



Reindeer
CONDENSED
Coffee
WITH
MILK AND SUGAR
Combined Ready to Use.

When Seconds Count

that tin of "Reindeer" Condensed Coffee is a treasure. Put a little in a cup, pour on boiling water, and you have a cup of delicious coffee, ready to serve, in less than a minute.

You don't even have to bother with milk and sugar—they are in it already.

To afternoon or evening callers you can serve "Reindeer" Coffee on short notice, without any trouble in preparing it.

Keep a tin handy.

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The Truro Condensed Milk Co., Limited, - - Truro, N. S.

Safe Lock WIND
TIGHT
AND
WATERPROOF

There is only one metal shingle which really locks on tall four sides. It is the "SAFE LOCK." A top, bottom and sides, "SAFE LOCK" Shingles fasten with a positive hook lock, which cannot be pulled apart from any cause. No wind storm is strong enough to unroof a building covered with "SAFE LOCK" Shingles, because there is not a crack or crevice at any point in the whole roof, where the wind can get under the shingle.

Of course, "SAFE LOCK" Shingles cannot leak. The locks are so formed that it is impossible for even driving rain or drifting snow, to penetrate a "SAFE LOCK" roof—they are positively weather tight.

When you roof with "SAFE LOCK" Shingles you are guaranteed —

SATISFACTION—Because they can't leak.

DURABILITY—Because they conform to the rigid British Government specifications.

SAFETY—Because you are protected by our Free Lightning Guarantee.

ECONOMY—Because no other roofing will last so long.

Our interesting booklet "Truth About Roofing" is FREE FOR THE ASKING. Write for it.

CLARE & BROCKEST, 248 PRINCESS ST., WINNIPEG.

FREE TO YOU—MY SISTER



I am a woman. I know woman's sufferings. I have found the cure. I will mail, free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—you, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or White Discharge, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head, back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses peculiar to our sex.

I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment that it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhoea, Green Sickness and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all women's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address: MRS. M. SUMMERS, Box H. 86 WINDSOR, Ont.

FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman. I know woman's sufferings. I have found the cure.

I will mail, free of any charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—you, my reader, for yourself, your daughter, your mother, or your sister. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or White Discharge, Ulceration, Displacement or Falling of the Womb, Profuse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head, back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles where caused by weaknesses peculiar to our sex.

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The Home Doctor.

Practical Hints About the Skin.

Many people do not fully realize the importance of the skin as a factor in health. They simply regard it as a sack in which the organs of the body are contained. As a matter of fact, the skin has a most important bearing upon health. This is proved by the fact that a person who has lost one-fourth of his skin by an accident, such as a burn or scald, almost invariably dies.

It is obvious that the skin serves as a valuable protection to the delicate tissues beneath.

It prevents the entrance of foreign elements into the body. This is shown by the frequent fatalities which result from a simple wound.

Persons, who have had a small cut on the hand, have been known to contract tetanus, or lock-jaw, by merely passing a stable door. The reason is that, the tetanus bacilli which are present in earth dust and manure entered the blood through the aperture in the skin.

It is always safe, therefore, even in ordinary cases, to have the wound thoroughly washed with pure water to remove all dirt, and bound up with a clean bandage. The practice of applying cobwebs to cuts or wounds is very dangerous, because, although they may be efficient in stopping bleeding, yet they will very probably infect the sore with some disease.

In health the body is always at a constant temperature, whatever be the climate in which the person is living, whether in the Arctic regions or at the equator. The skin is one of the most important factors in bringing this about. It is the chief channel through which the surplus of the heat of the body is lost.

Care of the Eyes.

On arising in the morning, the eyes should be bathed gently in cold water—twenty "passes" are said to be decidedly strengthening. While using them closely, they should be rested at intervals of an hour or two, for the strain of constant reading or sewing is like that of extending the arms at a certain height immovably. Imagine the taxing of the eyes, which cannot complain save after years of irreparable neglect. When dust settles in the eyes, warm water will soothe them of any inflammation; rose water is extremely refreshing, but it should be bought in small quantities, as it keeps but a short time. Five cents' worth will give a daily bath for several weeks. Tea leaves and alum water were the eye tonics which our grandfathers used, but in these modern days of absolutely hygienic and antiseptic simplicity, water, especially in distilled form, is considered powerful enough. —Harper's Bazar.

Some Remarkable Laws of Nature.

A man will die for want of air in five minutes, for want of sleep in ten days, for want of water in a week, and for want of food at varying periods, dependent on circumstances.

The delicacy of the sense of touch is marvelous. The fourth jewel wheel-screws of a watch, though they have two hundred and sixty threads to the inch, look like dust. They are four-one-thousandths of an inch in diameter, and a lady's ordinary thimble would hold 100,000 of them; yet after being hardened and cut they are placed by the hand very rapidly in frames, with their heads up. This is done by touch alone.

When one falls asleep the order of surrender to the spell is: sight, taste, smell, hearing, touch. The sense of touch is the lightest sleeper and most easily awakened, then hearing, then sight, while sluggish taste and smell waken last.

The human body is an epitome in Nature of all mechanics, all hydraul-

ics, all architecture, all machinery of every kind. There are more than three hundred and ten mechanical movements known to mechanics today, and all of these are but modifications of those found in the human levers, joints, pulleys, pumps, pipes, body. Here are found all the bars, wheels and axles, ball and socket movements, beams, girders, trusses, buffers, arches, columns, cables and supports known to science. At every point man's best mechanical work can be shown to be but adaptations of processes of the human body, a revelation of first principles used in Nature.

The Grass Cure.

The story of the young man in Brooklyn who cured himself of a chronic indigestion, which had resisted all the skill of the doctors, by a diet of cold water and quarts of fresh grass gathered in Prospect Park, brings memories of Nebuchadnezzar, and of the pitiable plight of Bully Bottom when he called, so lustily for a bottle of hay. One satirist recommends the young Brooklynite to turn his appetite to that other asinine delicacy, thistles, arguing that the proverbial virtue of making two blades of grass grow where one had been is nothing to the utility of clearing our fields of the emblematical flower of Scotland.

These, brothers, are cruel jests. Knowing how little aliment is to be derived from the most nutritious salad, we do not recommend to any one to go to grass, much less to thistles; but we are convinced that the anecdote has deep value to all chronic sufferers. We once knew a gentlewoman with a case of consumption that had left her only a part of one lung. Her physicians had long given her up, and so, when she confessed a desire for peanuts, they not unwisely told her she could have all she wanted. She ate them with as great avidity as the young man in Brooklyn displays for grass. She lived to a ripe and beautiful age, full of good works and the joy of living, her only cross being that whenever she called in a doctor for an ache or pain he would insist on sounding the remaining quarter of her lungs to have personal knowledge of so rare a thing as a cured case of advanced consumption.

Many morals are to be drawn from both instances. One is that in the practice of medicine the ratio of the unknown to the known is very large, and that the natural desires of the patient may be wiser than all the schools. Another is that one cure does not prove the general value of a remedy. Christian science, osteopathy and patent medicines may have worked marvels without proving their value as panaceas. But the most important moral which these true stories teach is that the best of remedies is a determination on the part of the patient to get well.

Burns and Scalds.

In the healing of burns and scalds, where there is danger of contracting scars, rub the new skin several times a day with good sweet oil. Persist in this rubbing until the skin is soft and flexible.

Neuralgia.

Neuralgia is caused not only by cool air, but by acidity of the stomach, starved nerves or imperfect diet. Heat is the best remedy, and mustard plasters applied to the stomach and legs will do more good than any medicine. Cold water applied to the nerves in front of the ear has been known to work magic in chasing away neuralgic pains.

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.