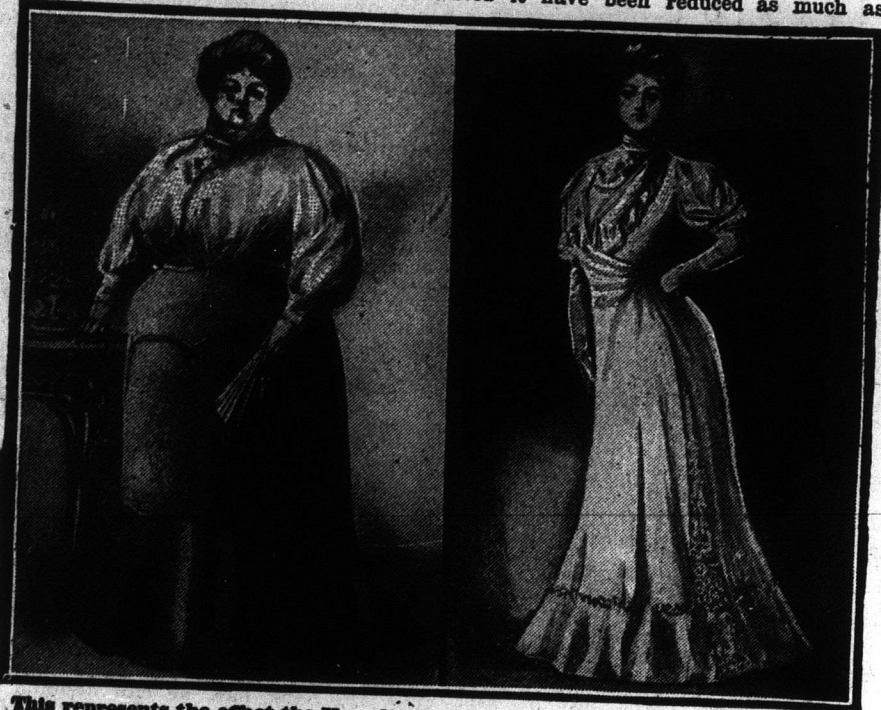


Makes Fat Vanish

Obesity Quickly and Safely Cured. No Charge to Try the NEW KRESSLIN TREATMENT.

UST SEND YOUR ADDRESS AND A SUPPLY WILL BE SENT YOU FREE—DO IT TO-DAY

Fat people need no longer despair, for there is a home remedy to be had that will quickly and safely reduce their weight, and in order to prove that it does take off superfluous flesh rapidly and without harm, a trial treatment will be sent free of charge to those who apply for it by simply sending name and address. It is called the Kresslin Treatment, and many people who have used it have been reduced as much as a



This represents the effect the Kresslin Treatment has had in hundreds of cases. pound a day, often forty pounds a month when large quantities of fat were to be taken off. No person is so fat but what it will have the desired effect, and no matter where the excess fat is located—stomach, bust, hips, cheeks, neck—it will quickly vanish without exercising, dieting or in any way interfering with your customary habits. Rheumatism, Asthma, Kidney and Heart Troubles leave as fat is reduced. It does it beneficial to all the organs. So send name and address to the Dr. Bromley Co., Dept. 234E, 41 West 25th St., New York City, and you will receive a large trial treatment free, together with an illustrated book on the subject and letters of indorsement from those who have taken the treatment at home and reduced themselves to normal. All this will be sent without one cent to pay in any shape or form. Let them hear from you promptly.



Facts For Women—Especially Mothers

Babies would almost starve to death if fed regularly on some kinds of milk—while they grow fat and rosy on the Truro Brands.

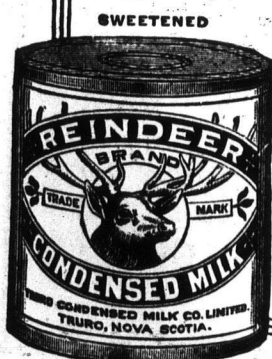
The food value of milk is determined by its richness (Butter Fat).

The Canadian Government has found that

"Reindeer" Milk is 7½% richer and "Jersey" Cream is 13% richer

than the best of all other Brands of Condensed Milk and Sterilized Cream now on the Canadian market.

A copy of Inland Revenue Department Bulletin No. 144 may be obtained by writing the Dept. of Agriculture, Ottawa.



It verifies our claim that "Reindeer" and "Jersey" Brands are pre-eminent for quality and uniformity—thus the best for children and all culinary purposes.

The Truro Condensed Milk Co. Limited, Truro, N.S.



Stovel's Indexed Pocket Maps

of Manitoba size 22 x 20; Saskatchewan 16 x 32; Alberta 16 x 32; printed in 5 colors; by mail 25 cents each. Address Map Dept., The Stovel Co., Winnipeg.

LADIES

A safe, reliable and effective MONTHLY medicine. Can be depended upon. Mailed securely sealed upon receipt of \$1.00. Correspondence confidential. J. AUSTIN & CO'Y. Drawer "K" Chemists, Simcoe, Ont.

Woman and the Home.

The Upper Room.

In my house of life is an Upper Room. A small and garnished place; And there I dreamed in the mist-gray gloom. And I looked my soul in the face. (O Upper Room with your dreams where I let my friends, unwept, go passing by.)

Once Love tried the door, and a child's voice came— I heard it through my prayers— But the door was barred when they called my name. And the steps went down the stairs. (And yesterday at the door I found A toy and a rose trampled on the ground.)

And my prayers were heard, for with toil my house Has grown, though empty, great; And from my Upper Room I see Crowds gathered around my gate. (From my Upper Room with its dreams where I let the loveless years go passing by.)

I have fought my fight. Hark, they bring the prize I have won; I have won the race! But I sit and I dare not lift my eyes To look my soul in the face. (For yesterday at the door I found A toy and a rose trampled on the ground.)

—Mary Roberts Rinehart.

How to Do Things.

"I want to give a musicale, as I have some friends visiting me who are fond of music, and both play and sing finely. Will you tell me the correct way to conduct it?" Anna.

You do not say whether you want the musicale to be an afternoon or evening affair. Of course, the former is more informal, and the invitations sent out are the same as those for a "tea." Just the card of the hostess on which the date and hour are written in the lower left hand corner, with the word "music" following. For evening musicales the form of a party invitation should be used, the invitation being for a "musicale," so that the guests will understand what sort of a party it is to which they are bidden. Such an invitation must be promptly accepted or declined in the formal terms of the third person. If, however, the hostess simply announces herself as at home with music, the recipient accepts by attending, or if unable to do so, sends her card by mail on the day of the entertainment.

If the hostess has no regular music room so as to have the space for the piano and the various performers at one end of the room; or, better still, if there is a large room opening into the drawing-room, let her have all of the furniture removed from this room, save the piano and the chairs for those who are to take part in the drawing-room. And have plenty of chairs arranged for the guests. The rooms should be tastefully decorated with plants and cut flowers. Printed programmes are sometimes provided, but only when it is a large and formal affair.

The hostess should stand in the drawing-room, where she can greet her guests as they arrive. A dressing-room and coatroom should be arranged as at a reception, though at a small musicale the guests may not care to lay aside their wraps or parasols.

After the music is over, refreshments should be served in the dining room. If the entertainment is in the evening, a somewhat substantial supper should be served, but at an afternoon affair a very light reception, such as sandwiches, bouillon, ices, cakes, bonbons and salted nuts, with tea, coffee and chocolate, is considered sufficient.

"I have scorchd my best white linen shirt waist quite badly. Can you tell me how I may restore it? The fibres do not seem burned, but the material is discolored. Unlucky Susan."

Try this recipe: Bake and squeeze the juice out of one onion, mix in a little shaved laundry soap, an ounce of fuller's earth, and a small cup of vinegar. Let this boil, then cool. Apply to the scorched place. Allow it to dry. Then wash in the usual way and the scorch will disappear.

"My little daughter troubles me very much by refusing to go to sleep in the dark. She isn't afraid, but she says 'when the light goes away my eyes won't stay shut.' I have to punish her for some way I don't think it is a case

for discipline, and I must confess I don't know what to do. Can you help me? Mother."

I was reading something the other day on this very subject, which I think will answer your question so I will give it to you.

It is a curious fact that many ailments which are scarcely noticed by day seem to increase with the darkness. An earache, which during the day was not bad enough to interfere with one's enjoyment or usefulness, will develop during the night into a positive affliction that there is no ignoring. Nervousness, which may be only a vague unrest during the hours of light, becomes intense the moment one lies down in bed, enveloped by darkness and stillness. The moment the gas is turned out, one begins to toss and turn. Many a victim of insomnia can fall asleep if he will get up and light the gas. Whenever such is the case there seems to be no good reason for persisting in lying in the dark. If light soothes or mitigates, have light by all means. It is much better to have a lamp burning in the room, even if it is not hygienic, than to worry through the night in pain or sleeplessness. Children often refuse to sleep in the dark. A Viennese doctor, who has studied the pathological effects of light and darkness, advises that their prejudices or fears in this respect should be regarded.

You see yours is not an isolated case. I should, were I in your place, try the experiment of following the course advised by the physician.

"There is a division of opinion in the family, and you are asked to arbitrate. We have a little daughter just beginning to go to school, and child fashion, she wants an occasional bit of money to spend. Now I am arguing in favor of giving her a little allowance and making her accountable for its use, but her father thinks it nonsense, that she is too young to be given even so slight a financial responsibility. What is your advice? Mrs. A. W. P."

My own belief, and it is a strong and firmly rooted conviction, is that if a child is to be taught the value of money she should be given an allowance weekly, which she is to use at her own discretion, keeping an accurate account of how she spends it. Perhaps at the outset it is but four or five cents. But it is hers. If a picture book, a card, a wee dolly attracts her while out walking with you, she can buy it.

But once the sum of money in hand is used, no more can be had until next pay day. Gradually the sum has been increased, as you felt able, or felt it wise to increase it, until at twelve she has at her command a little sum of money for her private needs. The amount of self-respect, the feeling of importance, this will impart will have no small bearing upon strengthening character, and she will be far more likely to value her income if she knows exactly what it is to be each week than she would if it were merely a question of running to mother for every trifle she wished or every car fare required.

The indiscriminate giving of small sums of money to little children is, I believe, the worst possible thing that can be done. They grow up without the least idea of the value of money, and soon regard father or mother, whichever may be the one to hand the desired sum to them, as a sort of mint, in whose pockets is carried an endless supply.

"Is there any way in which apple jelly may be given an added piquancy of flavor, that you know about? While it is one of the most attractive looking make it as palatable as other fruit jellies. It seems to me that fault might be remedied. Nellie Bly."

Why don't you try the effect of the juice and thin yellow rind of a lemon to each pint of apple juice. Skim out the bits of lemon rind before the jelly is put into the glasses. Apple jelly to serve with roast goose or pork is delicious when flavored delicately with mint. Make the jelly in the usual way, using green, unripe apples, which make a very clear jelly. To each cup of the sugar, a tablespoonful of mint juice, prepared in this way: Wash one cup of mint leaves, add one cup of hot water, and let steep one hour. Lay a piece of cheesecloth over the bowl, pour into it the mint leaves, and roll up and press out all the moisture. This gives a dark green mixture that colors the apple jelly a delicate tinge of green.

Mothers can easily know when their children are troubled with worms, and can apply the best remedy—Mother Graves' Worm Expeller.