

THE EFFICIENT WOMAN

The foundation of efficiency lies in a robust, healthy constitution. When the body is weak and suffering from dragging-down pains, inflammatory and ulcerated conditions or displacement with consequent backache, headaches, nervousness and "the blues," no woman can be efficient or hardly a fit companion to live with. If every woman in this condition would only give that most successful of all root and herb remedies, Lydia E. Pinkham's Vegetable Compound, a trial, she would soon be restored to health and reach the goal of her ambition for personal efficiency.

WOMEN'S HEALTH

may be protected by keeping the blood pure, the stomach well, the liver active and the bowels regular by using

BEECHAM'S PILLS

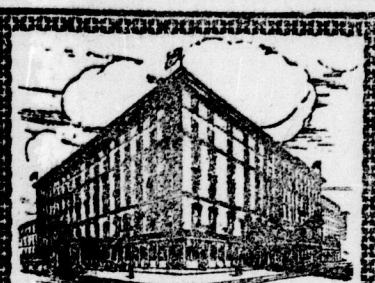
In boxes, with full directions, 25c.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

Dermatologist Gives Complexion Secret

"The great secret of keeping the face young is to keep off the dead cuticle," says Dr. J. Mortimer Mitchell. "It is well known that the surface skin is constantly dying, falling off in imperceptible particles, except in some diseased conditions, when the skin appears like dandruff. But the particles do not all drop off immediately they die, being held for a while by the live skin. To have the dermatologist surgeon peel off the entire outer skin at one time is a painful and expensive operation. The same result is obtained by applying ordinary mercuric wash as you would cold cream, allowing this to remain overnight, then taking it off with warm water. One ounce usually suffices. The process is both painless and inexpensive. The wax, which is procurable at your drug store, hastens the natural shedding process. It gradually absorbs the dead and half-dead skin, revealing the new, healthy, youthful-looking skin underneath."—ADVT.



Prince George Hotel

TORONTO
In Centre of Shopping
and Business District
250 ROOMS
100 with Private Baths
EUROPEAN PLAN
BANK, N. THOMPSON, PROP.

Your Best Asset

A Skin Cleared By

Cuticura Soap

For free sample Cuticura Soap, Ointment and Talcum
Cuticura Soap, Ointment and Talcum
Cuticura Soap, Ointment and Talcum

searally walk across a floor when I began taking the "Prescription." When I had taken two bottles I was much improved and four bottles completely cured me, and I have enjoyed better health than I ever did before taking this medicine. It is truly a wonderful medicine for women."—Mrs. Martha Mulcaister, 4 Albert street.

Answers to Health Questions

S. M. G. Q.—Please tell me what to do for skin peeling between the toes.

A.—Bathe the feet in hot water, using carbolic soap.

B. S. Q.—Please give me a remedy for blackheads.

A.—Gentle massage with a sterilized piece of absorbent cotton or charcoal, followed by the application of pumice made up with the following:

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Vinegar 2 drams
Glycerine 3 drams

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BY ELOISE FARRINGTON.

How Queen Victoria Was Compelled by Court Etiquette to Propose to Prince Albert.

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DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Digitalis Is Dangerous But Effective Heart Remedy

By DR. LEONARD KEENE HIRSHBERG.

A. B. M. A., M. D. (Johns Hopkins University.)



DR. HIRSHBERG

RECEIVING WAR CROSS



RECEIVING WAR CROSS

If a woman is borne down by pain and sufferings, by nervousness or dizzy spells, by headache or backache, "Favorite Prescription" should be taken. It can be had in tablet form as well as liquid at most drug stores. Send to Dr. Pierce's Branch at Bridgeburg, Ont., for a free trial package of tablets.

For fifty years Dr. Pierce's Pleasant Pellets have been most satisfactory in liver and bowel troubles.

Windsor, Ont.—"Dr. Pierce's Favorite Prescription" made a new woman of me. For about six years I suffered with woman's trouble during which time I became all rundown, weak and nervous. I doctored with the doctor, but did not get cured of my ailment, and was so bad that I could scarcely walk across a floor when I began taking the "Prescription." When I had taken two bottles I was much improved and four bottles completely cured me, and I have enjoyed better health than I ever did before taking this medicine. It is truly a wonderful medicine for women."—Mrs. Martha Mulcaister, 4 Albert street.

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Good Night Stories

By Charles B. Smith

Illustrated by DICKY, SQUEEDEE AND MR. LOCUST.

Dicky raised his arms in the air and with one spring landed over a little bush.

"Did it that time?" exclaimed a squeaky voice and Squeedee, Dicky's little sister, peeped at him from the green leaves.

"Oh, hello, Squeedee," laughed Dicky. "See me jump. Before long I'll be able to jump as far as Mr. Grasshopper who holds the record of being the biggest jumper of the meadow."

"Poh!" chirped a queer voice and a green, big locust all dressed in pale green and light brown, jumped up beside Dicky and Squeedee. "I can jump farther than Grasshopper any day."

"Right you are, Mr. Locust," laughed Squeedee, introducing her two friends. "And best thing of all Billy Locust has two little rest legs."

"Rest legs?" exclaimed Dicky. "What in the world are they?"

"Billy Locust came up in front of Dicky and he saw his legs."

"These long ones are my leaping legs," he explained to the astonished Dicky. "See these spines on the back edge of them? They keep me from slipping when I land. The spines are just behind them are my rest legs. When I get tired I hang on to a leaf or blade of grass with them until I'm rested. Aren't they great?" exclaimed Dicky. "It's certainly worth being nice if we boys had a pair."

"Rest legs!" Exclaimed Dicky.

Billy Locust and Squeedee both laughed at this.

"And what lovely soft cushions on your feet," continued Dicky, rubbing his finger over the bottoms of Billy Locust's feet. "Don't look before I leap," he said. "I can hear a lot of things that way."

"Dear me!" laughed Dicky, who he covered Billy Locust's eyes for the first time. "You can hear a lot of things that way. One on either side of your head and three in the centre of your forehead."

"It does seem with five eyes I should be able to see everything, doesn't it?" he laughed.

"And the two shiny spots—aren't they eyes?" asked Dicky.

"Goodness, no!" laughed Billy Locust. "Those are my ears! So I can hear a lot of things that way. These little holes along my sides are the holes I breathe through."

"Sure enough!" exclaimed Dicky. "You haven't any nose."

"I should say," laughed Billy Locust. "If I did have I'd be bumping it every time I jumped. Just remember when you hear anyone talking about the greatest jumper of the meadow, it's me and not Grasshopper."

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