

FREE TO YOU—MY SISTER

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 treatment 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 women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or Whittish discharges, Ulceration, Displacement or Falling of the Womb, Prolapse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head; back and bowels, bearing down feelings, nervousness, creeping feelings 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 yourself 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 12 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 effectively cures Leucorrhoea, 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 H. 88. WINDSOR, Ont.

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MRS. E. COATES COLEMAN

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Woman and the Home.

A Logical Deduction.

"The day of careless childhood."
So mortals clamor when
They grow a trifle older.
"Ah, we were happy then!"

"When we were youths and maidens."
These mortals all aver
When they are much mature,
"How very glad we were!"

"When we were men and women."
Grown older, they agree,
"In prime of life how happy.
How happy, happy we!"

And ever backward glance they,
Unto the very end;
The seasons given are seasons
That all do most commend.

Of which plain facts the logic
Is patent and sublime;
We're always happy, though we
Don't know it at the time!

The Better Way.

The work which Judge Lindsey has done and continues to do in the juvenile court which he caused to be established in Denver, should be an object lesson to parents of the greatest value, and lead them to better understand how to guide their children on through the years of youth to manhood and womanhood. Judge Lindsey's method is not new. He simply appeals to the better nature of the erring boys and girls, makes them feel that he is their friend and counsellor, and puts them on their honor to help them to better the conditions of life in the city by themselves conforming with the rules and ordinances in accordance with their own sense of right and justice, and leads them to form ideal standards for themselves.

This any parent may do with any boy or girl, no matter how indolent, obstinate or rebellious may be the child's attitude, that is old enough to be reasoned with.

The indolent lad and lass will be ashamed of laziness when shown the need of their help and how much more comfortable the home may be, or more productive the farm, with their cheerful assistance. And when they realize that their services are valued and appreciated they will need to be held back instead of urged on.

If John is told that if he can be depended upon to do certain chores daily and a certain part of the farm work regularly, the acreage of crops may be increased the coming season, and the income from the farm accordingly, which will enable him as well as his father to carry out some cherished plan, he will quickly respond, and if treated as considerably as a man would be in his place, will prove himself faithful and manly.

If Jane is made her mother's confidant, and allowed to help make the plans, she will promise to do faithfully and well her share of the work in order that the garden or the poultry yard or the berry patch may be increased and made to yield larger returns with which to add to her own and to her mother's wardrobe, or furnish the living room or parlor, or buy a musical instrument.

How many of us elders would enjoy being at the beck and call of others, and be told to do this and that with no apparent thanks or appreciation of our efforts and no perceptible reward?

Treat the boys and girls as if they were little men and women, your confidants and co-workers, subject to your guidance only because of your riper years and greater wisdom and experience in life, and there will be no indolence, rebellion or impertinence, but a mutual sharing in all things for the common good and the happiness of the home.

Joseph Jefferson's Cheerful Philosophy of Life.

We spoke of happiness. "Joy," I said, "was the God of our household. No one was permitted to hang crepe on the door of our feelings."

"That's the proper way," he made answer. "Happiness is the religion of our family. To begin with, we take all the comic papers. No one is permitted to read aloud, and he is begged not to read, even to himself, about the mangled corpse of the father and the roasted bodies of the babies—subjects with which the daily papers disgustingly teem."

How One Woman Keeps Young.

How to keep young is one of the questions of perennial interest to the feminine mind. Amelle Rives, the noted author, who is said to look like a girl in her teens, recently told of her reply to a physician who wrote her to send him the secret of what he called her perpetual youth. "I wrote back that he must consider the cost," she said. "It is a cost that few of his fashionable patients would make, for I rise at 7 or 7:30, ride or walk in the country

roads, live close to my books, see few people and retire at 10. What fashionable woman could endure my life? I remember thinking about it one winter morning when I was walking along, the crisp, crackling snow under my feet, the fairy outline of a gossamer frost revealing every twig of bush and tree, and I was so invigorated and happy I could have whistled like a boy with delight; but, if I had been a woman of fashion, I couldn't have endured the silence, the empty distances, the quiet; why, a woman of fashion would die in my place, and I am quite sure that I should in hers." It is in such solitude and close communion—an old-fashioned rambling country home in Albermarle county, Virginia—that much of Amelle Rives' literary work is done, although Selene, published by the Harpers, in which she has established her right to be ranked among the great poets, was written in Italy.

Love in the Household.

Love is the wind, the tide, the waves, the sunshine. Its power is incalculable; it is many horsepower. It never ceases, it never slacks; it can move with the globe without a resting place; it can warm without fire; it can feed without meat; it can clothe without garments; it can shelter without roof; it can make a paradise within, which will dispense with a paradise without. But, though the wisest men in all ages have labored to publish this force, and every human heart is, sooner or later, more or less made to feel it, yet how little is actually applied to social ends. True, it is the power of all successful social machinery; but as in physics, we have made the elements do only a little drudgery for us, steam to take the place of a few horses, wind of a few oars, water of a few cranks and hand mills; as the mechanical forces have not yet been generally applied to make the physical world answer to the ideal, so the power of love has been meanly and sparingly applied, as yet.

But it ain't jes' seein' the good in folks and sayin' nice things when you're feelin' good. The way to git cheerful is to smile when you feel bad, to think about somebody else's headache when yer own is 'most bustin', and to keep on believin' the sun is a-shinin' when the clouds is thick enough to cut. Nothin' helps you to it like thinkin' more 'bout other folks than about yourself. — Mrs. Wiggs, in "Lovey Mary."

Free the Children.

A carefree childhood and an education for every child will be secured when, and only when, its parents are granted a living wage for their toil. When manufacturers and other employers are compelled to pay a fair price for the labor that enriches them will the shackles of the slavery poverty enforces be from the limbs of little children. How gladly would every parent watch his children skipping gaily through the sunlight to school, were it not that the necessity for bread to sustain life dooms them to labor in dark corners.

The investigation of the child labor question has only begun when the children who toil under such heart-rending conditions are found. Those who furnish them employment should be interviewed, their names and methods published, and such public prejudice excited against the purchase of goods of any description on which child labor has been employed that there would be no market for them.

The laborer should be encouraged to demand at least a living wage, and this demand, properly backed by public sentiment, could not be ignored. And then would the little children be freed.

When a crowd of women are talking, if you listen long enough, you will hear about some one getting thin.

When old people and young people get together, they have as hard a time carrying on a conversation as if they talked in different languages.

Every man has his cross days; days when he is mean and cross. And he knows that he has been guilty of an indiscretion that resulted in his being cross and mean. Good health is the greatest thing in the world; it's a wonder there is not more striving for it.

For Inflammation of the Eyes.

Among the many good qualities which Parneelee's Vegetable Pills possess, besides regulating the digestive organs, is their efficacy in reducing inflammation of the eyes. It has called forth many letters of recommendation from those who were afflicted with this complaint and found a cure in the pills. They affect the nerve centres and the blood in a surprisingly active way, and the result is almost immediately seen.

HOUSE

SUPERVISED

Turnip Rissoles.—Cider, drain, mash, season with a little sugar, salt, dip in beaten crumbs, and fry in

Baked Onions.—Selections, peel, wash clean, a baking dish; half water. On top of each slice of bacon. Bake until done.

Brown Onion Soup.—Slowly in covered dish. Use the dark brown out. Put onion through add one part cream, part water. Salt to

Ginger Bread.—One cup lard, one cup d cup sour milk, three spoonful ginger, one cinnamon, three to four cups flour.

Graham Bread.—O sour milk, half cup size of walnut, one white flour, two cups one teaspoonful salt, oven.

Snow Cake.—Quarter cup sugar, two cup milk, one and baking powder; flavor butter, adding grape vanilla. Beat eggs milk, flour and eggs.

Jelly Roll.—One egg, sugar, two or three milk, three-quarters ing powder, pinch salt (good measure) flour, roll while warm. T inches.

Raised Rolls.—One dough, when it is more raisin; mould in a sugar, one-quarter te one teaspoonful of b and mould again and bake. These are very

Doughnuts.—One a of sugar, two cups of tablespoonfuls of but little salt, two teasp powder, and flour e and cut into shape, which is hot but no

Cream Cake.—One sugar, one egg, one salt, one cupful sour one-quarter cupful spoonful soda. Add cream; when it foam beaten, next the su the flour. Bake in a

Cornmeal Pone.—M into a soft dough on ern cornmeal, sifted of salt, one tablespoof lard melted. Moul with the hands and oven, in well-grease eaten hot. The crust

Fricassee of Parnelee in milk until tender three inch lengths white sauce made of meat broth, a bit of ful of cream, a litt flour to thicken, an salt. Serve the mo comes from the fire.

Sausage Eggs.—Bo fresh eggs (fill ha shells, and divide Cover the eggs entire sausage meat, dip then bread crumbs, brown. Drain careful egg on a piece of f are always acceptabl

Corn Chowder.—Pa good-sized potatoes i slice two medium-s through the center o row of one dozen press out the pulp, of a saucepan with layer of onions, ano sprinkling of salt an dish with layers i having the corn last of boiling water, c and cook slowly fo Rub together a tab and three table milk. Add to the together without bre and bring to the bo add six water cracke pieces, and cover t minutes. Stir in g the yolk of an egg spoonfuls of cream.