

ZAM-BUK SAVES A FARMER'S ARMS

SOME SENSATIONAL PROOFS OF ITS HEALING POWER.

Every day brings interesting instances to light of the wonderful healing power of Zam-Buk, the herbal balm. Mr. Wm. Snell, a Langenburg (Sask.), farmer, says: "I saved my arm by using Zam-Buk. I had a terrible scalding accident and the arm after the injury 'took the wrong way.' When I started to use Zam-Buk it was all swollen up and discolored, and I feared it would have to come off. In a few days Zam-Buk killed the poison, reduced the swelling, and finally healed the arm completely."

ECZEMA CURED. Mr. J. E. Cusick, of 349 Wilson St., Hamilton, says:—"Every winter I used to have eczema on the back of my hands. Last winter I was specially bad—so bad that I had to be off work for three weeks. While suffering acutely I was advised to try Zam-Buk and did so. I could not have believed anything could have healed so quickly!"

Zam-Buk heals all skin diseases, cuts and bruises, eczema, scalp sores, ulcers, chapped places, Spring pimples, scrofulous ailments, poisoned wounds, swollen glands, boils. As an embrocation it cures rheumatism, sciatica, etc. All druggists and stores sell at 50c. a box, or from Zam-Buk Co., Toronto. 6 boxes for \$2.50. Send 1c. stamp for dainty trial box.

there is usually plenty of time for sewing, and it is surely a comfort to have things made before gardening and house-cleaning come on.

Having decided upon beginning at once, the next question is what to buy. Sometimes in going over the fashion books, one gets somewhat confused there are so many beautiful things, and those paper ladies in floating robes, and trimmed cloaks, and "French-effect" hats, do look so enticingly lovely. However, if we country folk are wise, we will stop to consider. In the first place, it is absolutely necessary that these elaborate costumes if they are "to look like anything at all," be made by first-class dressmakers, dressmakers who charge anywhere from \$12 to \$30 or more for making a gown, and they are by no means to be found in the country. Better, by far, the simplest gown well made than the most elaborate spoiled. In the second, such costumes have been designed solely for society people, who can afford to have costumes to suit every

occasion—simple ones for morning wear and for travelling, more elaborate for the afternoon, more elaborate still for the evening, or for functions extraordinary. Country people, as a rule, must choose designs that will suit various occasions, and so will do well to fix upon those in which the ruling note is simplicity. A simple gown, well made and quiet in coloring, is never in bad taste, and may be worn a long time without inviting comment; an elaborate one, worn here, there and everywhere, may often be out of place, and seldom fails to mark a woman out as invariably as does a striped stick at a barber's shop.

Besides, simplicity seems to suit the country, its lack of artificiality, its usual atmosphere of genuineness and unity. In the rural districts, there is very little sense of caste built upon money values—no strata upon strata of society, the top one able to live in fine palaces and dress continually in purple and fine linen, the next forced to do with less, yet a little discontented in the process and aping with all its might, and so on down and down the social ladder. Of course, this sweeping assertion does not apply to everyone in the city—it would be very foolish to imagine that there are not many sweet and sensible and good people in the cities, who are contented to go their own way, and let others go theirs—but we speak of the general tendency, a tendency which has brought about all too many bankruptcies, and introduced a discordant element into all too many homes. So the country, if it is wise, will drive far from it—the over-elaborateness which only brings worry and the putting of false values upon things, and will hold dear the simple life which so many of the best minds would give much to possess.

Last of all, by choosing simple styles, it is quite possible to do much of one's own dressmaking. Many women, even in the cities, are trying this of late, and report results as quite satisfactory. Of course, it is impossible for a woman without the necessary training to make a good tailor-made suit, but, armed with a good new pattern—not a pattern of 2 years ago—there is nothing to prevent her from making her blouses and separate skirts, and muslins quite as well, perhaps even much better than the ordinary sewing girl.

And now for a hasty sketch of what spring styles are to be. For suits—the suit which seemed so invaluable in spring and fall, and on cool days throughout the summer—light-weight tweeds, Panama cloth, serge Venetian cloth, broadcloth, and dark "invisible" plaids are all used. These suits may be very well made at home, if good patterns, in Eton or Norfolk (not tailor-made effect) styles are chosen. For the long, loose summer coat, which will be worn quite as much as last year, light-weight tweed, pongee and linen will be in most demand. Some Eton and pony coats show half-fitted or loose backs, but as yet these look extremely ugly.

For summer dresses, fine, pliable materials seem to take the lead, shepherd's plaid, chiffon voile, foulard, cashmere, poplin, and rajah silk in the heavier materials, with dimity, Swiss, mull, Persian lawn, and finely-woven linen in wash materials. Even the gingham this year are semi-transparent and very pliable, while the fine, light-weight pique is a very different material from the old stiff species, which was such a bugbear in the laundering. Some beautiful new checked dimities, resembling somewhat the old cross-barred muslin, are shown, all ready for making up into the prettiest white shirt-waist suits imaginable. Polka-dots are also in favor, while plain materials, perhaps embroidered by hand, will again be in much favor, thus giving girls who have plenty of time on their hands a chance to be handsomely gowned at comparatively little expense. One girl, whom I know, is embroidering herself a fine white linen gown. The waist is a simple shirt-waist, buttoned at the back with plaits towards the shoulders, somewhat in Gibson effect and an embroidered front, with insets of thick white net. The skirt is 15-gored, perfectly plain, with embroidery

and insets of the net all round above the facing. The stamping cost her very little, and she is making the whole gown herself.

Skirts must be very flat about the hips, and flare considerably from the knees down. The tendency is to make them longer, but Paris still decrees two inches from the ground for all walking dresses. Lining is not used at all, and when skirts have the upper portion plaited, the cloth beneath the stitched-down plaits is often cut out to give as flat an effect as possible.

Sleeves, so fashion decrees, must now be long or half-way below the elbow for all plain waists. For dressy wear, they will still be elbow length. When the hot weather comes, however, the chances will be that elbow-length will hold sway for all muslins, dimities, or other very sheer materials. Jumper waists promise to be very fashionable, and the style will be found invaluable in making over old gowns. They are simply sleeveless waists, cut very low in the neck and worn with a guimpe and sleeves of white, or of a contrasting color. Sometimes caps of the same material as the waist are worn over the undersleeves.

HELPERS FOR WESTERN HOUSE-KEEPERS.

Dear Dame Durden:—An item appeared in your columns from some girls wanting to know something about coming to Manitoba in the busy season if they could secure work. Girls such as those—farmers' girls—could secure work at any season of the year, as good girls are always wanted.

They wished to know what work would be required of them. In regard to that question I think the work here on the farm is much the same as in the East; though there I have known girls to have to help make hay and hoe turnips, and girls out here are not asked to do that kind of work. As for milking, the girls generally do it or help at least in harvest time, but it is not usually a very big task, as most people keep just enough cows to make butter and have cream for their own use.

The writer spoke of wages as high as \$20 a month but from \$10 to \$15 is the usual run of wages. Where more is given the necessity for help is very great—the mistress of the house not strong enough to manage alone during harvest and threshing.

This would be a good part of the country for girls to come—not far from church and from a lively little town where the young people have a good time. Quite a number come out here every summer, and some go back in the fall, and some marry our young farmers and stay here to build up happy homes for themselves.

Manitoba. Mrs. J. B.

LEMON CHEESE FOUND.

You may laugh if you like—I did when I found that, after assuring "Mother of Six" that I was ignorant upon the subject of "lemon cheese" there was a recipe for it in our very own IngleNook, sent by "An Englishwoman" and printed in the issue of Nov. 14th, 1906. I'm ashamed of my leaky memory, but had got the idea firmly fixed in my brain that lemon cheese should have cheese in it, and I knew we had not had any "cheese" dishes that would come under the heading asked for. There are the apologies; here is the recipe—3 eggs, juice and grated rind of 2 lemons, ½ pound sugar, ½ pound of butter.

PILES CURED IN 6 TO 14 DAYS

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding piles in 6 to 14 days or money refunded. 50c.

WILL KISSING BE PROHIBITED?

The Osculatory Process Denounced by Scientists as Extremely Dangerous—How the Danger Can Be Removed

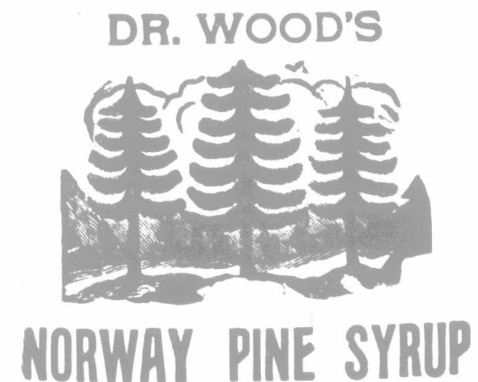
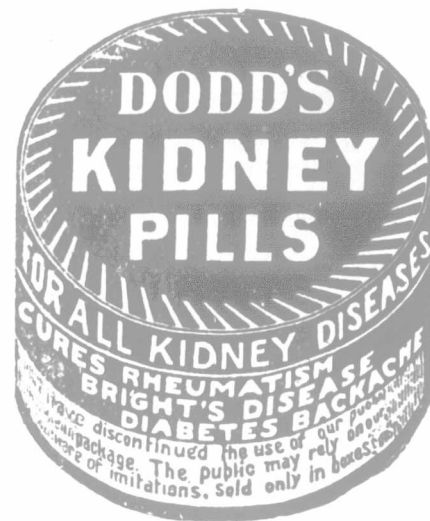
A keen discussion is being carried on by some of the best scientists as to the danger and "crime" of kissing, led by Dr. Somers, Health Officer of Atlantic City, and Dr. Nalpas, of the Medical Faculty of Paris. They charge the kiss with spreading grippe, scarlet fever, measles, mumps, whooping cough, typhoid fever, diphtheria, erysipelas, meningitis tuberculosis, and many infectious skin diseases. They suggest legislation on the subject, and the posting of notices in railway stations, street cars and other public places, but they say it would be useless to post them on verandas, in cosy corners, porches, shady nooks, or moonlit lawns. They also propose some compulsory legislation for methods of disinfection of the mouth and purifying the breath, especially with a view to the protection of innocent babes, who are particularly subject to infection. The greatest and most effective purifier and germ destroyer known to medical science for the mouth, throat and breath, as well as for the blood, stomach and lungs, is Psychine, that triumph of the medical world that is attracting almost universal attention because of the wonderful results attending its use. One of its recent triumphs is told as a matter of experience in the following brief statement:

"I suffered for over two years from catarrh of the head and throat and stomach, and an obstinate hacking cough. The slightest cold or change of weather would cause the disease to return worse than before. Doctors gave me no relief. I saw Psychine and Oxomulsion advertised in the newspapers, and decided to use them. They had a splendid effect in my case. I obtained the permanent cure I had so long and so anxiously desired. Psychine appears to be a perfect germ destroyer. I shall do all in my power to increase the popularity of the Dr. Slocum remedies in this vicinity. I always keep Psychine in our house. It is our only doctor."

"LEGER L. HARDY.
"St. Basil de Pontneuf, Que."
Psychine, pronounced si-keen, is commended by all doctors and scientists who have interested themselves sufficiently in their profession and in the welfare of the public to investigate its marvellous qualities, and consider in an unprejudiced manner its results as the most wonderful of all disease and germ-destroying agencies. For building up the run-down system, and curing all forms of stomach troubles and diseases of the chest, throat and lungs or head it is simply unapproachable. It is destined to revolutionize many of the old theories, and furnish a reliable home treatment. For sale at all druggists, 50c. and \$1.00. or Dr. T. A. Slocum, Limited, 179 King-street west, Toronto—

Place in jar and set in a saucepan of boiling water on the stove. Stir till it thickens. It is delicious, the sender says, in little pastry cases, or between sponge cake.

DAME DURDEN.



Stops the irritating cough, loosens the phlegm, soothes the inflamed tissues of the lungs and bronchial tubes, and produces a quick and permanent cure in all cases of Coughs, Colds, Bronchitis, Asthma, Hoarseness, Sore Throat and the first stages of Consumption.

Mrs. Norma Swanston, Cargill, Ont., writes: "I take great pleasure in recommending Dr. Wood's Norway Pine Syrup. I had a very bad cold, could not sleep at night for the coughing and bad pains in my chest and lungs. I only used half a bottle of Dr. Wood's Norway Pine Syrup and was perfectly well again."

Price 25 cents a bottle.

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