

FREE TO YOU—MY SISTER

FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AFFLICTIONS.

I am a woman.
I know women'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 White 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 loins, bearing down feelings, nervousness, creeping feelings up the spine, melancholy, desire to cry, hot flashes, weakness, 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 cure, 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 Leucorrhoea, Green Discharges 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 today, as you may not see this offer again. Address: MRS. M. SUMMERS, Box H. 86 - - - WINDSOR, Ont.

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MOLES, Warts, Small Birth Marks, etc. skillfully and permanently removed by Electrolysis.

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Static Electricity and High Frequency currents for all forms of nervous diseases.

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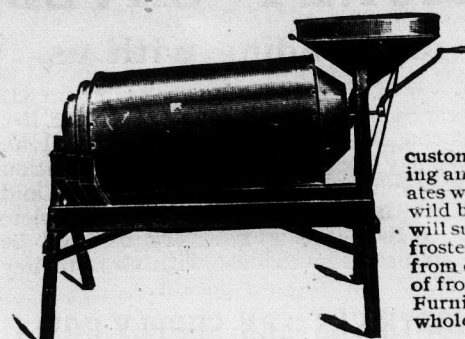
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NEW PROCESS JUMBO GRAIN CLEANER

Capacity, 75 bushels of Wheat per hour guaranteed.



Sold on 10 days' trial; if not the fastest and most perfect grain cleaner on the market, can be returned at our expense. One machine at wholesale to first farmer ordering in each neighborhood to introduce them. Hundreds of satisfied customers in Western Canada. The only machine cleaning and bluestoning the grain at one operation. Separates wild or tame oats from wheat or barley, as well as wild buckwheat and all foul seed, and the only mill that will successfully separate barley from wheat. Separates frosted, sprouted or shrunken wheat, raising the quality from one to three grades, making a difference in price of from 5 to 15 cents per bushel. Cleans flax perfectly. Furnished with bagger if desired. Write at once for wholesale prices.

BEEMAN & CO., 127-129-131 Higgins Avenue, Winnipeg, Man.

Woman and the Home.

Pure Air for Babies.

We noticed not long ago a news item in a paper, concerning a woman who was in the habit of taking the baby out in the yard every day in its baby carriage. It seems that on even the coldest days she would wrap her baby up, put it in the carriage and suspend the carriage from a tree while she hung out her clothes, or did other work that required her to be out in the yard.

Some of the neighbors saw this going on from day to day, and not knowing that cold air was good for babies, as well as grown people, they took alarm and commenced to stir up matters for fear that the baby would be frozen to death.

After a while a delegation went to see the mother concerning it. The mother very pointedly informed them that the baby was hers and she knew enough to take care of it. The committee retired rather crestfallen.

The next thing they did was to inform the chief of police. A policeman was detailed to look into the matter. The officer found that the child was dressed warm enough for weather ten degrees below zero, and also found that the baby was a fine, healthy specimen, bigger and healthier than any of his own. So the officer came back believing that hanging a baby out under a tree in cold weather is good for it.

Poor, deluded humanity! When will they ever get over the fear of fresh air. This mother knows enough to wrap her baby up in the coldest weather and take it out every day. If she kept it indoors all the time, as many mothers do, instead of having a plump, bright, healthy baby, she would have a puny, little, sickly thing to brood over by day and walk the floor with by night.

The fresh outdoor air was made for babies, and we certainly congratulate this mother on having sense enough to take her baby out, even in zero weather.

Watch These Sideslips.

Never use the word "liable" when you mean "likely." Do not say, for instance, that "he is liable to come in at any moment." "Liable" implies misfortune, and means "exposed to," "subject to," "in danger of."

Why do most of us speak of "unravelling a mystery"? Any good dictionary shows that "ravel" means to "unweave." You "ravel" a mystery, therefore, when you solve it. In "Hamlet," Shakespeare says: "Make you to ravel all this matter out."

If you and your friend Smith know a man called Jones, do not speak to Smith of "our mutual friend"—meaning Jones. Jones is your common friend. If you are friendly to Smith, and Smith is friendly to you, you and Smith are "mutual friends"; but that is the only sense in which the term may rightly be used.

In Front of the Mirror.

It is marvellous how many plain people turn away from their mirrors self-satisfied. It's a poor sort of woman who is ugly and does not know it.

A woman looks into her own mirror with her own eyes. It reflects her as she sees herself. But the eyes of men reflect her as she is.

To tell a plain woman that beauty counts for nothing is like explaining to a starving family that the lives of the rich are wretched.

She who is beautiful within, is never altogether ugly without.

It may be easier for a plain woman to be good than for a pretty one; but you will not find the plain woman who will believe it.

If a woman proves that she has brains in her head, people soon forget to look for a dimple in her cheek.

Some people talk as though brains always were given as compensation for an ugly face.

Wrinkles in the face are not necessarily a sign of deep thoughts in the head. Wrinkles are often only frowns perpetuated.

Much beauty is not even skin deep. Cheerfulness, cheerfulness, cheerfulness, is the only true and permanent beautifier in the world.

A true smile is something born deep down in the heart, which beams from the eyes and the mouth and the whole being by the force of its warmth. It is a breaking forth of inward light. In order to have a beautiful smile, teach the heart; the lips will learn of themselves.

To be beautiful in the eyes of those at home—this is to be beautiful indeed! No woman is a heroine to her mirror.

The Training of Boys.

It has come to this, then, that the home must be the centre in which we are to gather material for a re-invasion of public life with those sweeter courtesies which are so much better than the dancing school elegancies—the courtesies of the heart, which I would like to call manners, if manners were not so commonly without them.

The courtesies of the heart, or heart manners are to a great extent cultivable. They grow up best in the home under the mother's eye. They are not much helped by book training. The rules of etiquette have little to do with them, beyond giving them historical treatment—summing them up with more or less accuracy. They find their soil and finest nourishment in a certain tenderness of heart, which ought to belong to every child born. Like the violet, they will grow best in a dewy glebe, and are watered by tears.

Among the slowly and uneducated you find heart manners quite as often as in courts. They feed on the distresses incident to poverty and sickness. Self-helpfulness associating itself readily with helpfulness of others, is their clear and open manifestation.

Out of the circumstances of a worn mother, or a father who has been thrown down hard in the struggle of life, of a lame brother or sad-eyed invalid sister, are born the sweetest graces of the home—graces which learn to show themselves in the face, the eye, and every movement of the body. This other self-helpfulness need not pass into absolute altruism, for which the world is hardly yet ripe, but it may with safety pass into a gentle unconscious and guiltless habit of self-abnegation, such as makes the face take a share in another's happiness. All grace of external manners may be acquired when these heart manners are established, and no "superior" polish will wear well without them.

When George William Curtis, one midnight, going home from a great dinner, put his arm in mine, saying: "I am going your way; may I go with you?" I was sure that his manners did not come from Chesterfield. They had the neutral grace of the man who had carried the heart lessons of childhood high on the public ways all his life. In those essentials, the courtesy of Emerson was beyond that of any king. He had acquired it in the school of adversity, when he and his brother had but one overcoat between them to help bear the asperities of a Boston winter. With the anxious, hard-working mother behind them, it was easy to face playmates at school, who met them with the question, "Whose turn is it to-day?"—Professor Morse, in "Harper's Bazaar."

For Catarrh, let me send you free, just to prove merit, a Trial size box of Dr. Shoop's Catarrh Remedy. It is a snow white creamy, healing antiseptic balm that gives instant relief to Catarrh of the nose and throat. Make the free test and see. Address Dr. Shoop, Racine, Wis. Large jars 50 cents. Sold by druggists.

HOUSEHOLD

SUPERVISED BY T.

Hickory Nut Mace

One pound of powdered hickory nuts, one pound of chopped hickory whites of five unheated cups of flour, one tea cup of baking powder. Drop on butter and fry in the oven. The

Lemon Brandy for Pud

Don't throw away any slice off the yellow part of a bottle of brandy. Peel stone meats chopped can be in the same way.

Baking Powders for Biscuits

Shortening. Bicarbonate of soda, 4 tartar 8 oz., and properly thoroughly mix. It should well-corked bottles, to pressure, which neutralizes the about three teaspoons to flour being baked; mix with have it—if not, wet up with and put directly into the

Tutti Frutti Sal

One-half of a pound of one-quarter of a pound of dates, four oranges, cut slices, one cupful of berries, one cupful of apple, the juice of one lemon, four tablespoonfuls of cupful of sherry.

Orange Pie.

Beat one tablespoonful one cupful of sugar to a Then to four eggs well butter and sugar, three of grated rind and the oranges. If sweet orange add two tablespoonfuls of now half a pint of wh Bake it either with one medium-heated oven), and ingue and brown very light two crusts.

Seed Buns.

Two pounds of flour, el dripping, six ounces of ounce of caraway seeds, and a half of yeast. As rise quickly, mix as for cakes. When risen, roll o ly on a well floured board tumbler, and bake in a When rather stale, these split in half, toasted, and children being especially

Scalloped Oysters

Roll fine one pound of c ers. Butter a dish and of crumbs. Pour off the the oysters and add to it half pints of milk. We with this and put in a la and small pieces of butter and pepper. Alternate top one being crumbs, wit of butter. Beat two eggs them a cupful of milk; top. Bake, covered with hour in a quick oven. cover and let them remain ed.

Boston Baked B

Pick one quart of bea stones and dirt. Wash cold water over night. ing pour off the water, e water, put two pounds o with them, and boil until split open (the time depe age of the beans, but it thirty to sixty minutes), into the colander, and po two or three quarts of co about half of the beans in en pot, then put in the ally the remainder of the one teaspoonful of mus tablespoonful of molasses water. Pour this over t then add boiling water. Bake slowly ten hours. water occasionally.

Yankee Brown I

For each good-sized loa take 1 1/2 ts. corn meal an water upon it, to scald stand until only blood w about 1 qt. of rye flour u and pour in a good bowl with a little saleratus gill of water, kneading in make the consistency of If you raise it with yeast salt in the meal, but if with salt-risings, or em I prefer, no more salt is into loaves, and let ther place. In summer, and on under the stove in win about two hours. Make t as stiff as for white bre harder; for if made too s rise good. The old sty only one-third rye flour,