

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.
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—you, 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 Whittish discharges, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head; back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses 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 cure, 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 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 Sickness 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. 88 WINDSOR, Ont.**

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Woman and the Home.

The Fireside of Dreams.

(Original)

It may be on some distant star,
Or just beyond the pasture bar:
I know not where the place may be
I only know she waits for me
By my fireside of dreams.

And there are little children fair,
Bright gleams of sunny baby hair,
And all the other magic things
That make us common mortals kings,
By our fireside of dreams.

And sometimes when I fain would shirk
A duty hard, some drudging work,
I catch its gleam, and then I do
My best, because I must be true
To my fireside of dreams.

And when the way seems dark and long,
I hum the tune of an old song
To lull asleep my fretful care,
Assured that Love will guide me there
To my fireside of dreams.

Mayhap it may be years and years,
With many failures, many tears,
What in the embers have burned low?
I'll kiss her in the after-glow,
By my fireside of dreams.

And when I reach the Twilight Land,
I know that He will understand;
For no man can be wholly bad,
Who ever in his life has had
A fireside of dreams.

Heart and Home Talks.

How hard it is for parents to realize that their children are children no longer.

Even though their eyes see them in the stature of men and women their understanding seems holden, and they continue to treat them as the boys and girls of ten years ago.

We hear a great deal about the lack of respect and consideration of children for their parents; of children leaving homes where their help is needed, to go to the city or elsewhere to earn their living, "to be independent."

Are not parents much to blame? Have they always treated each other with respect, courtesy and kindness, and set their children a proper example? If not, can they expect such treatment from them?

"As ye sow so shall ye also reap."

Think of a family of alert, energetic, busy, happy young people on the farm, one son interested in sheep, another in dairying, in swine and horses, another in small fruits, and the daughters busy with poultry, bees, gardening, raising vegetables and canning, and the father and mother are interested advisors, all working together harmoniously, encouraging and aiding one another, and each seeking to add to the comfort and happiness of the home—could there be a more desirable life?

And if this is not what all farmers are planning for, what is their ambition for the future?

What a sad mistake it is for farmers to become possessed with a mania for land, for adding one forty after another or a quarter section at a time, driving everybody within their domain to work early and late, keeping the children home from school and depriving them of the education which is their right, simply that more land may be bought, and all be compelled to work the harder to till it. What a hopeless prospect for the young people, and who can blame them for "just hating farming," and as soon as of legal age going home? And whither? Cityward usually, where they are fearfully handicapped in the strife for place by their lack of education or training for some special occupation, and must work as common laborers or house servants for a bare living wage.

Keep the children in school, give them every educational advantage within reach, interest and hold them all on the farm if possible, but if one

shows a distaste for farm life help him to follow his bent, to secure the special training needed to become a skilled mechanic, a successful salesman and merchant, or a professional man, as he has natural abilities.

More and more the world is coming to realize its dependence upon the farm, not only for farm produce but for its product of strong, resourceful young men and women, so many of whom have gone to serve their state and their country in "the high places," the most honored and responsible positions it has to offer. And every farmer's son and daughter may aspire to the highest.

The Ethics of Conversation.

It is quite a universal practice, in approaching a sick chamber, to assume an uncanny manner and to speak in a subdued voice—presenting gloomy, despairing thoughts, which only tend to develop two-fold gloom to the patient.

'Tis well to learn to prevent from the aim of imparting pity, or thinking that you are an instrument of sympathy; and that, co-operating with the laws of a sick chamber, you must establish sympathetic despotism over the whole chamber. Teach yourself to eliminate that part of your conversation which would strengthen the current of ill effecting thoughts within the patient's mind.

Many manifestations, apparently, of sympathy, are in their true nature impositions upon the patient. You must appreciate that the appliance of the well-known theory of healing, found in the realm of mental forces, is practicable in the sick chamber. Your electric force, if appreciated and if properly applied, will aid you in controlling the physical conditions of the patient.

The elements, by their power in transferring electricity from one condition to another, or from one body to another body, frequently exhaust the transmitter, but the sick body gains new vigor and the transmitter soon overcomes the exhaustion sustained thereby.

Be it comprehended that the mental power has acquired an ascendancy over the physical body sufficiently to control it; and it has been determined that the power of mind rules over matter; that our own thoughts act upon our environments as strong waves of power—hence, arises the so-called magnetic action.

In the sick chamber friends frequently rush in and exhaust, more or less, the vitality of the patient—though in ignorance of such a result; this result can be avoided by the admittance only of friends who are thoughtful students, and who appreciate the true ethics of conversation in a sick chamber.

The question of health lies at the basis of our magnetic action; there is but one way to demonstrate this theory, and that way is through process of experimental analysis. Is not the question of good health capable of intelligent investigation?

Vacations for Mothers, Too.

People who work for themselves, especially mothers, often glory in not taking a vacation, in staying forever at home, in sticking solidly to what they believe to be their duty. To you, my conservative reader, a vacation is just as necessary as it is to the tired teacher or the faithful clerk; and for the same reason—that you may do more work when you do work, and do it more effectively. The duty which holds you will be better performed, the home that you are guarding will be better kept, and the cheerfulness, and courage, and optimism which you need will be more readily summoned, if you take time—not next year, but in the remaining weeks of this very summer—to drink in the stimulant of new faces, new landscapes and new experiences.

HOUSEHOLD SUPERVISOR

Corn Fritters.
green corn, three
of flour, salt and
stiffly beaten whi
thing. Drop by
the fat.

Green Tomato
toes that are
green; slice them
in proportion of
two pounds of
slowly for four
butter is smooth
frequently to
scorching.—If l
when done.

Tomato Omel
and whites. bea
whites very sti
spoonfuls of mil
the yolks. salt
the whites. H
of butter melte
Cook slowly.
until tender and
before folding.

Peach Cobb
pudding dish or
plate with ripe,
the pits in to
the fruit. Add
half fill the dish
with a light pas
thickness used
across the midd
and bake in a s
quarters of an
should be sugar
before putting
either warm or
be inverted a
sections, and th
it. Eat with sw

Creole Succot
toes, peel and cu
washed and slic
little water. Sc
ears of sugar c
of string beans
tomatoes and be
seasoning and a
when half done
bread.

Veal Ragout
cold veal, rub a
into one of bro
with a cupful o
boiling hot in a
a cupful of mus
two tablespoons
the stock. Salt
put in the veal
minutes.

Pear Chips.
allow five pound
of a pound of C
and five lemons
pears, and then
pieces; mix wit
ginger and lea
next morning w
cut them in pi
seeds. Cook the
for three hours.

Tomato Fritt
ters stew a qua
or a quart of
are reduced one
cold, then season
celery salt. Ac
an egg and suffi
to make a mix
hold together v
spoon into smok

Berry Spon
quart of bluebe
Soak two tabl
in half a cupf
solved. Add t
cupful of suga
mash them up.
sugar with one
the gelatine to
let cool. Rub