

KEY PILLS

and Bladder
diseases

out of order the
ected, and dull
twinges all
e kidneys need

will not cure
not get to the
Doan's Kidney
kidneys quickly

lympton, N.S.,
his testimonial
ul cure Doan's
e. For years
kidneys I could
I used several
them seemed to
At last I was
Doan's Kidney
the first box
ed five boxes,
w woman. I
oo highly."
50c. per box,
lers or mailed
by The T.
onto, Ont.
ify "Doan's."

N'S
MENT

In
15c.
& 25c.
Sizes.
Of all
Chemists.
Agents:
Parke & Parke,
Hamilton, Ontario.

ionery

you
which is
e and
cialty
s and
d our
acility
of un-

, Ltd.
aphers
Man.



R BIKE
CYCLE
Attach-
CYCLE. Es-
ools required.
EE BOOK
ele Motor At-
l makes, now
up.
RING CO.
ANS, U.S.A.

N STREET
NIPEG

ses and

se mention

lady, there would be a greater number of bachelors and fewer happy homes. I think also that the war is discussed enough every day and that we can well afford to leave it out of the Correspondence Column. Now readers don't think I'm patriotic, for I certainly am. I have a young brother in the army and several cousins. I also do my share of Red Cross work. I hope that I have made my letter clear to every one and that the Editor will see fit to put it in print.

"A Farmer's Daughter."

Sound Advice

Leitchville, Sask., Feb. 24, 1916.

Dear Editor—I have often thought of writing to your valuable magazine. I enjoy reading The Young Woman and Her Problem, The Young Man and His Problem and the Philosopher. There is such good sound advice for every one, especially the young people. I am surprised the way some of the girls criticize "Mere Bachelor." I suppose they don't like to be told the truth. I haven't any use for a girl that thinks herself above speaking to a man, just because he is dressed in overalls. Remember, it's character that counts, not fine clothes. I observe most of the lady correspondents in the West are looking forward to the time when they will get the vote. My opinion is if the women would use their influence to a greater advantage they would not need to vote. What the world needs to-day is women who will stand for the right and are not afraid of christianity.

"A Western Lass."

Impurities of the Blood Counteracted.—Impurities in the blood come from defects in the action of the liver. They are revealed by pimples and unsightly blotches on the skin. They must be treated inwardly, and for this purpose there is no more effective compound to be used than Parmelee's Vegetable Pills. They act directly on the liver and by setting up healthy processes have a beneficial effect upon the blood, so that impurities are eliminated.

The School of Motherhood

Where did the good old fashioned mother get her training? No specially trained Professor of Psychology taught her how to read the minds of her little one, no enlightened physician was close beside her to tell her how to guard against childish ailments. Much of her life was spent on the lonely farms with hard work and discouragement for her most constant companions. Yet that mother, alone and almost unaided gave to the world the very men and women to whom we owe the impulse of the blessed movement now on foot to improve the race by improving the conditions of birth and rearing. It seems to me that we owe much to that gentle old mother; and most of all we owe her a recognition of the fact that experience is an excellent school for mothers.

Not that it is the only one by any means, but that it is good is shown by the fact that I have never known a helpful elder sister who did not make a fine mother when her turn came. And it is this very fact that has opened my eyes to see what I want to have widely seen and guarded against,—this: There is a time—a psychological period, in every girl's life when she is especially receptive to all matters relating to motherhood. If her attention is diverted during that time to other matters and she is not allowed to fix the impressions that then crowd in upon her, we can not blame her if later her mind is closed against these impressions and if her tendency is to drown her motherly instincts in a life of sexual unrest and excitement. When I read of the failure of so many experimental marriages year by year I can not help thinking that we bring this on ourselves by taking our girls away from the simple home duties at the most critical times of their lives and giving them no outlet for their awakening emotions but unwholesome and premature sexual attraction. We are not fair to our girls if we do not help them to the naturally balanced characters that

belong of right to the mothers of the race who should know instinctively how to mark out their life course for the good of their offspring.

But our girls must go to school, say the sorrowful mothers who would if they could guard their daughters from the least breath of trouble. That is true, but we can put into our schools the element that they now lack.

In Germany and in England there have existed schools for mothers of a scientific kind for a long time and these schools have done much to take the place of home training. They all contain day nurseries where girls may not only learn the theoretical side of motherhood from the best modern authorities but can also put these theories to the test and see them work out.

Until recently, in England, these schools were confined to the cultured and refined classes; but there is a strong movement on foot towards carrying their principles into the public schools for the sake of mothers of the working class. Experiments in these directions have been very satisfactory.

Individual American mothers are fully alive to the situation as is proved by a recent movement out here in the West, at Spokane. The members of the Woman's Club felt the need of a Day Nursery and with the aid of the 150,000 club they started it. A trained nurse is of course placed in charge; but daughters of some of the promoters give a day a week to its supervision. This is not as good as if those girls had given that supervision as a part of their school life: for the tendency now may be to look upon it not as a duty but as a condescension. Still it is a valuable step in the right direction and I hope the American Motherhood will throw all its great influence into the encouragement of such movements.

The Motherhood Courses arranged for use in American Colleges are very fine: all they need is to be followed up by practical demonstration to be well-nigh perfect.

COUGHED SO HARD

Would Turn Black
In The Face.

SHE WAS CURED BY USING

DR. WOOD'S
Norway Pine Syrup.

Mrs. Ernest Adams, Sault Ste. Marie, Ont., writes: "My little girl, six years old, had a dreadful hard cough. At nights she would cough so hard she would get black in the face, and would cough for several hours before she could stop. We tried different kinds of medicines and had several doctors, but failed to do her any good. She could not sleep nor eat her cough was so bad, and she was simply wasting away. A friend advised me to try Dr. Wood's Norway Pine Syrup. I got a bottle and saw an improvement, and got another. Now I am only too glad to recommend it to all mothers."

Too much stress cannot be laid on the fact that a cough or cold should be cured immediately.

Dr. Wood's Norway Pine Syrup will cure the cough or cold and prove a preventative from all throat and lung troubles such as bronchitis, pneumonia and consumption.

"Dr. Wood's" is put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c, per bottle.

Manufactured only by The T. M. Milburn Co., Limited, Toronto, Ont.

"NERVES" AND DYSPEPSIA

Tortured with Neuralgic Headache and Palpitation, but soon Cured by Dr. Cassell's Tablets

There is no end to the grateful testimony in praise of Dr. Cassell's Tablets. Sufferers find this great people's medicine so good, so sure as a remedy for weak nerves, dyspepsia, and all run-down conditions that, being cured, they willingly come forward to tell others how splendidly effective, reliable and cheap are Dr. Cassell's Tablets.

Here is such testimony from Mrs. Smith, of 5 Farringford Road, Stratford, London, England. In an interview recently she said: "I want to tell you what a lot of good Dr. Cassell's Tablets have done me for nervous breakdown, and bad neuralgic headaches. As a consequence of overtaxing my strength I had got into a low, run-down condition, with my nerves all on edge. Any sudden

sound, even a knock at the door, would make me fairly jump, and set me trembling from head to foot. My digestion, too, was all upset, and what I did take caused flatulence and violent palpitation. The wind used to rise in my throat positively like something solid, and then the palpitation would begin. But the worst of all my troubles was headache. This was agonising at times. People talk of splitting headache; it was no exaggeration in my case. My head did really feel as though it would burst. At last I became so ill that I had to keep in bed. Even there I had little rest. Neuralgic pains were constantly shooting through my head, and I was so nerve-shattered that I could not endure the slightest noise, could not bear even to have the bed touched; it set my nerves all on the jar.

"I had been in bed a week when I read of a cure by Dr. Cassell's Tablets which seemed exactly like my own case. I told my husband, and he got me a supply of the Tablets. Very soon I was downstairs again, and in quite a short time I was as well and strong as ever in my life."



Mrs. Smith



DR. CASSELL'S TABLETS

Dr Cassell's Tablets are Nutritive, Restorative, Alterative and Anti-Spasmodic, and of Great Therapeutic value in all derangements of the Nerve and Functional Systems in old or young. They are the recognized modern home remedy for:

Nervous Breakdown	St. Vitus' Dance	Dyspepsia	Wasting Diseases
Nerve Paralysis	Anaemia	Stomach Catarrh	Vital Exhaustion
Spinal Paralysis	Sleeplessness	Brain Fag	General Debility
Infantile Paralysis	Kidney Disease	Headache	Loss of Flesh
Rickets	Back Pains	Palpitation	Premature Decay

Specially valuable for Nursing Mothers and during the critical periods of life. Druggists and Dealers throughout Canada sell Dr. Cassell's Tablets. If not procurable in your city, send to the sole agents, Harold F. Ritchie & Co., Ltd., 10 McCaul St., Toronto, who will see you are supplied. One tube 50 cents, 6 tubes for the price of five. War tax 2 cents per tube.

SEND FOR A FREE BOX

A free sample box will be sent you on receipt of 5 cents, for mailing and packing, by the sole agents for Canada, Harold F. Ritchie & Co., Ltd., 10, McCaul St., Toronto, Ont. Dr. Cassell's Tablets are manufactured solely by Dr. Cassell's Co., Ltd., Manchester, England.