

Stop Cough

Stop coughing! Coughing raps and tears. Stop it! Coughing prepares the throat and lungs for more trouble. Stop it! Ayer's Cherry Pectoral is made for coughs and colds. Ask your doctor about it.

SAVED FROM OPERATIONS

Two Women Tell How They Escaped the Surgeon's Knife by Taking Lydia E. Pinkham's Vegetable Compound.

Swarthmore, Penn. — "For fifteen years I suffered untold agony, and for one period of nearly two years I had hemorrhages and the doctors told me I would have to undergo an operation, but I began taking Lydia E. Pinkham's Vegetable Compound and am in good health now. I am all over the Change of Life and cannot praise your Vegetable Compound too highly. Every woman should take it at that time. I recommend it to both old and young for female troubles." — Mrs. EMILY SUMMERSALL, Swarthmore, Pa.

Baltimore, Md. — "My troubles began with the loss of a child, and I had hemorrhages for four months. The doctors said an operation was necessary, but I dreaded it and decided to try Lydia E. Pinkham's Vegetable Compound. The medicine has made me a well woman and I feel strong and do my own work." — Mrs. J. B. PRINCE, 1590 Sargent St., Baltimore, Md.

Since we guarantee that all testimonials which we publish are genuine, it is not fair to suppose that if Lydia E. Pinkham's Vegetable Compound has the virtue to help these women it will help any other woman who is suffering in a like manner.



Time spent using Calvert's Tooth Powder is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.
The 10c, 25c, 50c, 75c, and 1.00 sizes.
For a Trial Sample send 2c stamp to F. C. CALVERT & CO., 290 Dorchester Street West, Montreal.

JOHNSON'S ANODYNE LINIMENT

Countless thousands of families have found it to be the surest and quickest remedy for Cuts, Wounds, Sore Throat, Bowel Complaint—Internal and External ailments.

IN USE OVER 100 YEARS

Its long-continued use is the highest proof of its merit. Sold everywhere.

35c and 50c Bottles

Parson's Pills

Have the largest number of L. B. JOHNSON & CO., Inc.

Silver Spoons

knives, forks and serving pieces, in many exquisite designs, are stamped

ROGERS BROS.

This brand is known as "Silver Plate that Wears" and is made in the highest grade of metal. Satisfaction is guaranteed.

Billie Burke

ON LOVE

THE FIRST WORD—Don't pour all your glorious love upon one object.

Among my numerous letters recently was one which interested me greatly. It was from a woman who said that she had a husband and two beautiful children and who complained that her husband was neglecting her; that while he gave her enough money to take care of the house and children comfortably he seemed to care nothing for her society. She asked me what she should do.

As I never have been married my advice would be more or less theoretical, but I believe if I found that my husband cared little for my society I would immediately try to interest myself in the other affairs of my life. It has always seemed to me one of the greatest mistakes for a woman to pour all the great wealth of love of which she is capable, out upon any one person; or to allow her interest to become completely bounded by one person.

I am not advocating fickleness nor free love, but I am pretty sure that love in my life will be an incident, just as it is in the life of any busy person of many responsibilities—very beautiful incident which may color the entire fabric of my every-day life, but still if it should be taken out, I could turn my attention to the building up of other interests and other loves.

First, however, I think I should look to myself and see if I had made myself as interesting as possible to my husband or had allowed myself to become stolid and uninteresting, with little originality of thought or desire. If he still persisted in neglecting me I would not allow him to make me unhappy. I would fill my life so full, with the love of children, the care of the home and the interests of my friends and relatives that I would not miss the thing that he did not care to offer.

JUST ONE LAST WORD—Many a woman has loved a man devotedly and bored him to death by doing it.



CONFESSES SHE HAS A FEW FRECKLES!

That the following rays of the sun are responsible for freckles is an unscientific prejudice.

Prof. Hebra of Vienna, a great authority on skin diseases, regards freckles as "a freak of nature rather than a veritable disease," and thinks they are "analogous to the plebeian appearance met with in the lower animals."

And he says that if we examine closely the skin of an individual who

is afflicted with freckles, at any other season of the year we will find the same spots but of a somewhat lighter color than in summer. All that summer does to a freckled skin is to make them visible by making the skin more transparent.

If the sun caused freckles we would find that the southern brunettes would be troubled with the pests, whereas they are less liable to them than the yellow haired and especially the red-haired individuals of the north.

Dr. Hebra's opinion is that they are the result of an abnormal action of the pigment-secreting glands. In his treatise on the skin he does not give very much comfort to the freckled girl, except through continuous and delicate care of her face. Anything that will thicken the epidermis will help.

A good skin food can be used night and morning and is of great help. Buttermilk, which is slightly acid, is consequently a bleach, and also a skin food, is very fine to use. The juice of a lemon, half of it taken in a half a glass of water and rubbed on the face, will also be found to be a good bleach. Constant cleanliness, massage and rubbing which brings the blood to the surface of the face, will be found to be the best cure for freckles, but it takes time and constant effort.

I know this because I am apt to be freckled myself. Red-headed women usually are.

If one is very much freckled peroxide of hydrogen may be dabbed upon the face occasionally, being very cautiously not to put it upon the eyebrows, eyelashes or hair, as it is a very strong bleach. Do not do this very often—once a week is all that is necessary.

JUST ONE LAST WORD—Don't be discouraged if you are freckled. Remember that if he truly loves you he will be apt to consider every tiny freckle just as much gold dust upon your lily skin.

Billie Burke

Health And Beauty

THE expression of the eyes effects realize this. The eyes indicate everything mental, spiritual, and physical. Yet how many women treat this faculty merely as a conventional. When a patient goes to a doctor for advice the first thing that he asks is: "Won't you sit in the light? I want to look at your eyes."

The woman who uses her eyes all day in close work comes home at night with this organ tired and strained because she has never once during the day made an effort to relieve the strain. Every woman who stands on her feet all day tries to sit down a few times, at least to relieve the strain. The principle is quite the same. The eyesight of the Indian is proverbial. A common-sense explanation of this lies in the fact that the Indian uses his eyes for close work, basket-weaving and work of similar nature, then drops that to look off through the wide ranges. He never has a fifteen by eighteen wall space to limit his range of vision.

Position Affects The Eyes

Stooping while working is bad for the eyes. Keep the head erect if possible in sitting while at work. The position in which we work affects not only the eyesight but the general health. Change the range of vision frequently as possible, and severally as frequently when away from work. If doing desk work or sewing all day do not devote the evening to reading, or about the house or out-of-door work, but keep the eyes strong and the vision clear, at least two hours in the evening should be put in reading or any close work on a moving train or boat, or by a flickering light, is bad for the eyes in that it requires a constant change of focus. Next to daylight there is no light as thoroughly satisfying to work or read by as an oil lamp. The light is steady and

soft and of a yellow that, much less trying on the optic nerve, than the white blue light of electricity or gas.

Put the hands about the eyes as little as possible. The hands come in contact with many germ-carrying objects during the day, and the eyes are the most sensitive exposed parts of the body and the most susceptible to infection. If you need to rub the eyes do so with the lids closed and always rub towards the nose, never outwards.

To Relieve Inflammation.

Weak eyes in many cases are merely sympathetic with some bodily trouble, and as soon as the true source of the infection is corrected, the eye trouble will disappear. Styes, swollen and inflamed lids, and eyes that materate at night, may be indicative of a weakened vitality, but they can all be relieved temporarily, at least, by external applications.

A twenty-five per cent. solution of Argrol will relieve a most angry inflammation in twenty-four hours. The treatment is simple and painless, though the solution may prove unpleasant to the taste. A wisp of cotton should be wrapped about the end of a knitting-needle and dipped into the bottle of Argrol, then the lids raised and moved well under.

or a slight inflammation of the eyes or lids hot water and boracic acid is soothing and effectual; one teaspoonful of powder to a pint of water as hot as can be borne. Apply either by holding the face over a basin and dashing the solution into the eyes, or with a wet eye-lid. Eyes that are inflamed from tears, or from some foreign particle, can be cleared up with hot water. Wring out cloths in hot water and use as a compress on the eyes. Repeat as soon as the cloth cools.

Camphor water strengthens tired eyes and may be kept on hand and dropped into the eyes several times a day. To one ounce of camphor water (not spirits of camphor) add one grain

of borax and strain through thick brown paper, the sort used by butchers. Any solution that is to be used about the eyes must be strained with the greatest possible care, as a physician if he is not a oculist is convenient, but, however minute, will make bad matters worse.

I cannot recommend the use of any lotion or salve for the eyes or lids except those prescribed by an oculist, or the simple ones I know by use to be harmless.

Never experiment with the eyes. We can grow a new head of hair, or in time acquire a new complexion, but a new pair of eyes for service we cannot get. An oculist is a specialist for any eye infection, but so direct to him matters worse.

Health is Read in the Eyes.

Twitching of the lids is frequently caused by nervousness and again by the need of glasses. A pain between the eyes, better becoming indistinct when reading, or the eyes watering, are all indications of eye strain and a need of glasses. Dark spots dancing before the eyes are generally a sure symptom of internal disorder, and if they persist a doctor should be consulted.

Almost every organic disarrangement shows itself in some form in the eyes, a black settlement of blood under the eyes indicates female disorder, a puffiness of the eyes shows bad indigestion, and so on. A doctor recognizes these signals at once. That is why he turns his patient's face to the light.

Never use any lotion on the lashes that could harm the eyes. As careful you may be in applying there is always a possibility of the lotion getting on to the ball and eventual reaching the pupil.

Red vasoline makes a splendid tonic for the brows and lashes. Vasoline (ten grams), with ten centigrams of borax acid makes a good solution.

—Modern Preclilla.

Recipes

Chicken Tamales.

CUT up a large chicken and stew until tender. Prepare half a pound of large dry Mexican chilies by cooking in water fifteen minutes. Remove from the water and scrape with a knife all the pulp from the inside. Take a heaping spoonful of butter and let it melt; stir in two tablespoonfuls of flour, and when it foams up put in the pepper pulp and half the water (strained) in which the chilies were cooked. Season with salt and let cook until thick. Now take two quarts of white corn-meat and stir into the broth from the chicken, making a mush, all and cook until well done. When nearly all done, add the balance of the water the chilies were cooked in. Put in one pound of butter and season with salt. Next lap together four or five corn husks (previously washed in boiling water). Spread on and between them layers of mush, add a piece of chicken, a tablespoonful of the thick chili gravy and two olives, then spread more mush around these, roll all up in husks and tie the ends tightly. Place the tamales in a steamer over boiling water and cook three hours. It improves the tamales if five or six cloves of garlic are cooked with the chicken. It can be made of beef or veal with as good results. Be sure to put plenty of water on the chilies to cover them when cooking. These tamales are excellent for winter.

An Eggless Devil's Food.

Grate into dish one-quarter cake of unwaxed chocolate, add one-half cupful of boiling water and one teaspoonful of soda, and stand until the other part of the cake is mixed. Cream one-half cupful of butter, add two cupfuls of brown sugar and one-half cupful of sour milk, stir in the chocolate mixture, add two and one-half cupfuls of flour, flavor with vanilla and bake in layers. For a good and somewhat different filling. Roll together two cupfuls of brown sugar, one-half cupful of sweet milk, butter the size of an egg and a teaspoonful of vanilla, stir all the time until

when cool it will spread and not run. Try a little on a dish, and if it is thick stir until like cream.

Liver Croquettes

A delicious, cheap meat. To one pound of liver chopped fine or run through the coarse plate of food-grinder add three onions, minced fine, if plenty of onions is liked, and salt to taste. Then take two teaspoonfuls of flour and mix with cold milk to form a thin paste. Add this and enough milk to make it all stick together and drop a spoonful at a time in a spider in which is plenty of hot grease. Let brown quickly on one side, and turn over and brown. If eggs are plentiful, one well beaten added is very nice. The patties should be this so as to cook the liver well and the onions not very much.

Be careful not to use too much onion.

A Luscious Cake-Filling.

Put a cupful of sugar and one-third cupful of boiling water in a pan and let them boil until the sirup very nearly spins a thread. Then add five marshmallows that have been cut into pieces and allow it to stand about two minutes without stirring. Gradually pour this mixture, while heating constantly, upon the stiffly beaten white of an egg. When this filling seems to have the right consistency for spreading add a teaspoonful of vanilla. Spread the filling upon the layers of cake and sprinkle with broken nut meats and finely chopped maraschino cherries.

Two Winter Desserts Easily Made

Take a light sponge-cake. Cut this in three-inch squares and place in center of small plates. On top put one large spoonful of whipped cream and in center of cream lay a half apricot with outside up. This dessert has much the appearance of poached egg on toast and is both attractive and delicious. For the other, make a lens on gelatin. Put in mold. When congealed, turn out of mold in center of plate. Around this put your cream, which has been whipped stiff, and on sides of cream form a circle of

EGZEMA STARTED IN A RASH

Suffered Terribly. From Eyebrows Spread to Neck, Chest and Arms. Completely Cured by Cuticura Soap and Ointment.

Brookline, Mass. — "When my baby boy was about four months old he suffered severely from eczema. The trouble started in a rash and was very itchy. It made him very cross and fretful. I tried the rash first in his eye-brows. From there it spread to his neck, chest and arms. When he would scratch, it would make sores. I got medicine but it did no good. I tried different remedies without result. At last I got a sample of Cuticura Soap and Ointment and after using them for two days I noticed a change. I then purchased a full-sized cake of Cuticura Soap and Cuticura Ointment. I would give him a hot bath with the Cuticura Soap every night after washing the Cuticura Ointment. Before I had used half of the Cuticura Soap and Ointment he was completely cured." (Signed) Mrs. H. L. Brewster, May 20, 1913.

The regular use of Cuticura Soap for toilet and bath not only tends to preserve, purify and beautify the skin, but also helps to prevent and assist in preventing inflammation, irritation and clogging of the pores, the common cause of pimples, blackheads, redness and roughness, yellow, oily, scaly, and other unsatisfactory conditions of the skin. Cuticura Soap and Ointment are sold by drug-gists and dealers everywhere. For a liberal free sample of each, with a book, send post-card to Foster Drug & Chem. Corp., Dept. D, Boston, U. S. A.

ELOPING GIRL TELLS OF LOVE FOR MILLIONAIRE NEIGHBORS WOULD TAR



MISS DELILAH F. BRADLEY

Requested to leave the hotel in Mobile, Ala., where she had been living as the wife of J. M. Foster, the wealthy son of the president of the International Correspondence Schools, of Scranton, Pa., Miss Delilah Bradley, the pretty twenty-year-old girl, of Penaberton, N. J., is in hiding in that city, but remains loyal to Foster, with whom she eloped, and who declares that he will marry her as soon as he is freed of the charge of violating the Mann white slave law and when he has obtained his divorce.

There is Comfort in

knowing that you can obtain one tried and proved remedy thoroughly well adapted to your needs. Every woman who is troubled with headache, backache, languor, extreme nervousness and depression of spirits ought to try

Beecham's Pills

(The Largest Sale of Any Medicine in the World)

and learn what a difference they will make. By purifying the system they insure better digestion, sounder sleep, quieter nerves, and bestow the charm of sparkling eyes, a spotless rosy complexion and vivacious spirits. Thousands upon thousands of women have learned, happily, that Beecham's Pills are reliable and

The Unfailing Home Remedy

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In France, it costs.

Five Roses Flour

Not Bleached Not Blended

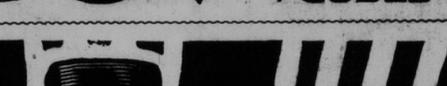
FEEL THE FEEL OF FIVE ROSES. THE EVEN GRAINS SO FINE SIFTED MANY TIMES THROUGH SILE, DRY GRANULAR DUSTING. QUICK TO FERMENT, EASY TO WORK. HAPPY BAKEDAYS!

Every one a Meal!

No measuring—no mixing—no seasoning—it's all in the Cube—simply add hot water. Quick—handy—delicious and nutritious!

On a cold day a steaming hot cup of Oxo—made in one minute with an Oxo Cube—is a luxury you will appreciate. Its fine rich flavour—its concentrated goodness—the warmth, energy and well-being it creates, are a surprise and pleasure to all who use this delightful new food-invention.

A Cube to a Cup. Oxo Cubes are the latest achievement of food-science, and have caused the cumbersome and old-fashioned meat-extract and fluid-beef to be relegated to the background. All these products can do Oxo Cubes can do—better—quicker—with less trouble and cost. Order a tin to-day.



OXO CUBES

TINS OF 4, 10, 50 & 100 CUBES.

Perfection

PRODUCE OF SCOTLAND
D. & J. McCallum.

EDINBURGH.
BIRMINGHAM & LONDON
SCOTCH WHISKY.

No peat is employed in the curing of the malt for McCallum's Perfection Scotch, and the "smoky" taste, so objectionable in many Scotch whiskeys, is noticeably absent. Perfection, with all the "elegance" of a distinctively high-class Scotch, is a mellow, epicurean beverage, with a distinct appeal to the cultivated palate.