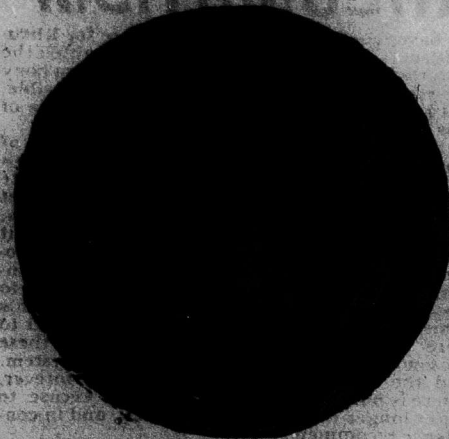


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FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

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—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 of the Womb, Protrusion, Scanty or Painful Periods, Urinary or Ovarian Tumors or Growths, also pain in the back, back and bowels, bearing down feeling, nervousness, creeping feeling up the spine, numbness, dizziness, hot flashes, weakness, kidney and bladder troubles, where caused by weakness, 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 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 thank 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. Pimples and health always result from its use. Whenever 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. 94 WINDSOR, Ont.**

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Woman and the Home.

The Evening Train.

The first train leaves at six p.m.
For the land where the sleep-flower blows,
The mother dear is the engineer,
And the passenger laughs and crows.

The palace car is the mother's arms;
The whistle a low, sweet strain;
The passenger winks and nods and blinks,
And goes to sleep on the train.

At eight p.m. the next train starts
For the pleasant land afar;
The summons clear falls on the ear,
"All aboard for the sleeping car!"

But what is the fare to this pleasant land?
I hope it is not too dear;
The fare is this—a loving kiss—
And it is paid to the engineer.

So I ask of Him who the children took
On His knee in kindness great,
"Take charge, I pray, of the trains each day,
That leave at six and eight.

"Keep watch o'er the passengers," thus I pray,
"For they are very dear;
And have special ward, oh, gracious Lord,
O'er the gentle engineer."

The Baby.

Baby's advent into the world should be a blessing to all, but it does not mean he can live and prosper alone.

The first ten days should be one of watchful care. Nurse should wash him at regular hours. Everything should be prepared beforehand. Warm your room. Shut out draughts. Get the clean clothes all dried and aired. Have your hot water, wash dish and towels all ready. Use nothing but the best soap and talcum powder. Have a basket with little necessary articles near by. Dress quickly after the bath. Give a teaspoonful of water to drink, nurse him and place him in the crib and he will appreciate the care. Never carry or nurse him if it can be avoided when your nerves are unstrung. As he grows to years of understanding be a "companion" not simply "boss" and in latter life your children will rise up and call you blessed.

Heart and Home Talks.

A common cause of unhappiness in the home is an over-sensitiveness on the part of the wife.

The average man is a thoughtless individual.

Once he has secured the girl of his choice to preside in his home, he settles down perfectly satisfied with conditions and proceeds to enjoy himself in his own way.

The excitement of the pursuit and capture over, he is content with possession and puts aside the methods used to ensnare or attract the chosen one.

Having selected one from out of the rosebud garden of girls and taken her to his heart and home he does not realize that there is any further expectations on her part.

And, happy in the close, daily companionship of home life, he forgets or regards it as too much trouble, or as no longer expected, to bestow upon the wife the little attentions, courtesies and endearments he delighted to lavish upon the sweetheart.

The average woman prizes all these much beyond the conception of the average man. She marries expecting their continuance, and is greatly grieved and disappointed when she receives them not.

If she does not go so far as to imagine that her husband never really loved her, and married simply because he wanted a housekeeper and secured her as a bit of material most conveniently at hand, she is apt to decide that he is wholly selfish and not true to her at heart, in that he deceived her by winning her with fair words and promises

that he seemed to have forgotten with the marriage vows.

This state of mind is a most unhappy one, and far from conducive toward the happy home the twain had looked forward to when they were made one.

If maternity soon adds to the wife's cares and responsibilities, which the husband may not be thoughtful enough to share as much as he can, the load of bitterness and disappointment in the wife's heart becomes almost unbearable.

Worn with care and sleepless nights and cherish has proved himself so apparently indifferent to her, the wife naturally becomes irritable and impatient, or "cranky," as the husband expresses it, and the interchange of sharp words becomes of more or less frequent occurrence.

and sorely troubled that he who promised so faithfully to love, honor

O, the pity of it!
When perhaps a few words in some quiet hour, right from the wife's heart, might have led the husband to understand her feelings, and to give her more of the attention she so sorely craved.

Or, if he laughed at her "foolishness," and told her she ought to be satisfied with things as they are—"a fellow can't always be making love to his wife, when he is sure of her," she should learn to accept the situation philosophically.

If she will consider the matter somewhat sensibly instead of entirely sentimentally she may finally understand his point of view, and become content with the knowledge that the heart of her husband doth so safely trust in her that he does not feel the need of using the blandishments of a suitor to retain his wife's love and respect.

She may put a little, and reproach him a little, and try to make permanent habits the manners of courtship and the honeymoon, and cling to them as long as she can—she would not be truly womanly else—but if he backslides despite all her pretty and petty persuasions she should not allow herself to be made miserable.

Neither should she allow herself to be neglected.

She should expect, require, even demand the consideration and care every man owes the mother of his children, instead of bearing all alone and suffering and grieving secretly.

Paternity has its duties and responsibilities as well as maternity.

But these lessons must be learned from experience.

And the one upon whom the burden of parentage rests the most heavily should be the teacher.

Dear loving, suffering woman heart! put aside the burden of disappointment and discontent.

You were the chosen one—dearest of all on earth to your husband.

And the years of life together, the duties of wifehood and motherhood, can only make you dearer to him.

Your husband may be thoughtless but he is neither indifferent nor wholly selfish.

Drive the shadows from your heart and the cloud from your brow, and let the sunshine of content and cheerfulness beam there instead.

Go about every home duty cheerily and heartily—it is all only a labor of love, labor for those most loved, and who most love you, and require your husband to bear his share as cheerfully.

Good cheer is contagious—fill the home with its glow and warmth.

The stolen kisses, the whispered words of endearment were very precious to the young girl heart.

Yet the sense of wifely duties well fulfilled, the knowledge that the husband appreciates your efforts to make his home happy, by his evident content and enjoyment in it, even though he says so little, is more precious still.

HO
SUPER

Cherry
cherries, a water, half boil until amount of butter, put pastry roll them adher

Beet Sal
beets, boiled cut in half, one pound pieces. Ser cabbage. C boiled dress nated with mixing wit

Rich Cor
meal, one teaspoonful half cupful milk, two melted but ingredients, a beaten and shallow pan

Duchess
one egg un spoonfuls o two cupful in small py tin, broad of the eggs spoonful o with the n brown. S nished with

Green S
clean a qu in a sauc when done and pass t the pulp th flavored st sistency. I of lemon a the time o in the sou

Spanish
milk and s it for an h stir often. very light into the sc begins to (before it through th when near or lemon; cold water

Onion S
and sooth onions, pu tablespoon until slight cupful of f browned. boiled and pints of h white pep of sugar, with fried

Cheese
paste thin, and cayen roll out, a the proces harden. V lar shape place it c pastry cut into strip and less thick. Ba fashion.

Blackbe
custard of of six egg flavor to slices of ripe black then a lay