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Arrived: Finlandes, Copenhagen.

the most comprheumatism. A Chamberlain's lef. For sale by

YOU have probably been intending to try Red Rose Tea for some time but from "force of habit" have just kept on using another tea.

and buy Red Rose next time.





THE STANDARD ARTICLE · SOLD **EVERYWHERE**

For making soap softening water, removing paint, disinfecting sinks, closets, drains, and for many other purposes

E.W.GILLETT TORONTO,ONT.

GRAND UNION

WHAT

Before taking Lydia E. Pinkham's Vegetable Compound.



Natick, Mass.—"I cannot express what I went through during the change of life before I tried Lydia E. Pinkham's Vegata bis Compound. I was in such a nervous condition I could' not' keep atill. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told- by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegatable Compound and decided to try it, and it has made me a well woman. My neighbors and friends declare it had worked a miracle for me. Lydia Britcham's Vegatable Compound is and it has made me a well woman.
My neighbors and friends declare it
had worked a miracle for me. Lydia
E. Finkham's Vegetable Compound is
worth its weight in gold for women
during this period of life. If it will
help others you may publish my
latter."—Mrs. NATHAN B. GREATON,
51 N. Main Street, Natick, Mass.



Page of Interesting News for Women

TURNING GRAY DAYS TO GOLD

TURNING GRAY DAYS 10 GOLD

"TRUIT-TIVES" CURED HIM

Avondale, N. B., Oct. 16,

"I have been a great sufferer from
indigent for fifter years. I way
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She has little pleasure, and she doesn't
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who for twenty, for thirty years cared
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WHITE ROSES BY KATHARINE HOLLAND BROWN.

The Change of Life is the most critical period of a woman's existence. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegebabe Compound.

The year would like special sevice about your case write a confidential letter to Mrs. Pinkham, as Lyman Mass. Her advice is free and always helpful.

The wonderful results they achieve with the danger of catching cold.

The wonderful results they achieve with the danger of catching cold.

The wonderful results they achieve with the danger of catching cold.

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The wonderful results they achieve with the danger of catching cold.



Clam Broth.
Broiled Steak.
Stewed Salsify.
Lettuce and Pepper Salad.
Wafers.
Coffee. Ice Cream.

Forced to Live on Stale Breap and Porridge.

"FRUIT-A-TIVES" CURED HIM



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Pauls rathow?

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ing; a little calendar pad may be pur-

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Although Cuticura Soap and Cuticura Oint-ment are sold by druggists and dealers every-where, a liberal sample of each, with 32-page booklet on the care and treatment of skin and hair, will be sent, post-tree, on application to Potter Drug & Chun. Corp., Boston, U. S. &.

To Brighten the Eyes

Cynthia Grey On Teaching the Child

Evening freeks of tulle or delicate lace—the flounces touched with crystal—are worn under extremely short chiffon tunies, edged with fringe.

THE MAN WITH A TOUPEE Might Have Had a Good Head

of Hair.





ROYAL NAVAL CLUB. Portsmouth, England

To the Zam-Buk Co.

Door Sirs.—I have found Zam-Buk most reliable for healing cuts

and abrasions; while for the relief of skin irritation it is invaluable.

(Sigued) RODNEY M. LLOYD.

Admiral.

Zam-Buk Cures Bad Burns.

Stoker Kingsnorth, of H.M.S. "Cochrane," says:—"I slipped and fell with my arm on an exhaust steam pipe, which fairly frizzled the skin. At once the ship's surgeon dressed my arm, but the burns took the wrong way, owing to a let of dirt from the pipe setting up blood-poison. A large scab appeared, and from underneath the festering flesh, matter cozed out. I was in fearful pain and didn't know how to get ease.
"For weeks I remained under treatment, but the ordinary ointments proved no good. Indeed, I got worse. I therefore obtained a supply of Zam-Buk and almost as soon as this was applied I got ease. From the very first application, healing commenced; and a few boxes of Zam-Buk healed my wound completely."

Zam-Buk agrees accommenced the same and a few boxes of Zam-Buk healed my

RANGE

Only One Range Has An Enameled Steel Reservoir

and that range is the Pandora. Reservoir in one piece, oval in shape, with no corners, seams, etc., to catch the dirt. Its heavy, triple enamel coating is as smooth as glass, easy to clean, and will withstand any degree of heat without chipping or burning out.

Such a cleanly reservoir that fruit can be cooked in it without fear of taint. You cannot do that with tin, copper or galvanized If your local dealer does not self the Pandora,

write direct for free booklet.

FOR SALE BY J. A. BROWNLEE, 385 TALBOT ST., J. A. PAGE, 807 DUNDAS STREET.

Solving The High-Cost Problem

Eat simple, nourishing, inexpensive foods and you will be the gainer in health and pocket. The high protein foods, meats, etc., cost the most, are the hardest to digest and hence the least nutritious in the long run. Cut out heavy

meats and soggy pastries for a while and eat MULAI

Biscuits, the ready-cooked, ready-to-serve whole wheat food-steam-cooked, shredded and baked in

the cleanest, finest food factory in the world. Try Shredded Wheat for breakfast for ten daysserved with milk or cream. Easily digested. Keeps the stomach sweet and the bowels healthy

Also deliciously wholesome when eaten in combination with stewed or fresh fruits.

Triscuit is the crisp, tasty Shredded Wheat Wafer-delicious for any mee! with butter, cheese or marmalade. Toast in the oven before serving.

Canadian Shredded Wheat Co., Ltd., Niagara Falls, Ont.

KNIGHT STOVE "" cans as it polishes—keeps the stoves fresh and bright, with almost as little trouble as polishing one's sheen. 10c. buys a big can of "Black Knight." -at your dealer's, or sent pos receipt of price.

THE P. P. DALLET CO. LIMITED, HAMILTON, Out. Makers of the famous "2 in 1" Shee Polish.