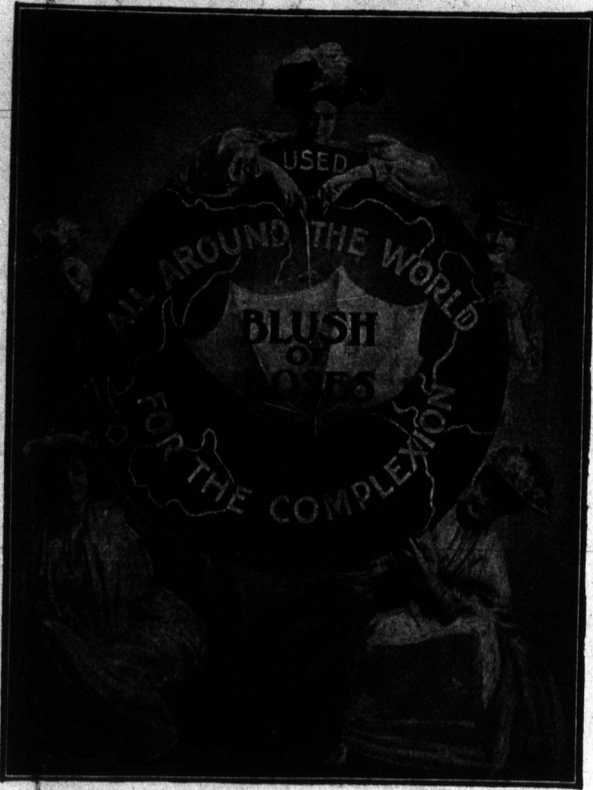


FREE! FREE! TO LADIES



A Bottle of Blush of Roses

The regular price of the bottle of Blush of Roses I send free is 75c. In other words, it is a regular full-sized 75c bottle that I give to any lady absolutely free. The most perfect face preparation and complexion beautifier. Whitens the face as soon as applied, still it is use cannot be detected. **BLUSH OF ROSES** is clear as water; no sediment to fill the pores. **BLUSH OF ROSES** will positively remove tan, freckles, pimples, blackheads, liver spots, moth-patches, erysipelas and salt-rheum. Remember this, no matter how dark or sallow your complexion may be, you will see it improving day by day until a clear, smooth and beautiful complexion is obtained. Gentlemen who admire a lady's fine, clear complexion are not adverse to having the same themselves. And why should they hesitate to use the **BLUSH OF ROSES**? It is clear as water, takes the shine from the face, removes all the impurities of the skin and leaves no sign like powder or paint. The only clear, pure and harmless face preparation made. Cures eczema and all skin diseases. Price 75c per bottle. Address Mrs. Frances E. Currah, Windsor, Ont.

Write For Free Trial Offer

Blush of Roses is Also For Sale by the
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SISTER: READ MY FREE OFFER.



I am a woman. I know her need of sympathy and help. I know her need of sympathy and help. If you, my sister, are unhappy because of ill-health, and feel unfit for household duties, social pleasures, or daily employment, write and tell me just how you suffer, and ask for my free ten days' trial of a home treatment suited to your needs; with references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by its use. I want to tell you all about this successful method of home treatment for yourself, my reader, for your daughter, your sister, or your mother. I want to tell you how to cure yourselves at home at trifling cost, and without aid from anyone. Men cannot understand women's sufferings; what we women know from experience, we know better than any doctor; and thousands have proved there is hope even for the hopeless in my method of home treatment. If you suffer from pain in the head, back, or bowels, feeling of weight and dragging down sensations, falling or displacement of internal organs, bladder irritation with frequent urination, obstinate constipation or piles, pain in the sides regularly or irregularly, bloating or unnatural enlargements, catarrhal conditions, dyspepsia, extreme nervousness, depressed spirits, melancholy, desire to cry, fear of something evil about to happen, creeping feeling up the spine, palpitation, hot flashes, weariness, sallow complexion, with dark circles under the eyes, pain in the left breast or a general feeling that life is not worth living, I invite you to send to-day for my complete ten days' treatment entirely free and postpaid, to prove to yourself that these ailments can be easily and surely conquered at your own home, without the expense of hospital treatment, or the dangers of an operation. Women everywhere are escaping the surgeon's knife by knowing of my simple method of home treatment, and when you are cured, my sister, I shall only ask you to pass the good word along to some other sufferer. My home treatment is for all—young or old. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures green-sickness (chlorosis), irregularities, headaches, and lassitude in young women, and restores them to plumpness and health. Tell me if you are worried about your daughter. Remember it costs you nothing to give my method of home treatment a complete ten days' trial, and if you wish to continue, it costs only a few cents a week to do so, and it does not interfere with one's daily work. **Is health worth asking for?** Then accept my generous offer, write for the free treatment suited to your needs, and I will send it in plain wrapper by return mail. To save time you can cut out this offer, mark the places that tell your feelings, and return to me. **Write and ask for the free treatment to-day, as you may not see this offer again.** Address:
MRS. M. SUMMERS, Box 86 • • • WINDSOR, ONTARIO.

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Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write today for my free treatment. **MRS. F. E. CURRAH, WINDSOR, Ont.**



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MANITOBA HALL STUDIO
Room 2, 291 1/2 Portage Ave., WINNIPEG

The Home Doctor

What about Clean Teeth

Leonard Keene Hirschberg, A.B., M.A., M.D.

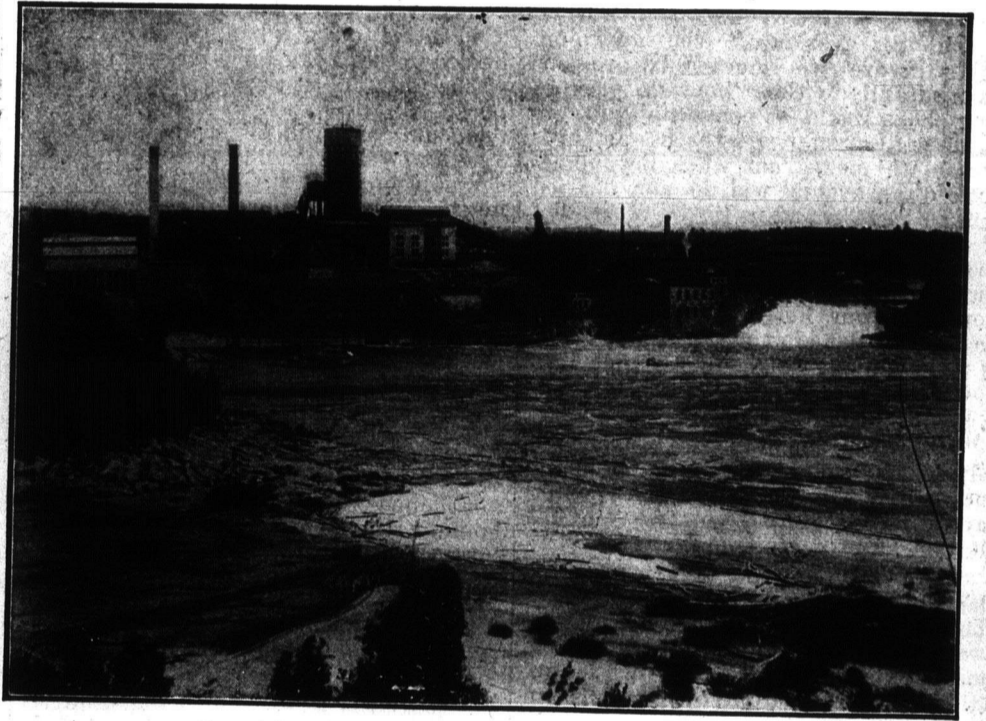
You are satisfied, as an experienced mother, that the six-year-old child needs only a toothbrush and a paste or powder, and he will do the rest. You feel assured that all the terrors of infancy and the first teeth are past. No longer need you bother about the child's teeth. He is beginning the kindergarten and elementary schooling, therefore, you are relieved of responsibility. But— are you? Not a bit of it.

As the first teeth of the second or permanent set appear, there is added danger and grave responsibility upon the part of the mother. Heavier teeth and tougher food mean increased attention for their preservation. The molars or grinders require particular care in this respect. There is one of these on each side both above and below, thus there are four altogether. Only too often they appear without either the mother or the child being aware of their growth. It, therefore, becomes the duty of the parent to watch carefully when the molars appear, to guard them from

with such a brush, remain soft, flabby, and unstimulated with the result that they are not strong enough to resist injury or invasion by microbes. On the other hand vigorous massage with stiff brushes in conjunction with hearty mastication, will both prevent and cure spongy or bleeding gums.

If the gums once become sore, tender, or spongy, the point where they may be insulted with impunity by the use of a hard brush must be approached slowly and gradually. The fingers and a soft cloth may be used to slowly toughen them. Then later after the gums seem to withstand considerable rough treatment, a stiff brush may be employed without tooth washes or other applications. In every instance the brush should be away from the gums; that is upward and downward and across their upper teeth. Thus the interspaces between are cleaned of meat and other imbeddened foodstuffs.

Children, and their elders, also, should at intervals while cleaning their teeth upward and downward and across their grinding surfaces, manipulate a few stiff bristles into the spaces between the teeth where any fiber is felt.



Laurentide Pulp Co's mill at Shawinigan Falls, Que.

decay, and to prevent their loss. Cavities may progress too far, if you merely await a black spot for evidence of trouble. The child must be taken every few months to your dentist, for his trained eye alone will discover impending trouble.

Several years before this, while the first teeth were the only sources of chewing, the little tacker should have become accustomed to the use of a toothbrush. My own child had acquired a remarkable dexterity with his little toothbrush before he was four years old. At such an age it is very necessary to have a small baby's brush with widely separated bristles, yet fairly stiff in strength. As far as it is possible, each child should be allowed a brush that suits its own mouth. No hard and fast rule can be laid down for that.

The brush should be used by the child in such a way as to brush the grinding surfaces of the teeth with briskness and vigor. Not only does this cleanse the teeth, remove the bacteria and decay-producing food, but it also polishes the teeth, exercises them, and stimulates fresh blood to come into their blood vessels. The little kiddies soon learn by experience, although a word of caution is at times desirable, to avoid brushing down into and upon the gums. Gums must never be wounded nor crowded away from hugging up closely about the teeth.

Spongy, soft and bleeding gums are usually the outcome of using an old brush which has become soft, or buying a new brush in the first instance that lacked fiber and stiffness. The gums

Bathing vs. Climate

Is bathing good for us? Well, I guess yes, that is, if it is taken as Mr. Wood suggests—ice cold. I have found this out from personal experience.

I came to this Southern, sunny (?) land from a cold, crisp climate. I had always practised the "Tub Night" system, and continued the practice after I came to New Orleans; when I had been here for eight years my vitality had gotten so low that I wasted away to ninety pounds; everybody, even doctors, said that I had consumption, but I came to the conclusion that it was malaria, so went back North. Six months there put me on my feet again, but I returned to New Orleans—circumstances compel me to live here—only to find that the same wasting process began again.

When my avoirdupois had dropped to one hundred and twenty pounds my path happened to cross that of one of those "cold-bath-every-morning" gentlemen of whom Mr Wood writes, and I decided to have a try at the same game. My work compels me to leave home about 5 a.m., so I couldn't see my way clear to a morning dip, but I joined an athlete association located near my place of business, and every day, winter or summer, after my day's work is done, I take a plunge in the swimming tank, where the water is kept at a temperature of sixty degrees. It was an awful ordeal at first, but I persevered, and soon had the satisfaction of seeing both my vitality and weight going up,