-board. But as she floured it and patted the dough into light little shapes there was an unwonted firmness about her lips. And when she had slipped the biscuits into the oven, and washed the board and put it away, she

firmness was still there. She had made up her mind about Angela's headaches. For the mother, after all, was the one who suffered most from the girl's frequent headaches and irritability.

Complained of Headaches.

Angela was a high school girl. She was perfectly strong and healthy, but of late she had complained much of headaches. Her mother had sent her to the dentist. The report had been that Angela's teeth were in perfect condition.

If the headaches were not caused by some light digestive disorder, Angela's mother had set her heart upon eyestrain. It might just be, however—and the mother hesitated. For, after all, if Angela could be persuaded to have her eyes examined and if she should have to wear glasses, she would be the first in the family to appear in them. And in her heart Mrs. Perkins shared Angela's horror of wearing glasses.

Fatigue? Overfatigue? Could it be? Angela's mother was doing some serious thinking as she ascended the stairs.

Perhaps the headaches were from fatigue. Certain it was that the child (for so her mother always thought of her) had had a great deal less sleep than usual. For almost the entire semester in fact.

### All in the Wild Rush.

There were dances and theatre parties, and expenditures to the movies, and shopping parties, and the like. The work and was a time of tempestuous rushing from one place of excitement to another. Not that Angela was alone in her rushing. All the young girls in the neighbourhood were doing the same thing.

Mrs. Perkins knocked on her daughter's door. Then entered. The girl was reduced to tears, lying on the old rose couch in the bay-window. The hot afternoon sun streamed full in her face. Her head was low, and she pressed her hands to her throbbing temples.

"My dear! My dear! Why don't you pull down the shade, and raise the window and loosen your clothing? Or, better still, get right into bed." And, as she spoke, Angela's mother ran around doing all the things she mentioned.

"Go away! Don't bother me," cried the girl, ungraciously.

"Get right up and get undressed and go to bed properly," said her mother speaking so firmly that the girl, surprised into obedience, did so.

### Pillows Ease the Pressure.

"Two pillows under your head, to raise it, will ease the pressure on the nerves in your head. Because it is the congestion of blood in the head that causes this pressure, and therefore the pain," as she spoke Mrs. Perkins placed two pillows under her daughter's head.

## FRECKLES

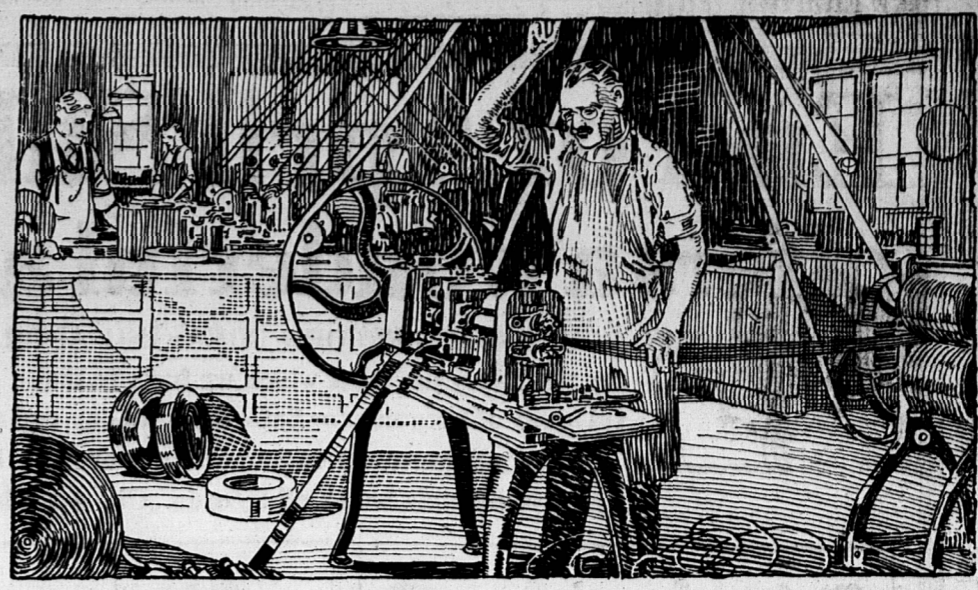
Don't Hide Them With a Veil; Remove Them With Othine—Double Strength

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold under a guarantee to refund the money if it fails.

"Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee.

# WALTHAM THE SCIENTIFICALLY BUILT WATCH



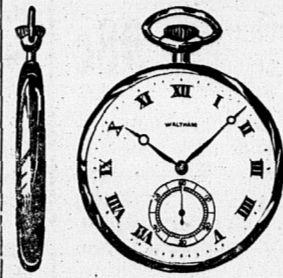
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The Main Spring



Literature on request

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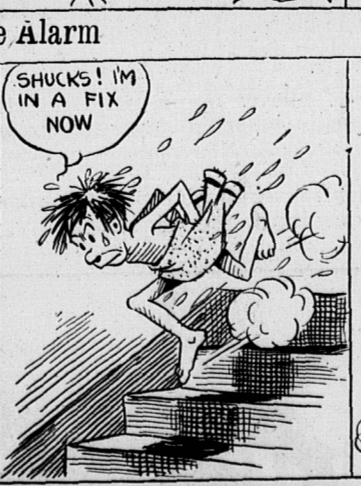
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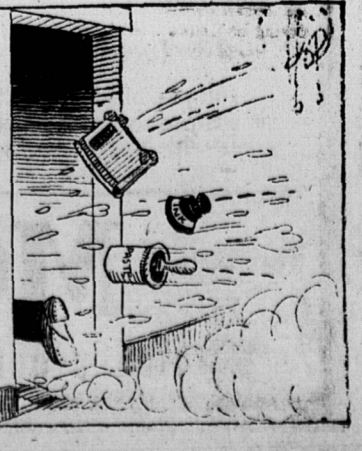
## SCOOP The Cub Reporter



## You Can't Pull Anything Over On Scoop



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