

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—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, Profuse, 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 free 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, 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. 86 WINDSOR, Ont.**

EASY TO PUT ON

So simple is it to handle, any woman can decorate her own home with Alabastine. Write to-day for our book "Homes, Healthful and Beautiful." It explains how Alabastine is the cheapest, most healthful and most luxurious wall-covering.

Send ten cents for a copy of "Homes, Healthful and Beautiful," with many dainty, new ideas for the decoration of your home.

Alabastine is sold by hardware and paint dealers everywhere—a 5 pound package for 50 cents.

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It seems as if EVERYBODY is eating these delightfully crisp, appetizing biscuits.

The only firm in Canada operating Private Freight Cars.

Woman and the Home.

Where Christ Dwells.

(Henry Van Dyke.)

Never in a costly palace did I rest on golden bed,
Trained a carpenter in Nazareth, I have earned no idle bread.
Born within a lowly stable, where the cattle round me stood,
Trained a carpenter in Nazareth, I have toiled and found it good.
They who tread the path of labor follow where My feet have trod;
They who work without complaining do the holy will of God.
Where the many toil together, there am I among My own;
Where the tired workman sleepeth there am I with him alone.
I, the peace that passeth knowledge, dwell amid the daily strife,
I, the bread of heaven, am broken in the sacrament of life.

THE ART OF PLEASING.

Somebody said it is better to be beautiful than good. But it is certainly better to be good than ugly. A woman cannot charm because she wants to. A man is not agreeable because he sets out to be. Quite the reverse. In effort is failure. The proper effect must, like repartee, be spontaneous and unpremeditated. It must be radiated naturally, like light and love. Books there are that pretend to tell how it is done. They do so quite as completely as g. s. hoppers teach entomology. The ability to charm, to be agreeable, to entertain perfectly, and to be perfectly entertaining, is an art apprehensible only through influences generally prenatal but always prolonged. The mere technique is so volatile that it must be inhaled. Like the Mayfair intonation, little by little, it must be absorbed.

Kings and thugs may abash the amateur in the art of pleasing but the artist is at home with them. He puts himself in harmony with them. In the ability to do that is the whole secret of the art of pleasing.

PLAINNESS AT HOME.

Home is not the place for display. If we have fine raiment, we may wear it at home to please our loved ones or to satisfy our own taste, but it should not prove a bar to plain, honest, every day affection. When you "dress-up" in new apparel, dress up your heart to match it. Make your spirit as bright as the unfaded hues of vest or gown, if any, will, and as companionable as the old, worn comfort chair handed down from other generations.

Don't put too much furniture into your home. A chair or sofa which is too good to be used is too good to be in the house. Anything about a parlor or living-room which is too dainty to be usable is a nuisance. "What can be more unpleasant," inquires a writer whose eye has opened to the truth, "than the aspect of a room, or a suite of rooms, where everything is bagged up? Chairs and sofas in pinettes, mirrors and muslins, a drugged carpet, a hearthrug wrong side out, and a chandelier in a sack, seen by rays of light that struggle in edgewise, through the slits in the shutters, and exhaling that peculiar brown holland fragrance which belongs to drawing-rooms in masquerade dress, form one of the most cheerless, dispiriting, inhuman-like spectacles in the diorama of human life. We would as lief be ushered into vault as into such an apartment.

Why do people buy magnificent furniture to clothe it in hideous disguise? Does the glory of exhibiting the articles undressed half a dozen evenings in the year pay for the cost and trouble? The miser enjoys the flashing lustre of his gold every time he lifts the lid off his strong box, but what pleasure can there be in possessing a species of property that is invisible to the owner three hundred and fifty days out of every three hundred and sixty-five? Give us furniture that is made for wear—tables upon which you can bring down your fist with emphasis without throwing the life of the house into hysterics.

chairs that you can lean back in; in a word, give us comfort, and let us wear things out. It is provoking to see chairs and sofas preserved for years without spot or blemish, while the wrinkles are multiplying in the face and the gray hairs on the head of the proprietor.

HEART AND HOME TALKS.

During the long winter evenings, when the cold without shuts the family within the home, its cheerful homely atmosphere is greatly appreciated.

And every member of the family, from the toddler up to the head of the house, should be made to feel it the duty of each to contribute something not only to the care and comfort of the home, but to the spirit of cheer and happiness that should prevail there.

It is not well for any family to become entirely isolated during the winter months, for isolation tends to create dissatisfaction and unrest, the natural consequence of lack of companionship and few interests.

Man was created a social animal, and naturally seeks his kind.

The children find companionship in school. The father goes more or less often to town or runs into a neighbor's of an evening now and then, but many mothers, especially if there be a brood of very little children, or a babe in arms, seldom get away from the home during the winter months.

Especially is this true of those who are pioneering on the sparsely settled prairie or the forest areas of the west and northwest.

And it is the mother more than any other member of the family who needs the cheer and stimulus of contact with others, because the entire family depend upon her to furnish an unfailing supply of good cheer and inspiration and who must be ready at all times to comfort, advise and act as moderator and guide.

She should therefore use every measure possible to keep herself cheerful and companionable, and should go from home occasionally for rest and recuperation.

If opportunities do not present themselves the mother must make them, even to the extent of having the team hitched up occasionally for her special use, for a desired trip to town, to attend church, a lecture or some social gathering, or to visit a neighbor.

Leave the baby in charge of older children, when there are children old enough to assume the responsibility of its cares—of 12 or 14 years—or with its father, or wrap it up warmly and take it along when going visiting; but there is very little pleasure to be anticipated in attending a public gathering burdened with the care of a baby, that is liable to become restless and fretful, and at the best must require more or less of the mother's attention.

Somehow and anyhow the mother must have a change now and then from the daily and weekly routine of family and household care, if she is to keep in good spirits and fulfill her mission as the true home-maker.

The young people who have passed their school-days, but whose help is still required at home, should have opportunities for social enjoyment also, through church and young people's societies, by inviting other young people into the home occasionally for a social evening, and visiting their young friends in turn.

There is no truer saying than that old one "All work and no play makes Jack a dull boy."

And after any sort of an outing home and the home folks will seem dearer, and satisfaction therein more complete, its interests renewed, and inspiration will often have been found for pleasant changes and improvements.

Holloway's Corn Cure is the medicine to cure all kinds of corns and warts, and only costs the small sum of twenty-five cents.