

WHAT A WOMAN CAN SELDOM DO!

A man, as a rule, can go where he likes and live where he likes. He may choose his own trade or profession, and be the architect of his own fortune. A woman can't always do these things, and in one other respect she is peculiarly handicapped. A youth with sound health can look straight down the road of life, and, unless accident befall him, he stands a fair chance of coming to hale old age. But a girl cannot look straight down the road, because there are critical points beyond which she cannot see, turning points which may be full of hidden dangers. Any girl is fortunate if she enters womanhood without finding herself a victim to anæmia or some kindred trouble. Later, when she becomes a mother, she has a new series of dangers to face; and once again, at the changeable season of life, she must exercise every care if she is to enjoy a ripe old age.

Now, all doctors know that although women have many more ailments to contend with than can fall to the lot of man, nearly every one of these ailments can be avoided so long as a woman keeps her digestive organs in perfect working order. That is practically the whole secret.

If you want to be free from anæmia, headaches, biliousness, wind, constipation, languor, irregularities of the system, debility and all kindred troubles, keep your digestive system in thorough working order, by taking Mother Seigel's Syrup daily, after meals, and all will be well.

Mrs. Barnstaple, Scatarie Island, C. Breton, N. S., writing on February 20th, 1910, said:—"It is with gratification

that I write in praise of Mother Seigel's Syrup. I have taken it for a disordered stomach and indigestion, and I have found it a certain cure, and I look upon the Syrup as the finest stomach medicine there is."

Mother Seigel's Syrup has cured not once but in thousands of cases after other medicines have bitterly disappointed. Keep it handy, and take it after meals.

Mr. Benjamin Clements, of Roseville, Prince Edward Island, wrote us on February 10th, 1910, saying:—"I have been troubled greatly with my stomach and bowels and much relief has been afforded to me by using Mother Seigel's Pills. I never want to be without them in the house and strongly recommend them to anyone who is troubled as I was. To my mind there are no other Pills equal to them."

Jan. 19, 1910
"I am well acquainted with Mr. Warnell, in fact, I have known him since boyhood. Four years ago he did not seem to me as if he could live three months. He is keeper of the Big Iron Drawbridge of Jeddore, which entails considerable work, and he has been obliged to cease his labors on account of sickness. Now after the help of Mother Seigel's Syrup, he can attend to his duties as well as any man.

Yours truly,
P. W. MASKELL."

Stipendiary Magistrate for
Halifax Co., N. S.

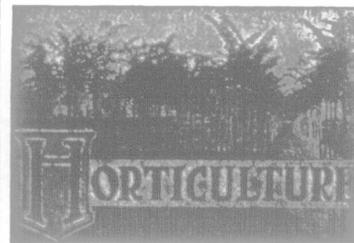
"I have been familiar with the use of Mother Seigel's Syrup since I can remember, as my father and mother used it with great satisfaction for indigestion. I myself have used it with the best results and take pleasure in recommending it as the best medicine I know of for this common complaint."

WM. PAGE,
Tyrconnell, Ont.
Feb. 17, 1910.

broad, full breasts, broad backs gently inclining to the tail, which should not be carried too high. I prefer a small cushion, which gives the female a round, blackish appearance. Other requirements are bay eyes, yellow legs, a nice small comb with five points, or four; but not six, if you can help it. With these females place a male of medium light color and as near an even shade as you can get. He should be of standard weight, have broad, deep, full chest, body not too short, back well curved to the tail, which should be carried rather low. This male should be bred in line from high-class exhibition females, so that his blood may have the same character as that of the females with which he is mated. From this mating you will get a big percentage of exhibition females, and the males will all make good breeders. The latter will all, or nearly all, be the color of their sire.

This is the way I have mated Barred Rocks ever since I started raising pure-bred birds, and my winnings in the shows from Fort William to Regina the last five or six years were birds of my own breeding. I have paid long prices for show birds up to six years ago, when my namesake in Winnipeg told me that if I only thought so I could breed my own winners. So I took his advice. One first prize won by a bird you breed is better than two or three firsts that somebody else raised.

Man. GEORGE WOOD.



BRITISH COLUMBIA APPLES IN ENGLAND

British Columbians would be proud of their province if they could see the pleased looks on the faces of the English visitors at the first sight of the lovely apples from the beautiful valleys and bench lands.

To introduce British Columbia apples to British consumers exhibits are made by the government at all the leading horticultural exhibitions in the British Isles. It is unquestionably a good policy to thus display the actual fruit, which is more convincing than volumes of description or pictures. It has just been your correspondent's privilege to witness such an exhibit in one of the leading English provincial cities. No attempt was made to make a widespread display. Just twenty-one boxes of apples were on exhibit—eleven varieties—but such apples were a sight for the gods.

The Hon. Price Ellison, minister of finance and agriculture for British Columbia, had direct charge of the exhibit, and gave a short, forceful address on British Columbia and its possibilities. He stated that the province was a young one, but a great fruit-growing country, and the apples were certainly proof-positive of his statements. Five years in succession had British Columbia taken the world's championship at the greatest show in the world, the Royal Horticultural Show in London.

From a business standpoint it was good to learn that the British Columbia government had been able to arrange with the Canadian Pacific Railway for a rate which would enable British Columbia fruit growers to place their fruit in British consumers' hands at a reasonable price. Mr. Ellison stated that it was intended to specialize on the growing of a few varieties of high grade apples, and instanced the rich Spitzenberg, the red Jonathan, and the beautiful lemon-yellow Cox's Orange Pippin, as examples.

Nova Scotia has long held an enviable position in our markets, but she will have to look to her laurels in competition with the young sister province of the Pacific. The apples on exhibit comprised the undenoted varieties: Golden Russet, R. I. Greening, Wagner, Jonathan, Spitzenberg, Grimes' Golden

Mother Seigel's Syrup



CLEANSSES THE BLOOD

You can never feel well or be well while your indigestion is out of order. Indigestion lowers vitality and creates disease. It starves and poisons the body and causes headaches, flatulence, heartburn, palpitation, biliousness, constipation and anæmia.

Add to these afflictions the miseries which women heroically suffer in silence, and you will understand why Mother Seigel's Syrup which cures the cause of all these troubles, is the best friend a woman can have.

MAKES FOOD NOURISH YOU

Taken after meals, Mother Seigel's Syrup enables you to digest food, and well digested food nourishes the body, gives bloom to the cheeks, sparkle to the eye, buoyancy to the mind, vigor to the limbs, and ensures regular health. This great remedy for all digestive disorders is made from the extracts of certain roots, barks and leaves, which exert a remarkable curative and tonic effect on the stomach, liver and bowels, enabling all the organs of the body to work naturally and harmoniously.

Mrs. Eutache Vandette, of Pembroke, Ont., says:—"I suffered for over six years from stomach troubles, palpitation of the heart and rheumatism. I suffered very much from a kind of tired feeling, after eating, and was subject to headaches and sleeplessness. I began to take Mother Seigel's Syrup, and three months' time was sufficient to cure me." January 1st, 1910.

Cures Indigestion

AND ALL OTHER FORMS OF

STOMACH AND LIVER DISORDER

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