

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.
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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 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 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 to-day, as you may not see this offer again. Address: MRS. M. SUMMERS, Box H. 86, WINDSOR, Ont.

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Woman and the Home.

The Secret.

There's a little word called "Sweetheart"; it's as old as Heaven's blue; 'Tis the sweetest word e'er spoken and its joy is ever new; It was Love's first murmured message, spoken in the ears of Love, When the Earth took shape from nothing and the blue sky arched above; It has come through Time unmeasured; it has lived unnumbered years; It was born of smiles and laughter and has dried Grief's countless tears; It's the magic soul of music and the living fire of Art, And I've chosen it to give thee—just that little word "Sweetheart."

Ah, the aching hearts and heavy it has bidden hear and smile; It has bidden Youth be merry and has cheered the Afterwhile Of the dreary days and long Are forgotten in the glory of its whispered even-song. It has made the heart go leaping of the schoolboy at his play; It has filled with gladder dreamings all the sunshine of his day. It has bridged world-sundered chasms and has played the noblest part In the life and strife of being—just that little word "Sweetheart."

It has cheered the eve of battles; it has fired the Heart of Dawn; It has braved the mouth of cannon and has borne war's banners on; It has lured the soldier Deathward, where the scarp was red and steep; It has trembled like a blessing on the ashen lips of Sleep; It has hushed the cry of children; it has fired the souls of men, Beaten back on shores of Failure, to be bold and strong again; In the hermit's cloistered silence or in Traffic's busy mart, It is of all, in all, through all—just that little word "Sweetheart."

And forever and forever, through the endlessness of Time, It shall hallow song and story and shall be the soul of rhyme; It shall be a part of Being, much as heartbeat, much as breath, It shall be the joy of living and the overthrow of Death; So I bid thee kneel and listen till I whisper thee the key, Till I tell thee why is Labor, Life, Love, Death and Mystery; Hut or palace, serf or master, clod or genius, toil or art, It is of all, in all, through all—just that little word "Sweetheart."

—J. W. Foley.

Pointed Paragraphs.

A distant relative who is "close" is both far and near. Some people display the best of taste by cutting out originality from their conversation. Most of us know when we have said enough, but few of us have sufficient self-control to put the lid on. In after years a man sometimes wishes he had attended his own funeral instead of his wife's wedding. Occasionally a woman dyes her hair red, but if a man was to do a thing like that he would be confined in a padded cell.

Teaching Children to Help.

This is one of my "hobbies," for it seems to me there can be so much accomplished in this line. We live on a farm and have a boy of ten who has lived with us two years. When he came to us he had very little idea of helping, but we began by giving him small tasks, such as watering the poultry, hunting the eggs, wiping the dishes, picking up cobs and chips, etc., until he became interested in the work and now does many of these and other small chores without being told, which will help him in more ways perhaps than we can realize. We have also tried to teach him that by helping to do these things he is helping to earn the living, thereby giving him a feeling of independence which could be gained in no other way. Little tots of even two or three years may be taught to be helpful by sending them on small errands, such as for a spool of thread or thimble or something of the kind, and they are delighted to do this, because they are "helping mamma." Children must have something to do and very often if it is not something helpful they are in mischief of some kind. While they must be given time for play, a badly spoiled child will be the result of no training in the line of helpfulness.

The Mission of a Smile.

It ended with a hearty laugh by everyone. The little deaf lady laughed. "Did you hear it, aunty? What are you laughing at?" "Why should I frown?" Years ago the little deaf lady had read of another little deaf lady down in a little seaside hamlet who always attended meeting and was one day

asked by some one passing out, "Why did you come to church?" She looked out over the sea and replied, "This is about the only place the sailor boys have to go so I come to smile them in and smile them out." And they watched for her as a part of the little church and its ceremony. Just how many a sailor boy may have been "smiled" back to the teaching of the childish prayers at his mother's knee none may know till they can see the great Record Book.

Education.

The three R's in themselves may not mean so much, but the developed mind which springs from their mastery is the motive power of the world. A prominent Y. M. C. A. secretary of a large city, in sizing up one of the boys of his flock, remarked, "He started out young, for himself in the world, knocked around, and because he was fairly bright, made quite a success of his knocking. If he got into tight places he got out. But with years creeping upon him, his lack of a developed mind and the consequent judgment is sadly showing itself." Therein lies a deep thought for us in regard to our children. Youth and normal brightness may knock themselves around on to quite an eminence of success. You have heard of the two frogs that got into a can of milk at a railroad station and soon found themselves whirled cityward. One of them began to mourn and sink while the other one kicked. When the journey was ended number one was in the bottom of the can, dead, while number two had kicked himself high and dry on a ball of butter! That example may be good to hold up to a timid, inert boy, but should he kick himself on to an elevation of prominence without mental balance to hold his position, there is liable to be an explosion or a collapse which will prove the kicking valueless. Let us give our sons and daughters healthy mental food that will train and develop the mind; that will place them on a healthy plane of resolution, self-possession, steadiness of purpose, persistency, and a comprehension of the connection of each to the other. Teach them to think, to aim, to resolve, and to stick to it.

Pin-Money at Home.

Your call for articles on pin-money brings to mind the efforts of one girl who not only earned enough money through her own efforts to give her schooling for two years, but also helped at home during her father's illness. During a visit to a general store, a lady was making inquiry for ferns. The dealer said he had frequent calls for ferns, but was unable to supply them, as few people cared to take the responsibility of their raising. This was the start she needed. Writing to her uncle, she explained her plan and asked the loan of twenty dollars. The answer came, full of encouragement and accompanied by the draft. Not a few hours were spent in studying fern catalogues, which resulted in an order for 156 plants, at ten cents piece. The express on them amounted to a dollar and a half, and the remainder was invested in jars. Seventy-five plants were potted at once, the rest being left bedded in tubs. She tended them carefully, keeping sufficiently moist and occasionally added emulsion. A notice was inserted in her home paper, the same bit of information given those of neighboring towns to the effect that she would take orders for ferns to be distributed the first of September. The best of success rewarded her first efforts, sixty-seven dollars being cleared. By this time she had had considerable experience, and on the next growth she netted even more. This particular girl went from this small beginning into something larger in floral culture.—From The Circle.

A Delicious Way of Preserving Raspberries.

To every pound of fruit allow three-quarters of a pound of castor sugar. Put the raspberries in a bowl in the oven; also put the sugar in a separate bowl in the oven to get hot through but not brown. When the fruit begins to boil take it out of the oven, add the heated sugar, and stir until all is dissolved. Pour into jars, place tissue paper dipped in brandy on the top, and tie down with parchment covers. This will keep a year and longer, and has the flavor and color of fresh fruit.

An Effervescent Saline.

An effervescent saline may be made as follows, and will be found a great economy: Take four ounces of Epsom Salts, four ounces of tartaric acid, four ounces of bicarbonate of soda, four ounces of cream of tartar, and half a pound of icing sugar. See that all the ingredients are thoroughly dry. Mix and pound them till fine. Pass all through a wire sieve three times. Place in perfectly dry bottles, and cork tightly. The ingredients for this recipe will be found cheap and a really good saline can be obtained therefrom. If liked, half a lemon can be squeezed into the drink, which makes it healthful and refreshing.