

FREE TO YOU—MY SISTER



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 Whittish discharges, 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 a complete trial; and if you should wish to continue, 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 at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured 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. ss - - - WINDSOR, Ont.

ELECTROLYSIS

is the ONLY successful process for destroying Superfluous Hair without danger of injury to the Skin.

Proper massage with pure, clean, harmless, nourishing Flesh Food, is the only safe way to remove wrinkles.

Pimples, Eczema, and Blackheads are permanently cured by my "Ideal" Acne Cure.

Write for Booklet. Consultation Free.

MRS. E. COATES COLEMAN

4 AVENUE BLOCK, 265 PORTAGE AVENUE WINNIPEG



MOST FAMOUS PREPARATION

in the sphere of medicine. It ranks first in curative power. Indigestion FLEES before it. It is a pure Household Remedy, whose merits have long been established, and can be used with perfect safety from the Father to the Infant. Insure against Indigestion by keeping K. D. C. always at hand.

Try KDC

25c, 35c and \$1.00. All Druggists.
K. D. C. COMPANY, Limited, New Glasgow, N. S.

Woman and the Home.

Glad Days.

Time to wander back a ways
Down the dark and sunlit ways,
Raising here and there,
Picking out the cloudless skies.
Picking out the days you prize.
Happy days and fair.

Dwelling on each old delight,
Happy days and cloudy bright,
Not the grieving or
The sad days at all, at all;
Days when happy voices call,
Days you're thankful for.

Winter Evening Recreations.

I will begin by telling of games that interest the small people. Hunt the thimble is one of which they never tire. One "hides" the thimble in some unusual place, but in plain sight, while the others remain in the kitchen or bedroom until he says "ready." Once the thimble was found in papa's ear, and sometimes when all the "good places" have been used, it is placed where it belongs, but where no one seems to expect to find it, on mamma's finger.

Another little game they enjoy is "Occupations." They march in as large a circle as the room will permit, singing:

This is the way we sow the grain,
Sow the grain,
Sow the grain,
On a springtime morning.

This is the way we hoe the corn,
Hoe the corn,
Hoe the corn,
On a summer morning.

This is the way we wash the clothes,
Wash the clothes,
Wash the clothes,
On a Monday morning.

etc., suiting action to words until they are tired, when they close thus:

And then we go when Sunday comes,
Sunday comes,
Sunday comes,
And sing in Sunday School.

when they all sit down and the whole family joins them in singing a Sunday school song.

"Stage coach" is a great favorite, but one of the grown-ups must tell the story, first naming the children, the white horse, the black horse, the driver, the harness, the whip, the woman passenger, the baby, the bundle, the mail bags, etc.; each child jumps up and turns around when in the progress of the story the thing he represents is mentioned, and when the words "stage coach" are said all must leave their seats and each sit in another's place, as when "the stage coach started" or "the stage coach tipped over," etc. "Fruit basket" is played the same, each child being named some fruit.

Sometimes we have a real game of romps, "Pussy wants the corner," or "Blind man's buff," moving everything to the sides of the room. These games do not last long as the little folks must be in bed at 8 o'clock, and are as much enjoyed by the older members of the family as any one, the older children often joining in.

For the young people we have charades, sometimes acted, sometimes simply represented. A young lady named May standing before the company with a cape over her shoulders was a geographical object, "Cape May." John, on the sofa, snoring under a sheet, represented "sheet music," etc. The acting charades may be left to the ingenuity of the young people.

"Consequences," in which four persons go about giving each person the name of two other persons, or a person and an object, an act and a "consequence," with which each is to make a sentence, creates much amusement. For instance, one says, "John and Mary sang and the consequence was a terrible scare." "Emily used an axe and created a mix-up." "Frank and Mabel sawed wood until a cyclone struck them." "Harriet and James went fishing and the house burned down." Some of the unusual combinations are decidedly funny, and often one who is quick-witted takes the liberty of naming his own consequence.

Heart and Home Talks.

Nowhere is there such a need of perfect control as in the home and schoolroom.

The mother expects to control her children, the teacher her pupils as the commander his army, before they have learned to control themselves, and the result is—failure.

We are ambitious to go out and conquer the world before we have learned to conquer ourselves.

We feel sufficiently strong for the conflict of competition before we have attained sufficient strength of character to control the conflict of our own emotions and passions.

We undertake the training of other human souls before we understand the moods of our own and how to control them.

The happiness of our families, our homes and our entire lives is in daily jeopardy, because from the lack of self control, hasty words, unconsidered, unkind speeches escape us.

There are those who boast of their lack of self control, saying, "When I am angry folks know better than to stand in my way; 'I can stand about so much, then look out.'" "When my temper's up there's no knowing what I may do," and other senseless, silly and shameless remarks.

Any person of intelligence and right feeling or instincts will be ashamed instead of boasting of a want of self-control. It is only the ignorant and vicious who can regard it lightly.

The power and influence for good that radiates from a properly self-controlled person is beyond estimation.

Whenever unpleasant conditions arise they are met cheerfully and borne patiently.

However hasty and unkind the words and manner of others, the one who has attained control of self is calm and pleasant and dignified.

The wife and mother who possesses such control is the tower of refuge and strength of her family, to whom they turn in every emergency for help and comfort.

Contrast such a mother and the atmosphere she creates in the home with the uncontrolled, hasty, impetuous woman, who pets and rages at her children by turns, whose moods are so fitful and uncertain that they know not what to expect from her, and who naturally seek the sympathy and society of others outside the home.

There is no truer saying than that "he who conquereth himself is mightier than he that taketh a city." Is not such a conquest worth striving for?

Muslin Underwear.

Any of the combination garments that do away with draw-strings and belts about the waist are welcomed by the woman who cares to be well dressed. Neatness and trimness about the waist-line and over the hips are of as much importance as comfort, and while the combination garments can be bought very inexpensively at the stores, they can be made at home with the aid of a well-fitting paper pattern.

Many women—especially those who are spare-built—fail to grasp the fact that fullness over and about the knees is of great importance. They strive for fullness and flare at the ankles, and pad or otherwise build out the hips; but they never seem to think that the knees are the really important angularities to be protected and rounded out. Notice half the women you see, how ungracefully the thinly-clad knees protrude through one's skirts when sitting down. To do away with this angularity, a woman should have ruffles on her short underwear, at this point, and the ruffles should begin on her petticoat about two inches above the knees, and she would at once notice a very great improvement in the set of her outer skirt at this point.

In buying ready-made muslin underwear, avoid coarse muslin and careless, coarse stitching. Unless paying a good price for the garment, it is best not to choose one having an oversupply of lace, or of open-work embroidery, as very little laundering, even of a careful kind, will ruin it. Skirts and drawers having draw-strings are better than those having bands, as the home-seamstress can adjust the gathers into plaits, side-stitched to a narrow bias band which fits about the corset an inch and a half below the little gores, or darts, in order to fit it to the form. Or the skirt may be fitted to a close-fitting yoke at the top, and the extra length be taken up in tucks about the knees.

Drawers should have three to five darts from the facing at top, each side, to fit the form, and should be very short and full, and fastened at back with a rust-proof hook and eye on a tiny pad of linen tape. Do not use buttons.

It Needs No Testimonial.—It is a guarantee in itself. If testimonials were required they could be furnished in thousands from all sorts and conditions of men in widely different places. Many medicines are put forth every year which have but an ephemeral existence and then are heard of no more. Dr. Thomas' Electric Oil has grown in reputation every day since it first made its appearance.

Crusted
lengthwise
well in
roll in fl

Molasse
cupful of
ful of b
milk, sm
teaspoon
fuls of f

Boast
pair of n
put in a
with salt
water.
cut in ha
ham. Se

Fried
put into
hot, seas
before se
light and
petizing
Cold ham

Elice
half a te
little sal
half of
cold cut
bake it
sticking
maple sy

Fish B
boiled po
a piece
and boil
There sh
the potat
taste, and
deep fat.

Mashed
blanch a
enough c
them nic
ful of b
until thi
the whole
butter, se

Dessert
milk and
eggs bea
cupful of
grated l
Beat the
bake in ge
over the
ored with

Oyster
soup, me
water, s
hash of
vil. Fry
for thick
the whole
more wa
branch of
piece of
toast.

Barbecu
all over
salt and
turn over
done un
ter and s
utes. Ma
fuls of v
currant
lemon ju
over rub

Tomato
half pint
tablespoon
parsley,
utes. Ho
make a c
tablespoon
flour. St
minutes
once.

Coffee
four ounce
to a past
spoonfuls
add the
eggs blen
dred sug
ranging
minutes
warm pre
the top o

Savory
of brisket
piece of
and turn
saucepan
with clov
spice, car
water and
half hour
bones and
with glaz

Baked
small pie
pints of c