

BACK PAINED SO BAD COULDN'T TURN IN BED.

A citizen of Trenton, Ont., who suffered agony with his back and kidneys, tells of his rapid and complete restoration to health by the use of Dr. Pitcher's Backache Kidney Tablets.



We desire to present to you the history of the case of Thomas Douglas, of Trenton, Ont., whose occupation is that of carter for the Gillman Co., an avocation which involves heavy lifts and frequent exposure to wet and cold—all hard on the kidneys. That Dr. Pitcher's Backache Kidney Tablets could so quickly cure a case so severe as that of Mr. Douglas is a splendid tribute to their rapid-acting, thorough-going curative qualities.

MR. DOUGLAS TELLS HIS STORY.

"I had been a very healthy man until a few months ago, when I was taken with a very severe pain across the small of my back. As I had a slight cold, I attributed the pain to that, and commenced using liniments, which I found gave me no relief."

"Seeing the testimonial of Mr. Kobold, a Trenton gentleman, who had used Dr. Pitcher's Backache Kidney Tablets, I made up my mind to try them. I had used very few Tablets before I found relief, and I can tell you I was very thankful for this, as I had been so bad that I had to lay off work for days, and at nights I could not turn in bed. Dr. Pitcher's Backache Kidney Tablets have made a perfect and thorough cure in my case. I am at work every day before 7 a.m., and work hard all day, and I can assure you my work is not easy, as I have a great deal of heavy lifting to do, and the constant stooping is a great strain on the back, but I am thankful to say I have never had a twinge of pain, nor has my back bothered me since Dr. Pitcher's Backache Kidney Tablets cured me."

(Signed) THOS. DOUGLAS.

MRS. DOUGLAS CONFIRMS IT.

"I gladly endorse all my husband says about Dr. Pitcher's Backache Kidney Tablets. They acted splendidly in his case and have inspired me with such confidence of their efficacy that I am using them now myself."

"I have been troubled for some time with sick headache, weak spells, tired feelings, and generally run down. I have used the Tablets only for a short time, but feel so much better already that you may be sure as soon as I have taken another bottle or two of the Tablets, you will hear from me."

"I tell all my friends that Dr. Pitcher's Backache Kidney Tablets have done splendidly for us, and both Mr. Douglas and myself have no hesitation in allowing you to use our names in endorsement of such a reliable remedy."

(Signed) MRS. THOS. DOUGLAS.

SO DOES MR. SHURIE, DRUGGIST.

"I am well acquainted with Thos. Douglas, of this town, who is a teamster in the employ of the Gillman Co."

"He is a hard-working and respectable citizen, and I have no hesitation in endorsing the statement he gives of his cure by Dr. Pitcher's Backache Kidney Tablets, as it was from my store the Tablets were purchased, and I know the condition he was in prior to taking them, and that he is now, to the best of my knowledge, working hard every day without any trace of his former trouble."

(Signed) JAS. SHURIE.

Dr. Pitcher's Backache Kidney Tablets are 50c. a bottle or 3 for \$1.25, at all druggists or by mail. The Dr. Zina Pitcher Co., Toronto, Ont.

WOMAN'S PAGE

Continued from Page Twelve.

are beautiful, but the black ruffled fichu of black chamois is a delight. Young matrons and older women will covet this fichu. Let the tall, slender woman wear a long, straight, black cape with a wide collar, and lips wear this great, quaint fichu with a black picture hat, and she will confer a favor upon all appreciative souls who cross her path.

The embroidered linen stoles are new. They are shaped into rounded collars, and straight stoles, reaching a little below the waist line, and inset motifs of heavy lace break their plainness.

Capes with deep scalloped edges, into which is knotted deep silk fringe, are made of passementerie and are seen in cream and in jetted black. The rather short stoles of these capes are finished at the ends with long fringe.

Among the most beautiful of all stoles are those fashioned from velvet. There is the long straight scarf of black velvet, lined with moonlight white satin and having its ends finished with deep silk fringe, and there are innumerable velvet collars and capes with stole ends, all edged with many frills of chiffon or mousseline. One black cape has a charmingly effective and useless little flat hood of black shirred taffeta fitted about the shoulders and meeting in front with rosettes holding in their centres rhinestone ornaments. The long stole ends are edged with narrow ruffles of pink taffeta.

Long, straight, doubled scarfs of crushed panne, with chenille fringe at the ends are attractive. In black they give somewhat the effect of baby lamb fur, but they are also shown in white, pearl gray, a brilliant navy blue and a golden brown that catches all the light upon its wavy surface.

For ordinary street wear, the ubiquitous black taffeta stoles in every possible shape, and their rivals in service, the capes and stoles of chiffon and mousseline. Black ring-dotted net is popular, and one model in this net has clusters of shirring, separated by two-inch spaces of plain net, on which is applied a design in velvet leaves and stems, which hang little chenille pendants. The stole is lined with shirred white chiffon.

Pendant flowers are tucked among the frills of many of the black stoles, and little clusters of chenille cherries are used in the same way. As for the stoles and scarfs of light lined silk and pale, filmy materials, they are like the rainbow of color and in myriad designs. There are the pale blue and pink and white materials, self edged with marabout or moiré, self ruffled finished with creamy lace, or shirred Louise ribbon. One beautiful cape of white chiffon has long ends of cream lace, whose pattern is emphasized by tiny gold beads. Cream and white taffetas are combined in one stole, and the result warrants the experiment.

A severely flat but pleasing stole is made entirely of finely tucked white taffeta. Other flat stoles are of white taffeta, applied in artistic designs on heavy net.

Straw-colored mousseline is shirred and frilled into charming collars and stoles which suggest picturesque and accompanying hats. But the supply of shoulder draperies is bewildering, and only a hint of the variety can be

DR. WOOD'S

NORWAY PINE SYRUP

Cures Coughs, Colds, Bronchitis, Croup, Hoarseness, Sore Throat, Pain in the Chest, Asthma, and all Throat and Lung Troubles.

It invigorates as well as heals, and soothes the throat and lungs so that you quickly realize the lung healing virtues of the pine.

Price 25c. at all Dealers.

FIRST DOSE RELIEVED.

I had a very severe cold and cough. Dr. Wood's Norway Pine Syrup. The first dose gave relief, and part of the bottle completely cured me. At the same time my mother had such a severe cold and cough that she was confined to her bed. She also used the Syrup and it gave her almost instant relief. I cheerfully recommend it to all suffering from coughs and colds.

Wm. J. Davis, Toronto, Ont.

Cream Salmon and Poached Eggs.—Divide two inch-thick slices taken from a small salmon into half, making four pieces; simmer these in salted water until they are tender, then lift out and drain. Prepare next a lemon sauce by stirring into half a pint of boiling water a teaspoonful of wetted cornstarch, the yolks of three eggs, a bit of butter the size of a walnut, some salt, and a pinch of pepper, adding, when this has boiled and been taken off the fire, the juice of half a lemon. Keep this hot, also the salmon, while four new-laid eggs are poached and trimmed into small rounds. Pour the sauce into a round dish, set the salmon fillets on this in the form of a star, the eggs on the top of them, sprinkle a very little minced parsley over all, and arrange a ring border of thin slices of cucumber or lemon round the outer edge.

Lentil Purée and Grilled Mushrooms.—Cook half a pint of lentils in just sufficient water to cover them well, and when perfectly tender, crush with a wooden spoon, add a bit of butter, some salt and pepper, and a sprinkling of savory herbs. Grill some medium-sized dark mushrooms, or stew them in a little butter, then season these also. Prepare as well a teaspoonful of tomato gravy, using the catsup and a little stock. Pile the lentil purée in the middle of a dish, arrange the mushrooms on the top, and pour the gravy round the lentils.

Orange and Walnut Salad.—Peel four large oranges and slice them across the sections, making about six pieces from each orange. Toss them in a mixture of olive oil and lemon juice, and then dispose them on a bed of crisp winter lettuce. Chop lightly some peeled walnuts, sprinkle with salt, lemon juice and oil, then dispose in the center of the mound, only mixing the salad when serving.

Dandelion for Cholesterol and Egg Salad.—Fill a bowl with picked and blanched dandelion, or, if this is not procurable, use barbe chery, the latter being now common enough. Slice pickled eggs, and lay in a circle on the top, with here and there a cut radish. Make a mayonnaise dressing with the yolks of two raw eggs, four tablespoonfuls of oil, one of vinegar, some salt and pepper. Beat well, and pour over the salad the last thing.

Chestnut Soufflé and Whipped Cream.—Boil a pound of large chestnuts until tender, then peel them, leaving no trace of the browned skin. Pound in a mortar, to the purée add a cupful of cream, the beaten yolks of three eggs and whisked whites of two, two spoonfuls of caster sugar, and a pinch of salt. Pour this mixture into a buttered ring-shape without loss of time, lay a paper lightly over the top, and set in boiling water to steam for an hour. It should rise to double its original bulk, and when quite ready to serve, take out of the pan, turn the soufflé on to a dish, and fill the center with cream, ready whipped. The latter can be flavored with curaçao.

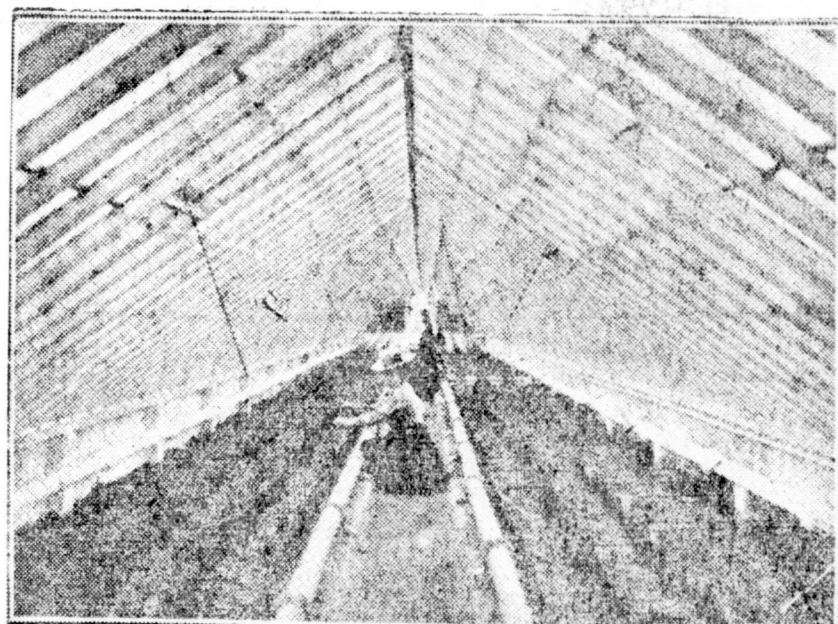
Grape Nuts Trifle and Prunes.—Butter a plain round mould, and arrange wine biscuits, or the kind known as tea-biscuits, inside in such a manner that they meet together at the bottom of the mould, and gradually widen out towards the top. Fill in the spaces between with a thick sprinkling of grape nuts. Boil a pint of milk, and pour it on to two or three beaten eggs; add two spoonfuls of sugar, a pinch of salt, and two spoonfuls of grape nuts. Beat this carefully into the mould, taking precautions not to disturb the set of the biscuits. When full, stand the mould in boiling water, and simmer for an hour or more, until the custard is set. Stand aside to become quite cold; then turn out, and serve round the base some cooked Carlsbad plums or stewed prunes. If the flavor of grape nuts is not liked, substitute ground almonds in the mould and French tapoca in the custard.

MY FARM FOR THE BLACKLISTED.

Lady Henry Somerset Writes of Her Undertaking for the Reformation of the Inebriate Women of England

—Ten Thousand Cases Refused Admission for Lack of Room.

No greater problem faces the people of this country than how to arrest the alarming increase of inebriety among women. We cannot be blind to the fact that England stands in the unfavorable position of being almost the only nation that has a drunken womanhood. Woman has been specially associated hitherto in England with the sale of intoxicants, and the fact that her presence is to be found in every drinking-shop has caused the safeguards that surround her in other countries to be set aside; but the hour has come when more people have begun to think, and it is to this arrest of thought that I believe we owe the legislation that has been granted to us during the last few years. Some



GREENHOUSE WORK IS MUCH LIKED BY PATIENTS.



BASKET-MAKING ON THE FARM FOR INEBRIATES.

time ago, short penal sentences were the only means by which habitual drunkenness was dealt with. It was looked upon wholly as a moral crime, and men had ceased to remember that from a moral crime it passed into a physical failing, that the habitual drunkard was utterly unable to resist the craving he had created when he came face to face with temptation, and that consequently when the term of imprisonment was over, the wretched inebriate went back to his former life more upon the world.

It was in order to meet this great evil that the "Farm Colony at Duxhurst" was started, but since that day, now nearly eight years ago, the eyes of many have been opened. The Habitual Inebriate Act has been several times amended, and this year we have at last arrived at the point where the drunkard is no longer free to ruin his own life and the life of those who belong to him, but his personal liberty is sacrificed for the benefit of humanity at large. The great question comes, however, What are we to do with them? And this is where the homes at Duxhurst have, I believe, been a pioneer work.

Our Farm Home consists of a Colony

"I'M STRONG ONCE MORE."



Dr. McLaughlin's Electric Belt, With Its Free Electric Suspensory, for Weak Men, Has Restored His Lost Strength.

This is the way they feel, the men who had given up hope, who thought there was no cure for them, until they came upon Dr. McLaughlin's Electric Belt. Now they are full of life, overflowing with joyous spirits, and "care to the winds." Pains are gone, weakness is gone, and full vigor is in every action.

Do you want to feel like that? Then wear this grand life-giving appliance for two months at night. It will charge every nerve with electric life, and you will feel like a two-year-old. It puts steam in your run-down body, drives away pain and renews youth.

Here Are Happy Men:

I have used your Belt for thirty days. The drain upon my system is entirely stopped. I have enjoyed everything you told me in your letter came true, which pleases me very much. Before this I doctored and derived no benefit whatever. They all promised to cure me, but failed. Yours, WM. WEIS, St. Catharines, Ont.

I have been wearing your Belt for one month, and I must say that it has done me good. I have gained in weight; am stronger; in fact, stronger and better in every way. The drain has stopped as well as the burning sensation which I complained of. I do not have that tired feeling any more.—PHILIP WHITNEY, Hintonburg, Ont.

I got one of your Belts, and I have never been sorry for doing so. As to the merits of your Belts I cannot speak too highly for the cure of all forms of weakness.—E. M. CLARK, Attercliffe, Ont.

If you have pains in your back, if you feel tired and listless, if you are nervous and weak, if you are growing old too soon, if you have lost the vigor and courage of youth, if you have Rheumatism, a Weak Stomach, or any evidence of breaking down, you are wasting time. Get Dr. McLaughlin's Belt with Free Electric Attachment.

GET SOME LIFE INTO YOU!

What's the use of dragging your legs about like a wooden man? Feel like a man of spirit. Away with the pains and aches! Off with this wretched feeling as if you were seventy years old and your foot in the grave. Ginner up! Feed young and full of life. That's the way. Let me make you feel like throwing your life into my net; let me give you a new supply of youthful energy. Let me give you back that old feeling chest out and you're ready to go. I can do it, so that in two months you will wonder that you ever felt as slow and poky as you do now. Come and see me and I'll explain, and you can see how my system works. If you can't call, cut this ad. out and send it to me and I'll send you a book, beautifully illustrated, that makes a man feel like being young again. Act to-day. Life is sweet, so enjoy every minute.

There are many people to-day who will be only too willing to share their knowledge with you. They will tell you what my Belt has done for them; and some of them will even become your friends. I take all the chances. All I ask—give me evidence of your honesty by offering me reasonable security and you can

PAY WHEN CURED.

CAUTION.—Beware of the many cheap imitations which are advertised. They either burn or blister so that they cannot be used. Even if they had virtue those selling them could not give any advice as to the way they should be used.

READ WITH CARE Every patient wearing Dr. McLaughlin's Electric Belt receives free until cured the advice of a physician who understands his case. Agents or drug stores are not allowed to sell these goods.

FREE BOOK.—If you can't call write for my beautiful descriptive book showing how my Belt is used. It explains how my Belt cures weakness in men and women, and gives prices. Send for it to-day. Address

DR. M. C. McLAUGHLIN, 130 Yonge Street, TORONTO, ONT.

OFFICE HOURS 9 A.M. TO 8.30 P.M.

garden and in the forcing-houses; and the way in which the women who have come to us utter wrecks are built up, the manner in which they regain their health and the brightness which once more becomes theirs, proves that our theory is correct. Early tomatoes and cucumbers are grown for the market, and the superintendence of a lady graduate from Sweden. All the vegetables for the colony are grown by the women themselves, and I think that we shall be able to prove that gardening is not only a healthful occupation, but a good opening for the industries of women.

We have had most encouraging cases, and we have also had some bitter disappointments, but I may safely say that when the women leave us it is sometimes impossible to believe that they are the same who came to us twelve months before, and parting with the patients is so sorrowful a scene that we realize at any rate that happiness has come to them during their stay with us. The class that come to us are the wives of artisans who earn small wages; women who have never been taken before a magistrate, but whose homes are desolate through drink; servants who have lost their characters and consequently their situations; young women who on account of hard work and late hours in shops and other places of business, have begun to drink and are ruining their lives at the very outset. All these come to us voluntarily, stay a year, and put themselves of their own free will under restraint, and the letters we get from husbands and brothers, fathers, mothers and sisters are heartrending. Their willingness to pay all that they can towards the maintenance of the inmate, and their eagerness to cure those who are bringing wretchedness and degradation into their lives, show the necessity for such a home. In one year we refused three thousand cases, and since we opened we have been obliged to deny over ten thousand women admittance for want of room. It is, however, cheering to know that our medical man gives it as his experience that sixty-five per cent. of our cases are standing well to-day. We do not ask only the temperance people to support the work, but are glad of sympathy from those who do not agree with our principles, but who are fully convinced that such remedial work is required.

Marriage and the College-Bred.

As usual, says an American paper, it has remained for President Eliot to say the true thing about the failure of the highly educated part of the American people to reproduce itself and to place the blame for this calamity where it belongs—upon the men of the country. Dr. Stanley Hall has recently made investigations and published tables to show that the modern educated woman, because she marries late, seldom transmits her culture and

capabilities to more than two children. But the reason for the college woman's deferred marriage, the head of Clark University, which he recently grasped, is not nearly so much the result of some study or the elevated ideal of this twentieth-century woman that is to blame, as the reluctance of the twentieth-century man to undertake the arduous task of a husband and father. President Eliot's investigation of twenty-six classes which have been out of the college twenty-five years have shown that twenty-eight per cent. of these particular graduates have not married. Surely it is not to be attributed to the fact that they have not received education that the failure on the part of this twenty-eight per cent. to perform the social duties can be attributed. Nor can we place the blame upon lack of income and the extension of the necessities of life. Any Harvard graduate of ordinary endowment is able, when he has been twenty-five years out of college, to support a wife. It is the desire more than the income which is lacking.

A great deal of stuff is all the time being written to show that the decline of marriage among the more highly educated people is due to the decline of the ambition of the young women of the day. Undoubtedly, there is a measure of truth in the statistics that are made to support this assertion. The luxurious habits of the girl of the period, her desire to be elegantly clothed, constantly entertained, and provided at the outset of married life with all the comforts and conveniences to which she had been accustomed in her father's house, may well give a young man pause. But this same girl will be quite amenable to reason, and to suggestions of economy if these are dictated by affection. The courage of women has never been found wanting when love has urged life in a cottage.

What is needed is a reversion to the

Colonial idea that any able-bodied man who is without a wife is not performing his whole duty to the State. The diary of Judge Sewall, which we have just light upon this phase of our forefather's life, Sewall was an old man when his first wife died, but he promptly conferred with his grown-up children and with all his friends upon the important matter of securing another spouse as speedily as possible. And so successful was he in his persistent wooing that when he died, at the age of eighty, he left a buxom third wife to mourn his sad loss. There is, of course, very much that is intensely amusing in the frank accounts that have come down to us of Judge Sewall's courtship. But underneath it all was an earnest realization that marriage is a duty which a man owes to the State. Something of this same sense of obligation needs to be grasped to-day by our educated youth. Judge Sewall's first wife, the daughter of a Harvard graduate, was married, and before he was twenty he was married. A good old-fashioned family was his reward, and all his children were well educated, married well, and became the progenitors of a veritable race of Sewalls.

To-day it is only the immigrant class that blithely undertakes the responsibilities of the marriage state. On one of the steamships which arrived in Boston last week, there came a girl of twenty-two, who was met at the wharf and married immediately by a courtierman, who, after twelve years in this country in the course of which he had become a naturalized American citizen, was earning the munificent salary of \$9 per week. But on this he very cheerfully began married life with the girl of his choice. In strongly marked contrast is this to twenty-eight per cent. of Harvard graduates who, after being out of college twenty-five years, are still unmarried.

NERVOUSNESS

Or dependency caused by weak unhealthy nerves, are responsible for more sickness and suffering than any other disease. If you have a secret drain from early abuse, later excess or exposure, you cannot expect healthy nerves while your vitality is being wasted. Do not sit out a miserable existence on account of your nerves. You are not safe until cured—nature never excuses—no matter how young, old or innocent you may be.

KIDNEYS AND BLADDER.

Have you pain in the back, a dull feeling in the region of the kidneys? As times your water comes freely, a large quantity light in color, while at other times you do not make it quite so freely, it is dark in color, you make a small quantity, or you may have a mucous deposit or brick dust colored sediment, give your condition immediate attention or more serious complications will set in. My treatment guaranteed a positive cure for such conditions, and remember you

PAY WHEN CURED.

You need pay nothing until you are convinced that a thorough and complete cure has been established. Surely this is fair, as you run no chances. CONSULTATION FREE. If you cannot call, write for blank form home treatment. Perfect system of home treatment for those who cannot call. BOOK FREE. Medicines for Canadian patients shipped from Windsor—All duty and transportation charges prepaid—Everything confidential—No names on envelopes or packages—Nothing sent G. O. Dr. Goldberg, 208 Woodward Ave., Cor. Wilcox Street, DETROIT, MICH.