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FOR MAKING SOAP FOR WASHING DISHES FOR SOFTENING WATER FOR DISINFECTING SINKS CLOSETS, DRAINS ETC. MADE IN CANADA

EW GILLETT COLTD TORONTO-ONT. WINNIPEG MONTREAL



SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound.



gave me medicine to ease me at those ease me at those operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and

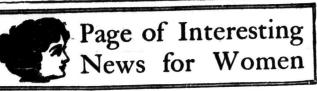
feel like it, too. I can do my own nousework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl."—Mrs. DEMA BETHUNE. Sikeston, Mo. The most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound.

It is more widely and successfully used than any other remedy. It has cared thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means had failed. Why don't you try ity



Cleanser Full directions and many uses on Large Sifter-Can, lo





After Supper Talks With Conthis Grey

Women are guilty of two excesses in friendship—or in acquaintance—making, to be strictly accurate. First of all, they drift into what might be called a friendship or at least an intimate acquaintance, with whomsover they come into contact, without regard to congeniality or temperament, the history of the past or the probable exigencies of the future. They make friends, without relating any trouble about the art and first drift into intimacy with some chance acquaintance in a hotel or boarding house, or in travelling.

Another fault with so many friendships among women is that they select people for intimates who are too much like themselves, who accentuate faults or failings or weaknesses, instead of helping to eradicate the shortcomings. This is doubtless because women are given so much to talking things over with each other. A brilliant man once said that women are happy only when they are in twos, and there is a good deal of truth in what he said. Introspection is very well, up to a certain point, but beyond it the person who indulges in it becomes morbid, and it is better to dwell hopefully on objective thi gs than to be too subjective or too much given to self analyzing.

What is needed in our friendship is not a sameness, though this does not mean that your friends must be uncongenial, but a difference of some kind, something that stimulates us is good in a friendship if we are duil, and especially need a mental or spiritual tonic, of if we are too energetic or impulsive it might be wise to look about for the slower and more caustious friend.

WHITE ROSES HOLLAND BROWN.

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A pattern of this fluctration malted to any address on receipt of 10 cents in silver it stamps.

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Please send above-mentioned pattern as per directions given below, to the route of the flow of the from that hour on the send of the s

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> BREAKFAST. Dates. Cream.

Cereal. Crea Tomato Toast. Coffee.

LUNCHEON.
Cold Ham. Tomato Salad.
Apple Sauce.

DINNER. Clear Soup.

Mock Duck.

Potatoes. Squash.

Nut Bread Pudding.

Tomato Toast .- Make a pint of well-



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By the way, there are only two points of difference between the 25-cent and 10c packages of Tillson's Oats—the quantity and the souvenir. Both packages contain the same identical Tillson's Rolled Oats, the kind that has all the natural flavor and aroma and makes the most delicious porridge.

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But after a trial, when you decide to have Tillson's every morning, you will save money by buying the 25-cent size.

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Your grocer has Tillson's. Two sizes—10c and 25c. Each 25c CANADIAN CEREAL & MILLING CO., Ltd.

should I wear my dresses? Which would be the most suitable, a pleated or twenty minutes. Sprinkle generated bake one-half hour in a moderate oven.

Correspondence Edited by Crathia Grey

Sweet 16, and Broken-Hearted.

Dear Miss Grey,—I am 16 years old have been corresponding with a young and stir until it begins to thicken.

Should I wear my dresses? Which would be the most suitable, a pleated of the narrow skirt is that, colored wools are used on smart hats. Pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental of the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wool or feathers are also with the continuation of the Oriental pompoms of wooless are also wool or feathers are also with the continuation of t

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