

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 Whitish 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 Sickhead 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.

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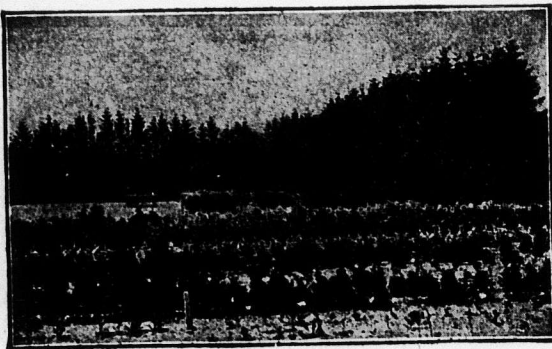
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WHEAT

Woman and the Home.

The Merry Heart Goes all the Way.

When you come to a wearisome bit of road,
Where the stones are thick and the path is steep,
And the back is bowed with the heft of the load,
As the narrowing way is hard to keep,
Don't stop just then for a wasteful sigh,
But challenge the worst with steadfast cheer;
If nowhere else, there is help on high—
God's angel will hasten your pioneer.

When you reach a lonesome bit of road,
Curtailed about with mist and murk,
And you hear faint sounds from the dread abode,
Where shivering grim hobgoblins lurk,
Just laugh to scorn their doleful cries—
This is the place to whistle and sing;
Brush the fog from your fearless eyes,
And close to the faith of your fathers cling.

When you stand at a sorrowful bit of road,
And a hand you loved has lost its clasp;
And when streams are dry that in sweetness flowed,
And flowers drop from your listless grasp;
E'en now take heart, for farther on
There are hope and joy and the dawn
You shall find again what you thought was gone;
'Tis the merry heart goes all the way.
Margaret Sangster.

Trained Nursing.

I frequently have letters asking if it pays to take the course of training necessary in this line. Many think it a long time to spend three years out of the best part of one's life in a hospital training school, surrounded by sickness and suffering, and in addition, the three months on probation with no compensation, during which time the hardest, most disagreeable work is generally exacted. In many training schools one gets board and five or six dollars a month for two years, with a raise of a few dollars more the third year, and from this meager sum clothes and books must be furnished, and it is well if the pupil can so manage her affairs as to keep out of debt. But where one is determined to win out it can be done, and is being done every day by girls who have only their own labors to look to for support. But is it any different in going to school to the various institutions, if one is in earnest in trying to get an education? There is no royal road to success in any trade or profession, and we are assured that "genius" is only another name for hard, systematic work.

A young woman who is adapted for this kind of work soon forgets the hardships in her interest in the conditions about her, and there are few dull days in her life, if she is really in earnest and loves the work. As soon as the probation period is over, she commences to earn from \$20 to \$30 per week, all expenses paid, and if she be faithful in her profession, she is rarely without employment, for with every year the demand for the trained nurse becomes greater. In this profession, as in all others, much depends on the girl herself. The lessons are there; she must learn them herself. To succeed, the work must be taken up as a life employment and the mind must be given up to it to the exclusion of all outside interests. It is like any other profession. Much can be acquired in the way of fitness for its duties, but the "born nurse" is the one who will make the largest success of her work.

When Doctors Disagree.

It is awfully hard work to live up to all the new knowledge we have gained in the past few years about ourselves and the ways in which we should "live, move and have our being." We have made the acquaintance of germs and bacilli and bacteria and appendicitis and all kinds of breakfast foods. We have had advice of every kind and degree of beauty doctors—have been told how to grow fat, how to grow thin, how to add to our height, how to make our hair grow seven feet long, and how to take away wrinkles, how to always appear young, and many other things a woman especially desires to know.

We have also been told to live out of doors or to keep our windows wide open all winter; to drink hot water every morning before breakfast; to drink cold water every morning; never to use cathartics; to take a dose of castor oil once a week; to eat rare meat; to eat no meat at all; to eat breakfast foods; to eat no breakfast foods; to avoid fats of all kinds; to eat fat meat—and so on down the whole list of do's and don'ts.

One thing the doctors and books on physiology and hygiene have always insisted on and that is that we should chew all our food until reduced to pulp. Children are constantly chided for "swallowing their victuals whole," and the American people have always been criticized for "bolting their food." But now comes Dr. Wiley, head chemist of the U. S. Department of Agriculture, to whom we have been

pinning our faith in regard to things eatable and drinkable, and he says that we should not chew our meat at all; that we should gulp it down whole as the dog and some other animals do. But in the language of Hazael, "Is thy servant a dog, that he should do this thing?" There are lots of things a dog does that we don't want to do. He breathes through his tongue and generally keeps his mouth open and his tongue lolling out. We would be taken for idiots if we were to do that. He eats grass when his food disagrees with him; we couldn't do that very well, in fact, we prefer warm water and salt. He licks the hand that strikes him while we generally fight back. He turns around three times before he composes himself to sleep—well, some people do that. And there is one thing in which we might well pattern after the dog and cat. When they are ill they fast until they are better.

We imagine Dr. Wiley will not find it easy to introduce this new cult into refined society. Imagine a table full of ladies and gentlemen gulping down chunks of steak or roast or fish, at the imminent risk of swallowing a bone or being choked on a bit of gristle. It would not be a pretty sight, to say the least. Years ago people lived and loved and married and died and had a good time through it all—ate when and what they pleased, slept wherever they could find a bed, asked no questions about their food, did their work in eight, ten or twelve hours without any fuss, and were, as a rule, healthier and happier than the generations which succeeded them. "What you don't know don't hurt you," and as they knew nothing of all these fads and fancies they probably lived longer and had less trouble in doing it, than we with all our scientific knowledge. Of course, to go back to the question of mastication, it would be much easier to swallow whole meat of the present appalling prices, than it is to chew it, but nevertheless we will probably go on in the same old way, unheeding the facts of chemical research with which Dr. Wiley supports his advice.

"To chew or not to chew," may yet be the burning question discussed in our intercollegiate contests. Post yourself on it.

Thanksgiving.

The harvest in most sections of the country is said to have been a bountiful one, giving abundant occasion for the general observance of the national day of thanksgiving to be designated by the nation's chief executive.

Few there are but will find they have some causes for special thankfulness if they will but look for them, no matter what the year may have held of sorrow or adversity. At least friends have been raised up in time of need and the true friendship manifested at such a time is one of the greatest blessings known to humanity.

A year ago the origin of Thanksgiving Day was dwelt upon at some length in these columns, so that today we are more interested in securing its observance.

To many families, where it is made the occasion of the gathering of all kinsfolks within reach of the home roof tree, Thanksgiving Day is the happiest and most soul-satisfying day of the year. And such it should be to all of us, as we enumerate our many blessings of home, family and friends and the fruit from bounteous fields or sustained daily effort, for all of which it is our duty and should be our joy to give thanks to the Giver of all good.

When Washing Winter Blankets most housekeepers know that hot water should not be used, but not all know the best method to follow in using cold water. Shave a cake of white soap into a quart of cold water and add a little borax. Put this preparation on the fire and keep it there until the soap has dissolved; then pour it into a tub containing enough cold water to cover the blankets. Dip the blankets up and down until they are free from dirt, and rinse in several waters; then hang them on the line, wet, and let them dry. Choose a bright, sunny day, with a little wind blowing, and the blankets will become soft and white.

An Easy Way to Clean Windows is to use chamois skin. Soak it thoroughly in cold water; hot water would spoil it. Wash all the windows in a room with the wet chamois skin, then rinse the skin and squeeze it as dry as possible. After this wipe the windows again with the damp skin, leaving what little moisture remains on the glass to evaporate. If the windows are washed every week it will only be necessary to use the damp, squeezed skin once. To clean the chamois skin itself, after using, lay it flat and rub with soap and plenty of cold water. The skin must be kept very clean, or the windows will be streaked.

Gourlay pianos are all of one quality—the best. Better cannot be made. Though a Gourlay may cost more than another, it will prove to be worth more than the increase.