



Our Suffering Sisters.

Women whose work keeps them indoors, without sufficient exercise, suffer infinitely more than others. Bad ventilation, long hours at work, and insufficient exercise are the conditions shop-girls, sales-women and dressmakers have to face. And these conditions cause loss of energy, lassitude, weakness, and end in the diseases peculiar to woman. If these be allowed to go unchecked, there is only one ending—DEATH. In such a situation

Dodd's Kidney Pills

are an absolute cure, never failing to restore health, strength and vigor. They have saved thousands of women. **THEY CANNOT FAIL.** Try them. You'll always be glad of it.

A Skin of Beauty is a Joy Forever.

DR. T. FELIX COURAUD'S ORIENTAL CREAM, OR MAGICAL BEAUTIFIER.

PURIFIES
BEAUS AS WELL AS
HEALS THE SKIN
NO OTHER
WILL DO IT.

Removes Tan, Pimples, Freckles, Moth Patches, Rash and Skin diseases, and every blemish on beauty, and defies detection. It has stood the test of 48 years, and is so harmless we taste it to be sure it is properly made. Accept no counterfeit of similar name. Dr. L. A. Sayre said to a lady of the nation (a patient): "As you ladies will use them, I recommend 'Gouraud's Cream' as the least harmful of all the Skin preparations." For sale by all Druggists and Fancy Goods Dealers in the U.S., Canada and Europe.

FELIX T. HOPKINS, Prop'r, 37 Great Jones St., N.Y.

A SIMPLE CATARRH CURE

I have spent nearly fifty years in the treatment of Catarrh, and have effected more cures than any specialist in the history of medicine. As I must soon retire from active life, I will, from this time on, send the means of treatment and cure as used in my practice, Free and post-paid to every reader of this paper who suffers from this loathsome, dangerous and disgusting disease. This is a sincere offer which anyone is free to accept. Address, PROFESSOR J. A. Lawrence, 114 West 32d St., New York

FREE

A positive, quick and lasting cure for Constipation, Indigestion, Dyspepsia, Sick Headache, Kidney and Liver Diseases, Poor Blood, Rheumatism, Corpulency, etc. Thousands of testimonials from grateful people who have been cured. We send the medicine free and post-paid. You save Doctors' bills and get well. Good Agents wanted. Write to-day. Address EGYPTIAN DRUG CO., New York.

An Investment

Of one cent in a post card will get you book "How to Keep the Baby Well"—Worth its weight in gold, free, postpaid.

In our literature we give good reason for claiming

GARFIELD

FIG SYRUP

to be the best laxative medicine for infants, children, adults. Write

GARFIELD TEA CO.,

investigate this.

TORONTO, ONT.

ANSWERS TO CORRESPONDENTS.

MARIE:—To do up shirt-bosoms proceed as follows: To fine starch add a piece of "Enamel" the size of a hazel-nut: if this is not at hand, use a table-spoonful of gum-arabic solution (made by pouring boiling water upon gum-arabic and allowing it to stand until clear), or a piece of clean mutton-tallow half the size of a nutmeg and a tea-spoonful of salt will do, but it is not as good. Strain the starch through a strainer a piece of thin muslin. Turn the shirt wrong side out; dip the bosom carefully in the fine starch, made according to recipe, and squeeze out, repeating the operation until the bosoms are thoroughly and evenly saturated with starch; proceed to dry. Three hours before ironing dip the bosoms in clean water; wring out and roll up tightly. First iron the back by folding it lengthwise through the center; next iron the wristbands and both sides of the sleeves, then the collar-band; now place the bosom-board under the bosom, and with a dampened napkin rub the bosom from the top towards the bottom, smoothing and arranging each plait neatly. With a smooth, moderately hot flat-iron begin at the top and iron downwards, and continue the operation until the bosom is perfectly dry and shining. Remove the bosom-board and iron the front of the shirt. The bosoms and cuffs of shirts—indeed, of all fine work—will look clearer and better if they are first ironed under a piece of thin old muslin: it takes off the first heat of the iron and removes any lumps of starch.

E. H.:—In our new book, "Fancy and Practical Knitting," you will find a number of counterpane patterns. "The Art of Knitting" also contains much material of this sort. Each book costs 2s. (by post 2s. 3d.) or 50 cents.

MOTHER:—Milk is sterilized by being brought to the boiling point while sealed in a peculiar manner. In this way disease germs can be destroyed and the milk rendered safe for young children.

Have You Catarrh Taint? Here's strong evidence of the quickness and sureness of that wonderful remedy, Dr. Agnew's Catarrhal Powder: "For years I was a victim of Chronic Catarrh—tried many remedies, but no cure was effected until I had procured and used Dr. Agnew's Catarrhal Powder. First applications gave me instant relief, and in an incredibly short while I was absolutely cured."—James Headley, Dundee, N.Y.—14.

R & G

CORSETS

ARE THE BEST

MAGIC

BAKING POWDER

PURE AND WHOLESOME.
ONE POUND CAN 25¢
LONDON, E.W. GILLET, CHICAGO, ILL.
TORONTO, ONT.