

re Trouble
ARS.

R HIM TO

34 Torrance
writes:—"For
nervous trouble,
me to sleep.
time I went to
I even worse
I consulted a
tonic to take
bed.
time, but the
greater force

works with me,
album's heart
them and I got
another box,
I could enjoy
a.m., and now

s Heart and
box, or 3 boxes
for sale at all
ed direct on
Milburn Co.,

RAPPERS

and consider-
prices, we are
the quotations
List for Rac-

get the
vance.

& CO.

AL P.Q.

s in Canada.

Truss

TR-PADS are different
trusses, being made
purpose to hold the
place without straps,
springs—cannot slip,
chafe or compress
pelvic bone. The
truss cured in the pri-
s. Thousands have
themselves without
as velvet—easy to
use of cure is natural,
ing you trial of Pinaud
FREE. Write TODAY.
2315, Louis, Mo.

BAD LEGS,
ETC.,

expensive home
moves the pain,
Full particulars
ing, P. D. F. 138



TRE

itre removed with-
dine or having it
have a convenient
ance which is worn
at night and cures
op. It checks the
es the enlargement,
pain and distress
b. 18 years success,
or free booklet and
including testi-
Address the
drg., Cincinnati, O.

MAKE YOU
ROUS

ambitious write me
re you live or what
I teach you the Real
I appoint you Special
company in your town;
business of your own,
ney at once.

or men without
pendent for life.
Particulars FREE.

IVE REALTY CO.
Building
D. O.

Well, Well!

THIS is a HOME DYE
that ANYONE
can use



I dyed ALL these
DIFFERENT KINDS
of Goods
with the SAME Dye.
I used

DYOLA
ONE DYE FOR ALL KINDS OF GOODS

CLEAN and SIMPLE to Use.
No chance of using the Wrong Dye for the
Goods one has to color. All colors from your
Druggist or Dealer. FREE Color Card and
STORY Booklet so, from
The Johnson-Richardson Co., Limited
Montreal, Can.

YOUR HEART

Does it Flutter, Palpitate
or Skip Beats? Have you
Shortness of Breath, Ten-
derness, Numbness or
Pain in left side, Dizziness,
Fainting Spells, Spots
before the eyes, Sudden
Starting in sleep, Night-
mare, Hungry or Weak
Spells, Oppressed Feeling
in chest, Choking Sensation in throat,
Painful to lie on left side, Cold Hands or
Feet, Difficult Breathing, Dropsy, Swelling
of the feet or ankles, or Neuralgia
around the heart? If you have one or more
of the above symptoms of heart disease, don't
fail to use Dr. Kinsman's Celebrated Heart
Tablets, the remedy which has made so many
marvelous cures. Not a secret or "patent"
medicine. One out of four has a weak or
diseased heart. Three-fourths of these do
not know it, and thousands die who have been
wrongfully treated for the Stomach, Lungs,
Kidneys or Nerves. Don't drop dead like
hundreds of others when Dr. Kinsman's
Heart Tablets will cure you. Here is a sample
of what they are daily doing:

"Upon my word as a minister of the gospel I
could not have lived had it not been for your Ta-
blets. I had heart trouble severely for fifteen years
and many doctors had failed. I could scarcely
walk fifty steps, could not lie on my left side, had
fluttering and pains most excruciating. I am
now well."—W. H. Thompson, Adams, Ky.
One thousand other recent genuine endorse-
ments will be mailed you with the free treatment.

FREE TREATMENT COUPON
Any sufferer mailing this coupon, with their
name and P. O. address, to Dr. F. G. Kins-
man, Box 957, Augusta, Maine, will receive
a box of Heart Tablets for trial, by return
mail, postpaid, free of charge. Don't risk
death by delay.

\$3.50 Recipe FREE For Weak Men

Send Name and Address Today—
You Can Have it Free and Be
Strong and Vigorous.

I have in my possession a prescription for nervous
debility, lack of vigor, weakened manhood, failing
memory and lame back, brought on by excesses,
unnatural drains, or the follies of youth, that has
cured so many worn and nervous men right in
their own homes—with out any additional help or
medicine—that I think every man who wishes to
regain his manly power and virility, quickly and
quietly, should have a copy. So I have determined
to send a copy of the prescription free of charge,
in a plain, ordinary sealed envelope to any man
who will write me for it.

This prescription comes from a physician who
has made a special study of men and I am con-
vinced it is the surest-acting combination for the
cure of deficient manhood and vigor failure ever
put together.

I think I owe it to my fellow man to send them
a copy in confidence so that any man anywhere
who is weak and discouraged with repeated failures
may stop dragging himself with harmful patent
medicines, secure what I believe is the quickest
acting restorative, up-building, SPOT-TOUCHING
remedy ever devised, and so cure himself at home
quietly and quickly. Just drop me a line like
this: Dr. A. E. Robinson, 4215 Luck Building,
Detroit, Mich. and I will send you a copy of this
splendid recipe in a plain, ordinary envelope
free of charge. A great many doctors would
charge \$3.00 to \$5.00 for merely writing out a
prescription like this—but I send it entirely free.

To-Morrow.

How many hearts with longing hopes
Are waiting for to-morrow:
To some 'twill bring its wealth of joy,
To some its cup of sorrow.
We bear the burdens of to-day
And often find them lighter
In thinking that to-morrow's sky
Will be a little brighter.
Our hearts would oftentimes grow faint,
And we be still more weary,
The world would have less charms for
us,
And life seem dark and dreary,
If it were not for hopes that cling
To something yet before us;
To-morrow's hand of promise holds
Its silken curtain o'er us.

Interesting Items.

Suggestions for Housewives.

Salt added to starch is responsible
for the gloss on linen when it is ironed.

Elderberries and green grapes, equal
portions, or tart apples, make a fine
jelly.

Use chocolate creams for a cake fill-
ing, or place them on top and frost all
over.

Moths will not come where clothes
have been sprinkled with turpentine;
they hate the odor.

Crisp cabbage may be substituted for
celery in chicken salad when the celery
is out of season.

Unbleached calico shrinks in the wash.
Allow an extra inch to each yard in
making it up, to allow for this.

To keep the whites of eggs from
falling after being whipped try adding
while whipping a pinch of cream of
tartar.

Instead of laboriously grating
chocolate for cooking purposes, break
it into good sized bits and stand over
boiling water until melted.

Put an orange or a lemon in the
jar or box with your newly made sweet
cakes or cookies and you will find it
will give them a delicate and delicious
flavor.

Don't move a cake in the oven when
you want to see if it is baking well.
Open the door quickly, strike a match,
and you can see at a glance the whole
surface.

A most useful article in the kitchen
is a small child's slate, on which to
write articles to be ordered from the
butcher or the grocer as fast as they
run short.

After cooking, rub your gas stove off
with a cloth dipped in turpentine. Polish
off with another.

For a fine white dress that has be-
come yellow, put it in a stone jar,
cover with buttermilk. Let stand a
day and a night. Then wash and starch
with blue starch.

Do not put your white clothes away
with starch in them, leave them rough
dry. The starch rots them.

For those who require something a
little warmer than a cotton night-
dress and find flannelette too heavy,
nun's veiling is very comfortable, as
well as dainty, when combined with in-
sertion.

A teaspoon of powdered alum to one
cup of luke warm water, snuffed into
the nostrils will stop bleeding from the
nose.

To remove gum from any fabric,
soak in kerosene. That will soften it
and it can easily be removed.

Dr. Philip Jones, of the Baptist Pub-
lication Board, was recently asked if
the book store had done a good holiday
trade.

"Yes," said he; "they did—especially
in Polar literature. Cook books and
Peary articles were much in demand."

"A Grand Medicine" is the encomium often
passed on Bickle's Anti-Consumptive Syrup, and
when the results from its use are considered, as
borne out by many persons who have employed it
in stopping coughs and eradicating colds, it is
more than grand. Kept in the house it is always
at hand and it has no equal as a ready remedy.
If you have not tried it, do so at once.

Aids Nature

The great success of Dr. Pierce's Golden Medical Dis-
covery in curing weak stomachs, wasted bodies, weak
lungs, and obstinate and lingering coughs, is based on
the recognition of the fundamental truth that "Golden
Medical Discovery" supplies Nature with body-build-
ing, tissue-repairing, muscle-making materials, in con-
densed and concentrated form. With this help Nature
supplies the necessary strength to the stomach to digest
food, build up the body and thereby throw off lingering
obstinate coughs. The "Discovery" re-establishes the
digestive and nutritive organs in sound health, purifies
and enriches the blood, and nourishes the nerves—in
short establishes sound vigorous health.

If your dealer offers something "just as good,"
It is probably better FOR HIM...It pays better.
But you are thinking of the cure not the profit, so
there's nothing "just as good" for you. Say so.

Dr. Pierce's Common Sense Medical Adviser, in Plain English; or, Med-
icine Simplified, 1008 pages, over 700 illustrations, newly revised up-to-date
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FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman.
I know woman's sufferings.
I have found the cure.
I will mail, free of any charge, my home treat-
ment with full instructions to any sufferer from
women's ailments. I want to tell all women about
this cure—yes, my reader, for yourself, your
daughter, your mother, or your sister. I want to
tell you how to cure yourselves at home without
the help of a doctor. Men cannot understand wom-
en's sufferings. What we women know from ex-
perience, we know better than any doctor. I know
that my home treatment is a safe and sure cure for
Leucorrhea or Whilish discharges, Ulceration, Dis-
placement or Falling of the Womb, Profuse, Scanty
or Painful Periods, Uterine or Ovarian Tumors or
Growths, also pains in the head, back and bowels,
bearing down feelings, nervousness, creeping feeling
up the spine, melancholy, desire to cry, hot flashes,
weariness, kidney and bladder troubles where caused by
weaknesses peculiar to our sex.

I want to send you a complete 10 days' treatment
entirely free to prove to you that you can cure your-
self at home, easily, quickly and surely. Remember,
that it will cost you nothing to give the treatment
a complete trial; and if you should wish to continue, it will cost you only about 10 cents a week,
or less than two cents a day. It will not interfere with your work or occupation. Just send
me your name and address, tell me how you suffer, if you wish, and I will send you the treatment
for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost
my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why
women suffer, and how they can easily cure themselves at home. Every woman should have it,
and learn to think for herself. Then when the doctor says—"You must have an operation," you
can decide for yourself. Thousands of women have cured themselves with my home remedy.
It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment
which speedily and effectually cures Leucorrhea, Green Sickness and Painful or Irregular
Menstruation in Young Ladies. Plumpness and health always result from its use.
Wherever you live, I can refer you to ladies of your own locality who know and will gladly
tell any sufferer that this Home Treatment really cures all women's diseases and makes women
well, strong, plump and robust. Just send me your address, and the free ten days' treatment is
yours, also the book. Write to-day, as you may not see this offer again. Address:
MRS. M. SUMMERS, Box M. 86 WINDSOR, Ont.

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