

## Washing Without Rubbing

No work—no tired arms—when the washing is done with

### "PURITAN"

Reacting Washing Machine

Grandmother, or any of the children, can do the entire week's wash in an hour with the "PURITAN". It is the only washing machine made in Canada that has the Improved Roller Gear. Write us for booklet if your dealer does not handle the "PURITAN". Don't take a substitute—there are none "just as good".

DAVID MAXWELL & SONS, St. Mary's, Ont.



## 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—you, 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, Protrusion, 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, 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. 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 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 with 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. 95.

WINDSOR, Ont.

## Help Nature Fight Disease

The white corpuscles in your blood are continually fighting invading disease germs and poisons. Generally they win, but sometimes they are overpowered, and you get sick.

**OXYDONOR**, a wonderful little instrument invented by Dr. Sanche comes to the rescue. Applied at night, while you sleep, it creates in the body a strong affinity for oxygen, which is then absorbed from the air. Oxygen is Nature's great disease exterminator, and when the system is saturated with it, every form of disease is driven out. Oxydonor restores abounding health and energy.

### READ THIS TESTIMONY

**Dr. H. Sanche & Co.** 356 Bathurst St., Toronto, Jan. 15, 1909.  
Dear Sirs—I am deeply grateful that I ever heard of your Oxydonor. Seven years ago I was suffering from chronic Lumbago. It cured me in a very short time, and has kept me in good health. It is the "family doctor" in case of La Grippe, Colds or any incidental illness. I am glad to add my testimony to so many others who have been cured by it.

**Dr. H. Sanche & Co.** Swan Lake, Man., Jan. 27, 1909.  
Dear Sirs—I have every faith in Oxydonor, and cannot speak too highly of its curative powers.

Write to-day for our free illustrated booklet telling about Oxydonor and its wonderful cures  
**DR. H. SANCHE & CO., 356 St. Catherine Street, W., Montreal, Que.**

**GET WISE!**  
ASK FOR  
**EDDY'S**  
**MATCHES**

## Woman and the Home.

### Sower and Seed.

A kindly word and a kindly deed  
A helpful hand in time of need,  
With a strong true heart  
To do his part,—  
Thus went the sower out with his seed,  
Nor stayed in his toil to name his creed.

No coat-of-arms, no silken crest,  
No purple or linen about his breast,  
But royally true  
To the purpose in view,  
Was his ceaseless search, and his constant quest,  
For suffering souls in need of rest.

Feeling for others, bearing their pain,  
Freeing the fetters, undoing the chain,  
From sorrow and tears,  
He wrought the bright years,—  
Still unknown to rank, and unknown to fame,  
In letters of light God writeth his name.

—Ella Dare.

### Housecleaning.

The trouble with most of us, we begin housecleaning too early in the season, and therefore we and our families suffer discomfort, and probably illness from exposure to colds. To take down the stoves before settled warm weather is almost criminal, and to keep them in use means that the house cannot be cleaned until late in spring. However, the method I am about to explain will, in a great measure, reduce housecleaning to an ordinary task, and prove a boon to she who knows only the old-fashioned method of tearing the whole house to pieces, turning it upside down, in the endeavor to clean it all at once.

When the first mild day comes, and you feel an irresistible desire to be "up and doing," clean the attic; then rest a few days. Next in order comes the closets, cupboards, wardrobes, etc., which should be thoroughly cleaned and disinfected. Let a few days pass, and then when a really warm day comes wash the bedding, curtains, hangings, covers, etc. Again rest, and then clean the cellar or basement with the help of a strong man. By this time spring is coming on apace, and it is not too early to take the stoves down in the bed rooms. Do not try to clean all of them in one day, but arrange the work so that the room that is torn apart in the morning is put together, cleaned and garnished in the evening. If all the work depends upon one pair of hands not more than one room at a time should be attempted, if the work be thoroughly done. Next in order comes the living rooms, with the dining room and kitchen last. Before beginning to clean the latter, see that the larder is replenished—boil a ham, make a supply of potato salad, and bake a jar of cookies, so that a quick meal can be had at a short notice, and in picnic style. Before beginning housecleaning, however, see that you have the necessary implements and supplies—scrubbing brushes, brooms, tacks, borax, soda, turpentine, coal oil, gasoline, disinfectants, whitening for light paint, and rottenstone for dark, cotton and wool rags, etc., etc.

If this method be followed the housewife will find she is not utterly worn out with the annual cleaning, the health of her family has not been endangered, and she has been able to give her house a really thorough "clean." Each department in it has received its due share of attention, and she can, with a clear conscience, take up sewing and gardening.

Straw matting will look bright and fresh if it is well washed over with a soft cloth wrung out of salt and water every time it is swept.

### Hints on Home Furnishing.

I wonder how many of our readers possess that old-time joy, and doubtful blessing, a lumber room? Thanks to the innovation of the Charity Jumble Sale, such an apartment is almost obsolete, and really few will disagree with me that this is decidedly a step in the right direction.

It is, of course, necessary to have some place where one may store empty boxes, trunks, and the many items which will be needed again; but our housewives of the past were too much imbued with the spirit of hoarding, and their lumber-rooms were filled from floor to ceiling with a heterogeneous mass of old furniture, boxes, papers, clothes, etc., which was of no earthly use to anyone. True, thanks to this love of hoarding, some of us have found delightful bits of Chippendale and remnants of other old furniture which nowadays are a joy to the eye of the connoisseur; but such "finds" were the exception rather than the rule, and I would most emphatically urge upon all our readers to subject their lumber-room, box-room, or whatever they choose to call it, to a thorough clear out at least every six months, the date fixed for this duty being a week or two before the real spring and autumn cleanings.

While realizing that charity begins at home, I would suggest that what can be spared without putting the housewife to undue expense should certainly be given, to the poor, sent to the church jumble sale; but all such should not be sent unless properly patched and mended; and if the garments be too far gone, then let them be laid aside and converted into useful household articles.

With the annual spring cleaning ahead you will certainly need an extra supply of cleaning-cloths, therefore, now is the time to make provision for these and place all such in readiness.

Old stockings should have the feet cut off and the leg portion cut open, then the two legs sewn together will make a good housecloth; the feet can be tacked together and rolled up into a ball, and form a capital pad for dipping in oil or furniture polish. Old petticoats and frocks, which are unfit for anything else, should likewise be cut up into the requisite pieces, flannels and woollens being kept by themselves and cotton by themselves. Old velvetene will wash beautifully, and can be utilized for plate and glass polishing. Worn sheets and pillow-cases might first serve as dust sheets and china-driers before being cut up into dusters.

Jam-jars and bottles have an unpleasant habit of accumulating vastly during the winter. If you make preserves and pickles at home, have those you are likely to need carefully washed and dried and turned upside down on a shelf until you require them; it is a great annoyance to run short of these items at the critical moment.

A quart of ammonia is worth its weight in gold. There is nothing equal to it for cleaning looking-glasses, windows, paint, silver, and hair-brushes. It is just what you want for cleansing laces and colored embroidery, for cleansing grease spots on the children's clothes, and for brightening the carpet. A few drops in the water you use on your plants will be exceedingly beneficial. In fact, its uses are legion.

Dr. J. D. Kellogg's Dysentery Cordial is compounded specially to combat dysentery, cholera morbus and all inflammatory disorders that change of food or water may set up in the stomach and intestines. These complaints are more common in summer than in winter, but they are not confined to the warm months, as undue laxness of the bowels may seize a man at any time. Such a sufferer will find speedy relief in this Cordial.