

SUFFERED WITH HACKING COUGH

COULD NOT SLEEP AT NIGHT.

The constant hacking cough that sticks to you in spite of everything you have done to relieve it, is a source of danger. The longer the cough stays, the more serious menace it is to your health.

It is easy to check a cough at the outset with Dr. Wood's Norway Pine Syrup. If you have let it run though, it takes a while longer to cure, but Dr. Wood's Norway Pine Syrup will cure it even then after other remedies have failed.

Mr. J. Henry Landry, South River, Burgois, N.S., writes:—"I received such great benefit from Dr. Wood's Norway Pine Syrup that I cannot help expressing my thanks. I suffered with a hacking cough for over a month, and could not sleep at night. I used many kinds of remedies, but they didn't do me any good, until I used 'Dr. Wood's,' and found great relief right from the start. I only used two bottles, and was completely cured. I will never be without it as long as I live."

There are a number of substitutes on the market for Dr. Wood's Norway Pine Syrup, so when you ask for it see that it is put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c., and that it bears the name, The T. Milburn Co., Limited, Toronto, Ont.

Work for Busy Fingers

All Crochet Doyly

The back loop at top of stitch is used throughout the work. Ch. 2, make 12 s. c. in 1st ch., join, ch. 1, turn. 1st row: * 1 s. c. in 1st st., widen by making 2 s. c. in next st. Repeat from * until you have 5 widenings, 1 s. c. in next 2 s. c., join, ch. 1. 2nd row: * 1 s. c. in 1st 2 s. c., widen in next s. c. Repeat from * 4 times, 1 s. c. in last 3 s. c., join, ch. 1, turn. The widening must always be made in 1st st. of widening in previous row and each successive row will have 1 st. more between widenings. Do not widen in last st., the joining and ch. 1 are same as a widening. Continue as in 2nd row until there are 11 ribs, join. For insertion, working round and round, ch. 5, 2 d. c. in joining, * ch. 2, skip 4, 2 d. c. in next s. c. using both loops, ch. 2, 2 d. c. in same place. Repeat from * and if necessary skip 1st. more or less to have a group on each corner, 1 d. c. in joining at beginning of row, join. 2nd row: Ch. 5, 1 d. c. in loop of ch. 5, * ch. 3, 1 s. c. in loop of ch. 2, ch. 3, 2 d. c. with 2 ch. between in next group. Repeat from * ending with 1 s. c. in ch. 5. 3rd row: * (ch. 3 and 1 s. c. in same loop) 3 times, ch. 3, 1 s. c. in next loop. Repeat from * ending with 1 s. c. in 1st ch. 3, ch. 2. 4th row: 1 s. c. in

A Business Woman

The American magazine relates an interesting description of a business woman born in Canada. She is Mrs. Bertha M. Rich who makes \$8,000 a year. Mrs. Rich lives in New York. She had her first business experience selling groceries to retailers. Later she sold drug specialties. From this work she engaged in the advertising business—writing, designing and soliciting. She says: "I became an advertising solicitor because, when at twenty-two, it became necessary for me to earn my living and that of my little girl. It wasn't easy, this breaking into the business world, but one of the first resolutions I made was that I would never let anyone know how difficult it was. I would never let any one know that I was not prosperous, or meeting with success. I would always appear prosperous. Men do not trust their business to a person who does not look as though she were successful in managing her own affairs."

Mrs. Rich dresses in a plain well-made suit. She places great emphasis on appropriate business dress. This is the advice she gives on dress for the business girl:

"Study your style, and choose what is becoming to you—inconspicuously becoming. Don't try to look like a fashion plate. Try to look like a wholesome,

NO MORE NERVOUS HEADACHES

Since She Tried "FRUIT-A-TIVES".
The Famous Fruit Medicine.



MISS ANNIE WARD

112 Hazen St., St. John, N.B.

"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from *Nervous Headaches and Constipation*. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'.

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

MISS ANNIE WARD.

'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or Fruit-a-tives Limited, Ottawa.

KIDNEY TROUBLE AND BACKACHE.

Dr. Cassell's Tablets Strengthen the
Kidneys and Restore their
Natural Activity.

Kidney trouble means kidney weakness. Dr. Cassell's Tablets strengthen the kidneys through the kidney nerves, and thus effect cures where ordinary means fail. The average kidney pill or mixture is designed to relieve symptoms which are really due to imperfect kidney action. Dr. Cassell's Tablets, on the other hand, go to the root of the trouble, and by supplying vital power and strength enable the kidneys to act properly. A moment's thought will show which is the right method, and why Dr. Cassell's Tablets cure so thoroughly.

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address Harold F. Ritchie and Co., Ltd., 10 McCaul Street, Toronto.

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THE WORLD-RENOVED GRASSHOPPER OINTMENT AND PILLS

UNSOLICITED TESTIMONIAL

15 Richardson Street, Pt. St. Charles,
Montreal, P.Q., Canada.

Dear Sir,
I have sent you two dollars for some Grasshopper Ointment. The way I got your address was through a friend telling my wife to get Grasshopper Ointment for her leg. She has suffered for over fifteen years and could get no cure; it was so painful she could hardly walk. We got some Grasshopper Ointment and after using three boxes she is almost well again; it is a wonderful Ointment.
Yours respectfully,
B. ROBERTS.

GRASSHOPPER

OINTMENT and PILLS, is a certain cure for Bad Legs, Poisoned Hands, Ulcerated Joints, Housemaid's Knee, Carbuncles, Snake and Insect Bites, &c., &c.
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rington Street, London, England, and sold at all
Drug Stores.
Sold in England at 1s. 3d. and 3s. per box.

COMIC RECITATIONS AND READINGS

Compiled and Edited by
CHARLES WALTER BROWN, A.M.

200 Pages
Cloth, 75c. post paid

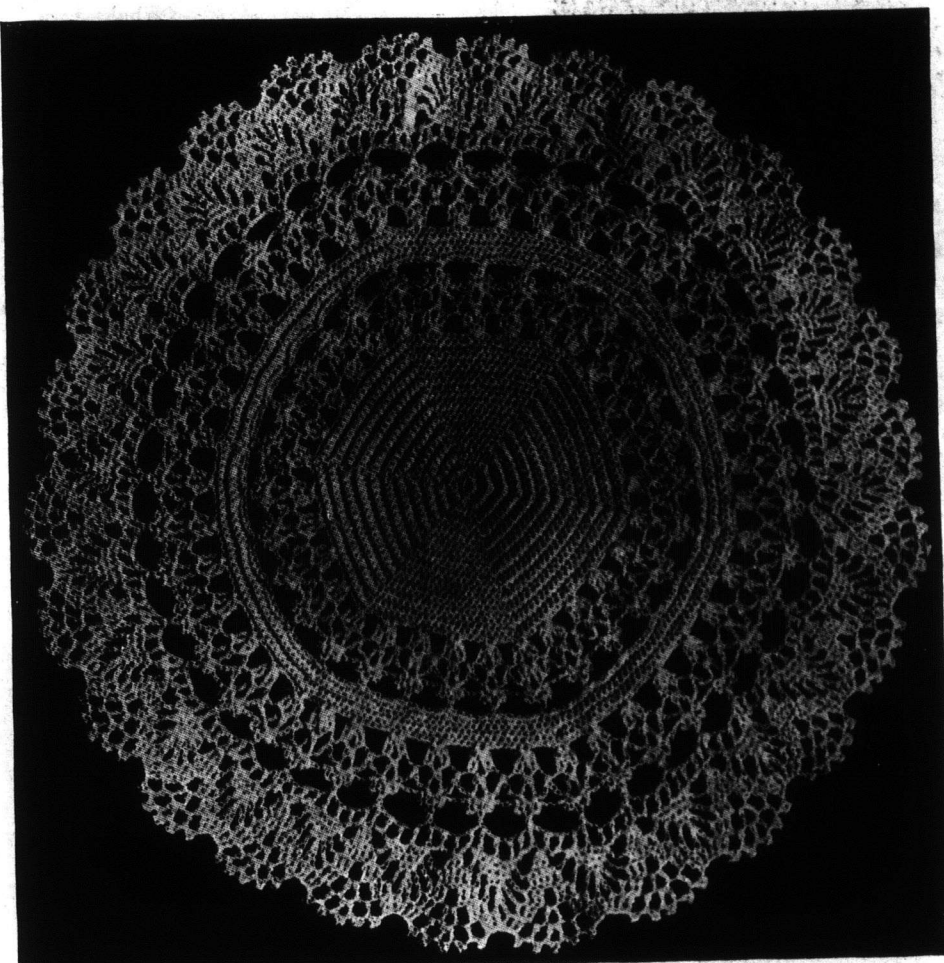
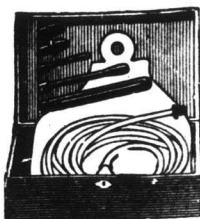
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next loop of ch. 3, * ch. 7, 1 s. c. in centre loop of ch. 3 on next group. Repeat from *, join. Make 5 rows of s. c. same as in centre, making the widenings to correspond with centre. Make another insertion, skipping 5 s. c. in making 1st row and ch. 6 between s. c. in 4th row. For lace, 1st row: Ch. 4, (1 d. c. and ch. 1) in every 2nd st., join. 2nd row: Ch. 3, 1 d. c. in joining, * ch. 5, skip 1 d. c. and 2 d. c. on next 7 st., ch. 5, skip 1 d. c., 1 ch., 7 s. c. on next 7 st., ch. 5, skip 1 d. c., 3 d. c. in next d. c. Repeat from *, join. 3rd row: Ch. 3, 1 d. c. each on 2 d. c. and 1st ch., * ch. 5, 5 s. c. on centre 5 s. c., ch. 5, skip 4 ch., 1 d. c. on next 5 stitches. Repeat from *, join. 4th row: Ch. 5, 3 d. c. in last 2 d. c. of group and 1st ch., * ch. 5, 3 s. c. in centre 3 s. c., ch. 5, skip 4 ch., 1 d. c. on next 3 stitches, ch. 2, skip 1 d. c. on next 3 stitches. Repeat 1 d. c. in from *, join. 5th row: Ch. 5, * 1 d. c. in loop of ch. 2, ch. 2, 1 d. c. in same place, ch. 2, skip 1 d. c., 1 d. c. on next 3 stitches, ch. 5, 1 s. c. in centres s. c., ch. 5, skip 4 ch., 1 d. c. on next 3 stitches, ch. 2. Repeat 1 d. c. on next 3 stitches, ch. 3, 1 d. c. in 1st ch., * (1 d. c. in next space, ch. 3, 1 d. c. in 1st ch.) 3 times, skip 1 d. c., 1 d. c. on next 3 stitches, skip 9 stitches, 1 d. c. on next 3 stitches, ch. 3, 1 d. c. in 1st ch. Repeat from *.

healthy, clean-bodied, clean-minded business woman, and express it in your clothes." Mrs. Rich had been photographed in proper dress for business by the side of a model whom she called poorly dressed for business. The contrast is exactly the contrast we see in our own city between the successful business woman and the girl who wonders why she cannot keep her position. I feel badly when I see a girl who is not progressive. I feel badly when I see a girl with natural ability who comes to a standstill—who buys long ear-rings, expensive light colored boots to match her dresses and flimsy waists—when I see our business colleges and night schools beckoning to her to put some of that money inside of her head—even though it may be a little difficult to penetrate through the paint and make-up.

Then there is the cigarette habit. I wish there were a course in hygiene and physiology in every grade of our schools—public, private and business colleges. I can see now the little interested faces of five and six-year-old boys and girls when I explained the charts on hygiene to them in my own days of teaching. The pictures of the effect of cigarette smoking on their brain cells and stomach convinced them of its destructive powers.

This is the day of the business woman and the successful will be the survival of the fittest—the women with clear heads—the women who build physical, mental, moral muscles.

"Does your father object to kissing?"
"I don't know. Shall I tell him that you would like to kiss him?"