

**Heal and Beauty Hints.**  
Physicians now urge that the powder puff and pad be discarded as germ carriers, and that absorbent cotton be used in their place.

A person who desires excellent health must sleep with the bedroom windows open every night. Fresh air is the best health purifier and cosmetic in the world.

Boys made of cheesecloth eight inches square, filled with oatmeal, soap powdered borax, pulverized castile soap and a little powdered orris root, and used in the bath are delightfully refreshing.

The write of an egg beaten in lemon juice, slightly sweetened with powdered sugar is a simple and pleasant remedy for hoarseness. The mixture

The marriage age in Australia is 15 years for both sexes; Germany, the man at 18, the woman at 14; Belgium, the man at 18, the woman at 15; Spain, the man at 14, the woman at 12; Mexico, the man at 16, the woman at 14.

wise certain occasions whose circumstances are peculiar in that all of them force the onlooker to the same conclusion. That is, a person is not enabled to consider the various phases of such

have the muscles of the politician, but all of them fail when the candidate tries them upon a number of husky farmers or iron moulders. The strain is terrible, the tree is a long continued one, and

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.