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Benger's Food forms an appetising and easily digested cream. It is so soothing as to allay internal irritation, and so delicious as to gently incite into activity the weakened digestive functions and process of nutrition.

Begin Benger's food when digestion is deranged; always use it in temporary sickness, in infantile diarrhoea, and whenever internal disorder prevails in infant, invalid, or aged person.

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For INFANTS,
INVALIDS and the AGED

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Benger's Booklet—A little work of authority on the special feeding of Infants, Invalids, and the Aged, will be sent post free on application to

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ABSORBINE
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W. F. Young, P.D.F., 138 Lyman's Buildings, Montreal, Can.

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benevolence and simplicity, surely she did. She saw her children grow to maturity and her grand-children played about her. On the last day of her life she sang, "In the Sunshine."

UNWRITTEN STORIES

She lived in a prosperous rural community where women are womanly and men are sincere. Her mother was of that fine type of feminine strength that infuses pure and noble ambitions into the hearts of her boys and girls. Both parents were united in the desire to educate their children and provided enough to make them comfortable and competent. Their home life was clean, healthy and bright. Finally the girl and

be careful." This plea closed one of the mother's letters and the girl was sincere in her desire to remain loyally honorable to her family.

A big imposing stranger engaged rooms and board at the same boarding house. He boasted of his fine sense of manhood and his automobile (both of which were absent for obvious reasons). Being a professional at his business of "make believe" he won first the admiration of the brother. It is true he had no trunk nor luggage but he flattered the girl bought her flowers, took her to the theatre and to church, gave her the best time of her life and she felt that he was the only man she could ever love. He continued his attentions, bought more

deceived do. This is the most critical period of a girl's life, the period of engagement. She believes in him, he seems so noble and reverential (at his work he swears like a demon but she does not hear him). She does not see the other side and will not listen, and cannot believe the warnings of her friends. I need not finish the story. She who sits beside the bed of a ruined girl and wipes the tear that is scalded by a fevered cheek, cannot find words to express the story that burns her soul.

THE NUPTIAL RING BETWEEN ENGLAND AND ITALY

Elizabeth Barrett Browning was a woman whose most exquisite thoughts were those of love and aspiration, though she was a life-long invalid. It is small wonder that she blossomed out in intellectual and wifely triumph when her mind was so clean and beautiful. Though physically weak, she worked hard mentally giving her whole attention to the study of the soul of poetry until she attained marked success in her line of work. Both she and Mr. Browning lived in Florence and earnestly labored with their pens for that unity of Italy which has since become a fact. The Florentines placed this tablet above the door of the house they occupied as an appreciation of her work and influence: "Here wrote and died Elizabeth Barrett Browning, who to the heart of a woman joined the science of a scholar and the spirit of a teacher, and who made, with her golden verse, a nuptial ring between Italy and England. Grateful Florence places this memorial."

A POPULAR PROFESSION.

Just now the mind of young womanhood is directed to the profession of nursing. Recently several girls have asked me the way to the hospital training work. One girl could never stay at any work long and she asked me if I would try to get her into a hospital.

"I should like to be a Red Cross nurse!" she exclaimed.

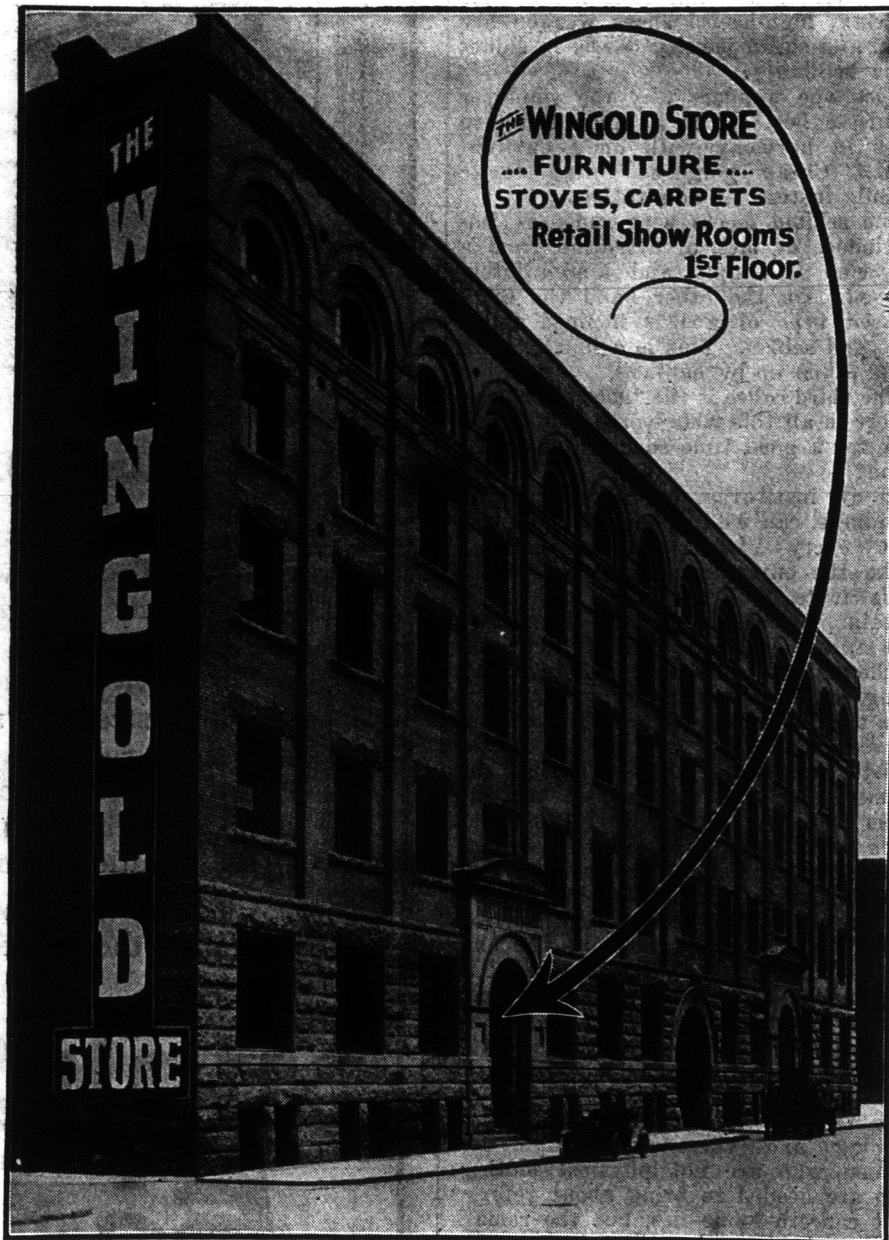
In her case I fear it was the spirit of adventure that tempted her to train for the profession. Many girls do not realize the sanctity of the calling, it is a noble profession, an important one. Listen to the words of Florence Nightingale, the English soldier's angel of mercy:

"Nursing is an art; and if it is to be made an art, requires as exclusive a devotion, as hard a preparation, as any sculptor's or painter's work; for what is the having to do with dead canvas or cold marble compared with having to do with the living body, the temple of God's spirit?"

A BIT OF HISTORY

During the three most glorious epochs of English history the crown was worn by a woman. The Elizabethan era, the "days of Good Queen Anne," and the Victorian epoch are the periods of England's greatest grandeur. In literature, in exploration and conquest, in commerce and the industrial arts, and above all in the political thought that leads Great Britain ever onward, the record of these queenly regimes stands unapproached. Queen Victoria reigned sixty-four years and saw Great Britain grow into an Empire of more than twelve million square miles and over 240,000,000 people. When she was crowned it took months for her Foreign Office to communicate with her most distant possessions; when she died the news was flashed over the mountains and under oceans in a few seconds.

Mankind progressed in brotherly love. Child labor was regulated; women were no longer permitted to work in mines; the negro, however savage, was free wherever the British flag waved; her ships were the chief factors in suppressing the African slave trade on the high seas. In the main her voice was always for peace; though once embroiled in war, she never sought peace save with honor. She lived in a great era and did nothing to detract from its grandeur. The people chose for her wise ministers, and though she often disagreed with their policies and sometimes influenced them, she never opposed them. She displayed tact and never forgot to be a womanly queen as well as a queenly woman.



Wingold Stove Company Moves into Larger and Better Quarters

After years of successful merchandising on Bannatyne Avenue the Wingold Stove Co., Ltd., finds it necessary owing to the enormous increase of its business, to secure larger premises. Their new show rooms and warehouse, on Market St. East (in the very heart of the city, one block east of the City Hall) are among the largest and best in the city. A splendid display of this season's newest furniture occupies the ground floor, the balance of the building being used for offices and warehouse purposes.

Wingold's wholesale to consumer methods have saved the people of Western Canada hundreds of thousands of dollars, their prices on furniture, stoves, hardware, etc., being much less than in retail stores.

The 1914-15 Fall and Winter Catalog of the Wingold Stove Co. containing full listings of furniture, stoves, hardware, etc., is being mailed now. It is a tastefully arranged booklet, amply illustrated, substantially bound and with a picturesque two-color cover. Straightforward facts, good illustrations and plain figures tell the story of the many bargains it contains. It is yours for the asking. A card with your name and address will bring it free. Write to-day. Wingold Stove Co., Ltd., 183 Market St. East, Winnipeg, Manitoba.

brother turned their hopes city-ward. She was prepared to fill a good position in an office—so was he.

The money they earned together with help from their parents made it possible for them to live in unusually comfortable rooms, where they could entertain their friends. Music, books and a few luxuries left them little to want.

She was as fair and pure and lovely as a rose. Regularly the letters came from her beautiful mother and every one contained a note of anxious warning to be careful. "You have it in your power to allow our family to continue in its rank of high respect, or you have it in your power to crush us in hopeless ruin, you're the only daughter we have,

flowers and books, paying for them with the money he should have paid his landlady until he had the girl completely won. She forgot the fact that he was a total stranger and might have a wife across the line—she was too clean minded to think that he was a vicious brute hovering over her to ruin her life and the honor of her family. She did not know that such men go from city to city choosing a beautiful blossom of girlhood here and there to crush under the heel of evil beastly power, she could not see all this. The magnetic power of his physical personality mastered her reason, her judgment and all influence of beautiful home training, and so they became engaged, as all girls who are