

Practical Designs



An unusual and yet practical novelty is shown in the romper dress here illustrated. It is on the order of the envelope style of chemise except that the envelope section fastens under the dress at the top of the hem and does not take away from the dress effect. McCall Pattern No. 7750, Child's. One or Two-Piece Romper Dress. Pattern in 5 sizes; 6 months to 6 years. Price, 10 cents.



Heather jersey cloth is used for developing a very smart military coat and service dress. The coat has an inverted pleat in the back, and the skirt of the dress may be divided front and back to be worn over bloomers. McCall Patterns No. 7881, Ladies' Military Coat; in 30-inch length; in 5 sizes, 34 to 42 bust; and No. 7877, Ladies' Service Dress; in 5 sizes, 34 to 44 bust. Price, 20 cents each.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

HOW THE DEAF "HEAR" MUSIC.
Music is an Essential Factor in Training of the Deaf.

Music, declares the head of an institution for the care of deaf and dumb children, is more essential in the education of the deaf than it is in the training of the hearing child. In this institution the classrooms are provided with pianos, around which the children gather between recitations.

"When the teacher plays an exciting feeling comes up through the floor," is the way one deaf boy describes it.

Others, when asked to explain their sensations, said: "I feel it in my temples and in my legs." "I feel it through my whole body," and "I feel it in my chest and lungs."

The children "hear" more distinctly when they are allowed to place their elbows on the piano.

Rural Church and the Farm.

A great need of the country is diversion. People who handle the plough need to have something to think about. They have many hours to think. That he may not be a pessimist or a false philosopher, that he may not con over evil thoughts and fill his mind with wrong and inhuman sentiments is for the Church to have a care. The pulpit must not think it beneath its dignity to organize play festivals, and the minister must not be ashamed to wear motley, if by so doing he can bring a better and a nobler spirit into the countryside. The tedium of country life is unsocial. It is against the welfare of the State. It is bad for the heart and for the soul.

Children and Birds.

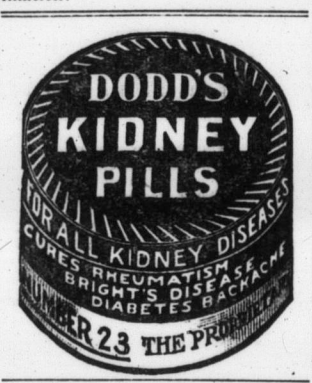
Interest children in birds. By a study of bird charts you can attract the kind you want by providing the food they like. Native birds are easy to domesticate, and respond quickly to attention to their special needs. Place a trough of bird feed, a wash-basin or bird-bath, and a shallow basin of drinking water on your window sill.

Buckwheat makes an excellent breakfast cereal.

The Waste of War is terrible, but the waste of food in times of peace is colossal. Rich and poor alike eat tons of food that has little food value—and this useless food breaks down the so-called eliminating organs and depletes the physical and mental powers. **Shredded Wheat Biscuit** is all food, prepared by a process which makes every particle thoroughly digested. It is 100 per cent. whole wheat. Two or three of these Biscuits with milk, make a nourishing meal, supplying the greatest amount of energy at lowest cost. Delicious with sliced bananas, berries or other fruits.

Made in Canada.

Probably many a purchase of farm implements has been postponed, in the hope that prices would be lowered before the necessity for their use became acute. All evidences point to such practice as dangerous procrastination.



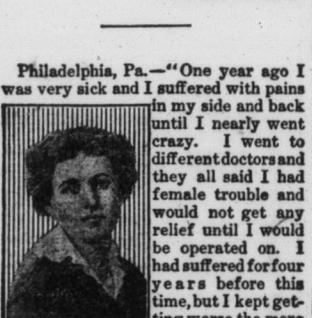
PAINT NOT A BIT LIFT YOUR CORNS OR CALLUSES OFF
No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly up on the corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right off. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

AN OPERATION AVERTED



Philadelphia, Pa.—"One year ago I was very sick and I suffered with pains in my side and back until I nearly went crazy. I went to different doctors and they all said I had female trouble and would not get any relief until I would be operated on. I had suffered for four years before this time, but I kept getting worse the more medicine I took. Every month since I was a young girl I had suffered with cramps in my sides at periods and was never regular. I saw your advertisement in the newspaper and the picture of a woman who had been saved from an operation and this picture was impressed on my mind. The doctor had given me only two more days to make up my mind so I sent my husband to the drug store at once for a bottle of Lydia E. Pinkham's Vegetable Compound, and believe me, I soon noticed a change and when I had finished the third bottle I was cured and never felt better. I grant you the privilege to publish my letter and am only too glad to let other women know of my cure."—Mrs. TROTT, MCGONIGAL, 3432 Hartville Street, Phila., Pa.

THE PENALTY OF LIBERTY.

Severe Discipline Practiced by the Mother of Ruskin.

In the matter of discipline John Ruskin's mother was a Spencerian before Spencer. "Let your penalties," says that austere philosopher, "be like the penalties inflicted by inanimate nature, inevitable. The hot cinder burns a child the first time he seizes it; it burns him the second time; it burns him every time; and he very soon learns not to touch the hot cinder." That was Mrs. Ruskin's method. To illustrate her way of teaching lessons, Ruskin used to tell the following incident of his early childhood, which his mother was fond of relating.

"One evening, when I was yet in my nurse's arms, I wanted to touch the tea urn, which was boiling merrily. It was an early taste for bronzes, I suppose; but I was resolute about it. My mother bade me keep my fingers back. I insisted on putting them forward. My nurse would have taken me away from the urn, but my mother said:

"Let him touch it, nurse."

"So I touched it, and that was my first lesson in the meaning of the word 'liberty.' It was the first piece of liberty I got, and the last that for some time I asked for."

ORIGIN OF THE BAYONET.

In 1675 It Was Adopted by the Armies of France and England. The bayonet, which, in spite of all the latest inventions of modern warfare, remains the simplest and most terrifying weapon on the battlefield, bears a name the origin of which is uncertain.

It is popularly believed to recall the pleasant old town of Bayonne, which nestles at the foot of the Bay of Biscay, since a citizen, one Pusey, is credited with its invention about 1650. Pushed into the mouth of the gun-barrel like a plug, it was thus adopted in France and England about 1675.

In 1689 it was attached by two rings to the barrel by General Mackay, and the so-called bayonet was introduced by Vauban into the French army in 1703.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes the danger.

Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

So many of us are grasping at the stars, leaving life's plain, common work for others to do, forgetting that life's sweetest blessings come from doing the humble tasks in a noble manner.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN, Aug. 31st, 1908. Metapedia, P. Q.

SAND SHOES FOR TOMMIES

Are Made of Steel Wire and Look Like Bird Cages.

Next time you walk across a wood-block pavement and stick in the tar-sooty think of the British army in Egypt. The contrast will make you happier. For one thing, the British Tommy would give \$1,000 for wood-blocks. But not having pavements, Mr. Atkins is compelled to find a way to walk on dry shifting sand. His latest method is the sand-shoe, which is made of steel and looks something like a bird-cage. Mr. Atkins attaches the cage to his shoes, and then can walk along some 10 inches above sand-level, while the sand sifts through the meshes of his undershoes. So Tommy can go on walking with comparative comfort. The difficulties through which he marches to conquer may be gauged from the fact that when the Turks were coming with intent to destroy the Suez Canal they had to dig narrow trenches for their big guns and metal this grooves, so that the guns could be dragged forward. They found this method easier than building roads.

In the Country. Summer boarder—Does this tree produce a lot of peaches? Farmer—Nary a one.

Summer boarder—Well, what's the idea of keeping it? Farmer—Because I get a great many bushels of pears from it.

Minard's Liniment Cures Gargol in Cows

But She Liked It!
Very strong peppermints are grandfather's favorite confection. One day, he gave one to four-year-old Marjorie, and waited slyly to see what she would do when she should discover the pungent flavor of the candy. A few minutes later he saw her take the peppermint from her mouth and place it on a table beside an open window.

"What's the matter?" he asked. "Oh, yes," replied Marjorie, "I like it, but I thought I'd let it cool for a little while."

WHEN YOUR COLOR FADES

When a girl—or a woman—finds her color fading, when her cheeks and lips grow pale, and she gets short of breath easily and her heart palpitates after slight exertion, or under the least excitement, it means that she is suffering from anaemia—thin, watery blood. Headache and backache frequently accompany this condition, and nervousness is often present.

The remedy for this condition is to build up the blood, and for this purpose there is no medicine can equal Dr. Williams' Pink Pills. They build up and renew the blood, bring brightness to the eyes, color to the cheeks, and a general feeling of renewed health and energy. The only other treatment needed is plenty of sunlight, moderate exercise and good, plain food. The girl or woman who gives this treatment a fair trial will soon find herself enjoying perfect health.

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail post paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TO WRITE WITH THE KNEES.

A Device to Enable Soldiers Who Have Lost Both Arms to Write.

A boon for soldiers who have lost both arms is described by Dr. Arthur T. Blachly of Portland, U.S.A. It is an apparatus by which they can write with their knees after a little practice. A piece of sole leather fifteen inches long and six inches wide at one end and four at the other has a semi-circular piece cut out on each side five inches from the narrow end. This piece of leather is bent where the scallops come to fit over the bent knee and the whole piece is bent from side to side. By two clips, such as are used in holding a pencil in the pocket, a pencil is fastened to the leather so as to project forward four inches in front of the knee.

This apparatus is held firmly to the knee by three strong brass springs attached by rivets. These are three-fourths of an inch wide and are made of strips twelve, thirteen and fourteen inches long respectively.

To hold the paper in the proper position a small rack like a music rack is made of wood with a hook to adjust and hold it to a small, firm stand two feet high. In writing the heel is raised and the foot, resting on the ball, gives the knee quite a wide range of motion. A stylographic fountain pen can be used as well as a pencil. The device can be made cheaply. The model cost \$1.50, and the springs could be replaced with straps costing ten cents apiece, thus reducing the cost to \$1.10. This device should be much more convenient than holding a pencil between the teeth or toes, as was formerly done by some. The stand can be made of an old box and a shelf put in for the apparatus.

Dr. Blachly is awaiting with interest reports from France, where he sent the first models of his apparatus. Experiments by an armless man on the Pacific Coast proved that a legible "handwriting" was acquired with a few weeks' practice. The man had been trying to learn to write with a pencil held between his teeth and hadn't succeeded.

made from straw by an inventive Frenchman.

Whole Wheat and Malted Barley
skillfully blended and processed make **Grape-Nuts**
a most delicious food in flavor as well as a great body, brain and nerve builder.

"There's a Reason"

A Free Prescription You Can Have Filled and Use at Home.

New York—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a list of the eye troubles they most often treat. Their reports were most interesting.

Dr. Beck reports: "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I made it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they had been cured. The same cannot be said of the Bon Opto principal. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it resolves conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principal, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door to the cure of many eye troubles that only a few heretofore hopeless cases to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen

the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eye, inflamed lids, catarrhal conjunctivitis, smarting, itching, itching, itching, eye weakness from sun, smoke, dust and wind, watery eyes, blurred vision, and in fact many other conditions which form the basis of that wonderful new and startling case has just come under my observation. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formula which forms the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. It is successful in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formula which forms the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. It is successful in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formula which forms the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. It is successful in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

YOUNG WOMEN WANTED

Good opportunity offered young women, desiring permanent work in Toronto, to learn waitresses' work in the largest established restaurant in Canada. Good wages paid, best working conditions and fair treatment. Write, Phone or Call.

CHILDS COMPANY,
158 YONGE ST., TORONTO.

"There is a fellowship more quiet, even than solitude, and which, rightly understood, is solitude made perfect. And to live out of doors with the woman a man loves is of all lives the most complete and free."—R. L. S.

Minard's Liniment Cures Diphtheria.

Order jars immediately for canning. Glass jars in the long run are cheaper than tin cans.

MONEY ORDERS
The safe way to send money by mail is by Dominion Express Money Order.

A baby's dress that opens the full length of the back launders very easily.

Minard's Liniment Cures Diphtheria.

MISCELLANEOUS
CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co. Limited, Collingwood, Ont.

BOOK ON DOG DISEASES
And How to Feed
Hailed free to any address by the Author
H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

Shall It Be Hair or No Hair



It's Up to You And Cuticura

Cuticura Soap shampoos preceded by light touches of Cuticura Ointment to spots of dandruff and itching scalp.

They tend to arrest falling hair and promote a healthy scalp.

Samuels Free by Mail. Address: "Cuticura Dept." or "Cuticura, U.S.A." Sold everywhere.

Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances



DR. BECK

A Free Prescription You Can Have Filled and Use at Home.

New York—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a list of the eye troubles they most often treat. Their reports were most interesting.

Dr. Beck reports: "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I made it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they had been cured. The same cannot be said of the Bon Opto principal. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it resolves conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principal, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door to the cure of many eye troubles that only a few heretofore hopeless cases to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen

What He Thought.

The doctors at a London hospital were one day holding a consultation beside the bed of a man, who was supposed to be harboring a diseased hip-bone.

"Believe," said one of the surgeons, "that we should wait and let him get stronger before cutting into him."

Before the other prospective operators could reply, the patient turned his head, and remarked feebly:

"What do you take me for—a cheese?"

Next to its unique flavour, the great economy of Salada Tea has been the reason for its enormous sale.

To restore black ribbons, strain some cold strong coffee entirely free from grounds, sponge the ribbon with this after brushing off all the dust. Then iron carefully on the wrong side.

Sore Eyes
Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Marine Eye Remedy**. No Smearing, Just Eye Contact. At Your Druggist's 50c per Bottle. **Marine Eye Remedy** or **Marine Eye Remedy Co., Chicago**

To help in picking fruit a California knife has patented a thumb with a knife blade at the end.

Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It
Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for iron deficiency. I was astonished to find him with the blood pressure of a boy of 20 and as full of vim and vitality as a young man. In fact a young man he really was. He was taking iron—Nuxated Iron had been his health. At 46 he was carefree and nearly all in. Now at 50 after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only take Nuxated Iron when their feet were run-down instead of doing themselves with habit-forming drugs, stimulants and alcoholic beverages I am convinced that this way they could ward off disease, prevent it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change into living tissue. Without it, no matter how good or what you eat, your food merely passes through you without doing you any good. You don't get the strength needed to enable you to do your work. You are weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are strong or well you owe it to yourself to make the following test. For two weeks you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary iron daily for three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of all the while double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old-fashioned iron pills or acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like Nuxated Iron. If you want to do yourself good, otherwise it may prove worse than useless. Many an athlete or sportsman has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to ignominious defeat simply for the lack of iron.—E. Sauer, M.D.

NOTE: Nuxated Iron, recommended above by Dr. E. Sauer, is not a patent medicine, but a natural iron compound well known to druggists, and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the inferior iron products, it is easily assimilated, does not injure the stomach, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have great confidence in Nuxated Iron that they offer to refund \$100.00 on any charitable institution if they cannot take any more or more than 60, who lack iron, and increase their strength 100% or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund four times the money if it does not at least double your strength and endurance in ten days' time. It is dispensed by all good druggists.

DR. JUDKINS

caused by overworked, tired eyes which induced nerve headaches. I have worn glasses for several years, both for distance and close work and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the daffodils, leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me.

"It is success in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formula which forms the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. It is successful in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl's sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formula which forms the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. It is successful in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight of at least 50 per cent in one week's time in many instances. I have used it for years. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the child, decided in order to save the sight of her right eye the left eye must be removed. Before permission was given to operate on the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was as good as that of the other. Just think what the saving of that eye means to this little girl. Another case is that of a lady sixty-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was