

-----------ur 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 Sunchecked, there is only one ending-DEATH. such a situation

Dodd's Kidney

are an absolute cure, never failing to restore health, strength and vigor. 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 GOURAUD'S ORIENTAL

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A SIMPLE CATARRH CURE

I have spent nearly fifty years in the treatment of catarth, and have enected more cures than any spent ceilist in the history of medicine. As I must soon reline from active life, I will, from this time on, send the means, of treatment and cure as used in my compared and post-paid to every reader of this property of the prope A. Lawrence, 114 West 32d St., New York

positive, quick and lasting cure for Constipation, ligestion, Dipopola, Sick Readache, Ridney and ver Diseases 1900 at the unation, Corpulency, Thousands of the montals from grateful only who have been cure in the montals from grateful only who have been cured, Write to-day, and see classification of the constitution of the well. Good Agents wanted. WEGYPTIAN DRUG CO..

An Investment

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In our literature we give good reason for

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o be the best laxative medicine for infants, hildren, adults. Write

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vestigate 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 "Enamel" the size of a hazel-nut: if this is not at hand, use a table-spoonful of gumarabic solution (made by pouring boiling water upon gum-arabic and allowing it to stand until clear), or a piece of clean muttontallow half the size of a nutneg and a teaspoonful 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 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 bosomboard 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. Remyet the bears heard and and shining. Remove the bosom-board and iron the front of the shirt. The bosons 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 re-

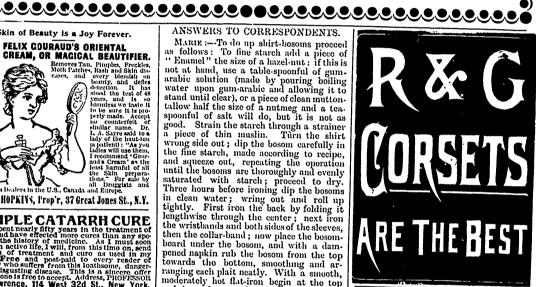
takes off the first field of the from and removes any lumps of starch.

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.

Mostrop.—Mills is storilized by being

MOTHER:—Milk is sterilized by being brought to the boiling point while scaled 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 HAVE TOU UNITETH RUIL! Here's strong evidence of the quickness and sureness of that wonderful remedy, Dr. Agnow'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. Agnow'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.





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