

# GOOD COOKING



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# Girls! Be Attractive to Men--

*Nature Intended You Should Be!*

**W**HEN a woman is well and healthy—there's a sparkle in her eyes, a rose tint in her cheeks, and she has rich red blood. There's elasticity in every movement and a spring in her step. Love comes to every woman who has bounding health, but when she is pallid, dull eyed, languid, she has no magnetism nor does she appeal to any man.

Such a change in feelings and in looks! After taking

**Dr. Pierce's  
GOLDEN MEDICAL  
DISCOVERY**

the skin becomes clear, the eyes brighter, the cheeks plump.

Druggists sell the Discovery in tablets or liquid. It is an invigorating, restorative tonic for both men and women; purely vegetable, non-alcoholic, and perfectly harmless.

One who has used it said: "I was in very poor health, suffered from weak stomach, my food did not digest properly and I would suffer from severe pains and aches in the pit of my stomach. But after taking a few bottles of Dr. Pierce's Golden Medical Discovery I was feeling fine, it strengthened the nerves of my stomach, aided my digestion and I regained my natural health and strength."—Mrs. Cora Hicks, 247 Hill St., London, Ont.

Write the Faculty, Invalids Hotel, Buffalo, N.Y., if you desire free medical advice.



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# GOOD COOKING

## and USEFUL INFORMATION

**Y**OU will need this book every day. In preparing it we have endeavoured to give information to every householder, if you will go carefully over the pages you will find abundance of worthwhile cooking recipes and information which is useful every day, we also include candy recipes, cooking information, valuable household hints, first aid to the injured and care of the sick.

World's Dispensary Medical Association,  
Bridgeburg, Ont.

### USEFUL COOKING RECIPES

**Potato Soup.**—Three potatoes, one pint of milk or half milk and half water, one teaspoonful chopped onion, one tablespoonful salt, one sprinkle of white pepper, one-half tablespoonful sifted flour, one-half tablespoonful of dripping. Wash and pare the potatoes, then put them into boiling water and cook till very soft. Cook the onion in the milk in double boiler. When the potatoes are done, drain and mash them. Add the boiling milk and the seasoning. Rub them through a strainer, and put them back into the double boiler to boil again. Melt the dripping in a small pan, add the flour, and stir till it thickens. Stir it into the boiling soup. Let it boil five minutes. Add one teaspoonful of finely chopped parsley and serve hot, with croutons (tiny squares fried bread). If the soup be too thick add a little more hot milk or water.

**Puree of Tomatoes.**—One can of tomatoes, two cups of boiling milk with half a teaspoonful of baking soda stirred in, one small minced onion, two tablespoonfuls of butter

rubbed up with one of sifted flour, pepper and salt, handful of dry bread.

**Soda Crackers.**—One pound flour, two ounces lard, one-half teaspoonful of baking soda, one-eighth cake of yeast, pinch of salt, one teaspoonful of sugar, one-half teaspoonful of Malt Ext. 120°. Water sufficient to make dough.

**Tea Biscuit.**—Take one quart of sifted flour, one teaspoonful of salt and one teaspoonful of baking soda; sift thoroughly together; then rub in a heaping tablespoonful of lard or butter, and add sufficient sour milk or buttermilk to make a soft dough—just stiff enough to handle with the floured hand. Roll out the dough, and cut out the biscuit. Put into hot pans and bake immediately.

**Buttermilk Muffins.**—Take one quart of buttermilk, two eggs, one teaspoonful of baking soda, dissolved in warm water, one teaspoonful of salt, flour to make good batter. Beat the eggs well and stir them into the milk, beating hard all the while, add the flour and salt, and last the soda.

**Johnny Cake.**—Sift together one cup and a quarter wheat flour, two cups Indian meal, two tablespoonfuls of sugar, one teaspoonful salt. Mix together with two cups of sour milk and one teaspoonful baking soda, dissolved in a little cold water. Add now to the batter three tablespoonfuls of soft butter and one to three eggs. Pour into well buttered tins and bake thirty minutes in a brisk oven.

**Bread.**—Sift together one quart bread-flour with one heaping teaspoonful cream of tartar, one even teaspoonful baking soda, and a half teaspoonful salt. Mix in dry two tablespoonfuls of lard and last work all into a smooth dough with nearly a pint of milk. Let it stand a few minutes, then mould up into two loaves, place in tins, let stand for four or five minutes, and bake in a brisk oven. If it gets brown too quickly on top, place greased paper over the loaves.

**Rye and Meal Bread.**—Sift together two cups rye meal, one and a half cups Indian meal and one teaspoonful salt. In one cup water and a half cup buttermilk dissolve one even teaspoonful baking soda, add a small cup molasses. Stir in the meal a little at a time; beat all up lightly and add two tablespoonfuls melted butter. Pour at once into greased large tin, set into steamer and steam for three hours, then bake for about thirty minutes longer in oven to give it a good crust.

**Graham Bread.**—One quart sour milk, two round teaspoonfuls of baking soda, two teaspoonfuls of salt, one cup of molasses, two tablespoonfuls of brown sugar, four coffee-cups of Graham flour, sifted, four coffee-cups of wheat flour sifted. Bake one hour in a slow oven.

**Brown Bread.**—Take one cup of molasses, one cup of sour milk (and a little over), two teaspoonfuls of baking soda, half cup of sweet milk (good

measure), salt, a tablespoonful of sugar, one cup of corn meal, two cups of flour; steam three hours.

**Egg Bread.**—Two eggs well beaten, two cups sour milk, one smooth teaspoonful of baking soda, one small handful of corn meal; lard size of small egg melted and added to batter; a little salt. Bake in hot oven.

**Self-Raising or Prepared Flour.**—One quart flour sifted, one teaspoonful of baking soda, two teaspoonfuls cream tartar, one saltspoonful salt.

**Oatmeal Gems.**—Two cups rolled oats, one and a half cups of sour milk. Mix and let stand over night. In the morning add one even teaspoonful of baking soda, a little salt, one egg beaten very light, one-quarter cup of sugar or molasses and one cup of flour. Bake in gem pans.

**Slap Jack.**—Scald two cups of yellow meal with a pint of boiling water, beaten to a smooth mash; thin with one quart of buttermilk in which is dissolved two teaspoonfuls of baking soda, beat all thoroughly; add a little salt, one or two eggs well beaten, and enough sifted flour to form batter. Have the griddle clean, smooth and hot. Cold cooked rice or hominy can be used instead of corn meal.

**The Oldtime Buckwheat Cake.**—Sift a quart of old-fashioned buckwheat flour with a cup of yellow Indian meal and a tablespoonful of salt. Add three cupfuls of hot water and one of milk. The hot water mixed with cold flour will make a mixture that is blood warm. Beat the batter vigorously and add to it a cupful of home-made yeast or an yeast cake dissolved in a cupful of lukewarm water. Set the batter where it will rise thoroughly over night, yet where it is not hot enough to sour; cover carefully. In the morning beat the batter again, grease the griddle and add to the batter a cupful of warm milk in which a heap-

(Continued on page 4)

Write Dr. Pierce, Buffalo, N. Y., for Free Medical Advice

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# The Crown of Womanhood

is motherhood. But many women face the ordeal of maternity without sufficient preparation. At such times and later, the mother should take a vegetable tonic, made without alcohol, sold by druggists, and known in almost every home as Dr. Pierce's Favorite Prescription. It is put up in both tablet and fluid form.

It promotes the appetite, ends nervousness and sleeplessness, and gives a consciousness of buoyant health. It is unexcelled as a strength-giving tonic for mothers before the ordeal, and during the

period of convalescence. This Favorite Prescription was used by Dr. Pierce with great success when in active practice years ago. It's still good to-day.

Thousands of women have testified as to its efficacy.

Stratford, Ont.—“During one of my expectant periods I was very poorly, my nerves were bad, I could not sleep, suffered from nausea and sick stomach, and felt tired, weak and all worn out. Upon the advice of a friend I began taking Dr. Pierce's Favorite Prescription. I started improving in health, got strong and never experienced any more trouble. I took the 'Favorite Prescription' the last six months and felt so well I was able to do all my own work without tiring or feeling fatigued.”—Mrs. Julia French, 507 Brunswick St.

Write the Faculty, Dr. Pierce's Invalids Hotel, Buffalo, N.Y., for free medical advice if you feel the need.



**Don't Neglect Your Health**

**GOOD COOKING**—(Continued from page 2)  
ing teaspoonful of baking soda has been dissolved. Beat the batter again until it foams up almost like soda water; then begin to bake the cakes immediately. It is not well to let the batter stand after adding baking soda, as it gradually becomes heavy again. If the batter is not thin enough add more milk.

**Waffles.**—Take one quart flour, three eggs beaten separately, a piece of lard the size of an egg, half teaspoonful of baking soda, a little salt; mix with enough sour cream to make a thin batter. Beat thoroughly before putting in the irons.

**Buckwheat Cakes.**—Mix three tablespoonfuls molasses with one quart sour milk or buttermilk, and one or two beaten eggs. Then add, stirring in slowly, enough buckwheat flour to make a smooth batter, and one handful of corn meal well mixed with one large teaspoonful of baking soda. Salt to taste. Bake immediately.

**Griddle Cakes.**—Sift a teaspoonful of baking soda into two cupfuls of sifted flour and a half teaspoonful of salt; stir into the mixture two scant cupfuls of sour milk and two well beaten eggs; make a smooth batter and bake on a well greased hot griddle. Serve at once.

**Corn Meal Batter Cakes.**—Take one pint corn meal, three-fourths pint sour milk, one teaspoon nearly full of baking soda, stir in milk until it foams; two eggs beaten separately, salt to taste. A tablespoonful of flour added to the meal is an improvement. Have the griddle hot and well greased.

**Chocolate Cake.**—Take one cup sugar, two eggs, three-quarters cup butter, one cupful sour milk, with one teaspoonful baking soda dissolved in it; one cup and a tablespoonful sifted flour, two squares chocolate melted poured in last.

(Continued on page 6)

## A Good Blood Enricher, Fine Stomach Medicine A Tonic That Can Be Relied On



Evans Studio

Mrs. Isabelle Cake

London, Ont.—“Dr. Pierce's Golden Medical Discovery is a wonderful medicine, good as a blood enricher, is a fine liver and stomach medicine and a tonic that can be relied on. I have used it in my family for years. I take it as a tonic and blood medicine and give it to members of my family especially for coughs and colds. I have practically reared my family on this medicine, especially my youngest child; it has done wonders for him. I am never without a bottle of the ‘Golden Medical Discovery’ on my medicine shelf for any of my family to take when they are under the weather. It has saved my family from many sick spells as well as many doctor bills.”—Mrs. Isabelle Cake, 389 Grey St. All dealers, fluid or tablets.

Dr. Pierce's Discovery contains no Harmful Ingredient

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WRITE DR. PIERCE FOR FREE MEDICAL ADVICE

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## *Are You Attractive?*



**If Your Mirror Reflects Pimples, Blotches,  
Eruptions, it is a Warning to  
Improve your Blood**

**DR. PIERCE'S**  
**Golden Medical Discovery**

is a personal blessing to every man and woman, because it is a tonic in its effect on the stomach and digestive apparatus; an alterative in its action on the blood, liver and skin. It increases the appetite, stimulates the digestion, enriches the blood and clears the skin of eruptions and blemishes.

*In liquid or in tablets, at your Drug Store.*

Good health adds to your personality

GOOD COOKING—(Continued from page 4)

**Bread Cake.**—Take three cups bread sponge, two cups brown sugar, one cup butter, one teaspoonful baking soda, two eggs, one cup raisins, one-half cup citron, one teaspoonful each of cinnamon and cloves, a little nutmeg, flour. Let rise until light.

**Berry Shortcake.**—Take three cups flour, one teaspoonful baking soda, two teaspoonfuls cream of tartar, one teaspoonful salt. Put these all in the flour and sift together. A piece of lard the size of two eggs, rubbed in the sifted flour, then wet up with buttermilk or sour milk. Half of this is enough for one quart of berries.

**Apple Sauce Cake.**—Take one cupful sugar, one-quarter cup shortening, one cupful apple sauce, two cupfuls flour, one teaspoonful baking soda dissolved in about two tablespoonfuls water, one teaspoonful each of cloves and cinnamon, a little nutmeg, salt; with or without one egg, one cup seeded raisins or currants. Beat the apple sauce until it is very smooth.

**English Tea Cake.**—Take one cup of sugar, one-half cup of butter (melted), one teaspoonful each cloves and cinnamon, one-half teaspoonful of nutmeg, one cup of sour milk, two cups of flour, one teaspoonful baking soda well rounded, one cup of seeded raisins. Mix the sugar and spices together; add the butter, and cream well; put soda in milk and add to the mixed ingredients; stir in the flour and last the raisins sprinkled with flour. An excellent cake that does not require eggs.

**Banana Cake.**—Take one cup of sugar, one-third cup of butter, half cup sweet milk, three eggs, one teaspoonful of baking soda, two of cream tartar, two cups of sifted flour, flavor to taste. Filling—Mash two bananas to a cream, stir into boiled frosting and put between layers. To be eaten same day as made.

**"I Was So Rundown, Weak and Nervous That I Had to Give Up and Go to Bed"**



Becker's Studio

Mrs. Ada Diss

Stratford, Ont.—"Dr. Pierce's Favorite Prescription restored me to health when I was clear down physically and was told nothing but an operation would give me relief. I was suffering from inward trouble that completely undermined my health, I got so rundown, weak and nervous that I had to give up and go to bed, suffered severely from pains in my side, was a physical wreck when I began, as a last resort, taking Dr. Pierce's Favorite Prescription. It restored me to health without having to go through an operation and I am still a very healthy woman. I wish I could tell every ailing woman what the 'Favorite Prescription' did for me."—Mrs. Ada Diss, 57 Trinity St. All dealers. Fluid or tablets.

Your Druggist Sells Dr. Pierce's Prescription

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## A Mother's Trouble



*"What's the matter mudder?"*

"Well, sweetheart, your mother has such an awful pain in her back—it catches me right there! It makes my life miserable. The doctor said that it was due to the kidneys clogging up—that winter was hard on the kidneys—but he also said I could get relief if I sent to the drug store and got Dr. Pierce's Anuric, so, Billy dear, help your mama, go down to the corner drug store. I'll give you the sixty-five cents."

Many folks in town have learned that this wonderful discovery of Dr. Pierce's has relieved them quickly of muscular rheumatism, bladder and kidney troubles and backache.

The kidneys should filter the blood, and when they are out of fix, the blood stream is just filled with body poisons.

Carried to all parts of the body, this poison causes backaches, headaches, rheumatic pains, heaviness, drowsiness, dizziness, irritability or depression and distressing bladder troubles.

Let the first pain in the back be your warning. Get a bottle of Dr. Pierce's Anuric Tablets. Your druggist can tell you about this new discovery for bad kidneys. Or, send 10c for a trial package to Dr. Pierce's Laboratory in Bridgeburg, Ont.

**Good health is your most valuable asset**

## Candy Recipes

**Fudge.**—Take two cups of brown sugar, two-thirds of a cup of milk, and some butter the size of a walnut. Stir all together until dissolved and boil for three minutes, or until a drop hardens in cold water. Remove from stove and beat until a thick cream. Pour in buttered pan and cut in small pieces.

**Cocoa Fudge.**—Cook plain fudge as above, and when ready to remove from stove, beat in two tablespoonfuls of cocoa and beat as plain fudge.

**Pulling Taffy.**—Take one pound of brown sugar, one cup of molasses, one-half cup of water and butter the size of an egg. Boil over a hot fire until it hardens when dropped in cold water. Pour on a greased platter. When cool pull till light.

**Taffy.**—Take three cups of granulated sugar, one-half cup of vinegar, one-half cup of water and butter the size of a walnut. Boil without stirring until it hardens when dropped in cold water. Flavor and pour at once in buttered pans.

**Chocolate Fudge.**—Two cups granulated sugar and two cups of brown sugar, one cup of milk, butter the size of an egg, one-half a ten cent cake of unsweetened chocolate grated. Boil until it hardens in cold water. Remove from the stove. Stir in half a cup of chopped walnuts and one teaspoon vanilla. Beat until it stiffens. Pour into buttered tins and mark off in squares.

**Chocolate Caramels.**—One pound sugar, one-quarter pound of butter, three ounces of unsweetened chocolate (grated) and one dessertspoon of vinegar. Put the sugar in a pan and add just enough water to dissolve it. Add the butter, chocolate and vinegar. Boil, stirring often until it becomes thick and hardens in water. Pour on a buttered pan. Cut in squares when cool.

## He Almost Lost His Job



Unable to stand outdoor work in the cold weather—complaining constantly of a pain in the back—worn out, weak, practically worthless on the job—

That was what the foreman told him. "Jim," he said, "there must be something wrong with you. Have you ever had lumbago before or any kidney trouble?"

Jim replies, thoughtfully, "Well, I haven't felt right since I had the grip. Ever since then I've been having these pains in my back, but I don't know what causes them."

"It's probably your kidneys," the foreman tells him. "Well, there's an easy way to overcoming your trouble. Have you ever heard of Dr. Pierce's Anuric Tablets? They relieved me of kidney trouble a year ago, and I can't praise 'Anuric' too highly. I was just like you."

Jim decides that the foreman is right and gets a package of "Anuric" (kidney-backache) Tablets from his druggist. It isn't long before he is his old, vigorous self again.

Hundreds of folks in this vicinity have "Anuric" to thank for their good health.

If you want a trial package of Anuric, send 10c to Dr. Pierce's Laboratory in Bridgeburg, Ont.

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It costs you nothing to consult Dr. Pierce by letter—why not write?

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## GOOD ADVICE TO WOMEN and GIRLS

Toronto, Ont.—“Dr. Pierce's Favorite Prescription was so helpful to me that I can recommend it to any woman or girl to relieve distress. I had gotten in a very bad state of health, was very weak and nervous, would have to be in bed several days each month and suffered all kinds of distress, but Dr. Pierce's Favorite Prescription corrected all this trouble, built me up and I have never suffered in that way since. There is no doubt about this medicine strengthening the organs of a woman's body.”—Mrs. Minnie Dwyer, 182 George St.

Girls, give this Prescription (originated by a regular practising physician) a trial. Your neighborhood druggist can supply you.

Write the Faculty, Dr. Pierce's Invalids Hotel in Buffalo, N.Y., for free medical advice.

### DR. PIERCE'S SUPPOSITORIES

These Suppositories are purifying, deodorizing and healing. They allay irritation, and tend to produce a tonic or strengthening effect. Price, 35 cents. At drug store, or direct from Dr. Pierce's Laboratory in Bridgeburg, Ont.

### Pale, Anaemic?

A man or woman of real red blood is ready for any or all tasks. Gain strength, energy, vigor by going to your nearest druggist and obtaining a 65c bottle of “Ironic” Tablets, or send to Dr. Pierce's Laboratory in Bridgeburg, Ont. You will find that your cheeks will have color, and you will feel strong and vigorous.

DR. PIERCE'S SALVE is a soothing dressing for superficial wounds, cuts and scratches. See price, page 32.

## Why Not Enjoy the Autumn of Life?



Too often elderly people allow body poisons to accumulate, causing many distressing symptoms. Just a little kidney disorder that could have been overcome long ago is allowed to develop.

If you have reason to suspect that your kidneys are not thoroughly cleansing your blood of waste products, ask your nearest druggist for

### DR. PIERCE'S ANURIC TABLETS

A Stimulant Diuretic to the  
Kidneys

Or, if you desire a trial package, send 10c to Dr. Pierce's Laboratory, Bridgeburg, Ont., and write Dr. Pierce for free medical advice.

Anuric sent by mail if not obtainable at drug store

## Dainty Dishes *for the* Invalid

**Barley Water.**—One and a half tablespoons pearl barley, one quart cold water, salt. Wash barley, add cold water and let soak several hours or over-night. Drain and add the fresh cold water, boil gently over direct heat two hours, or in a double boiler steadily four hours, down to one pint, adding water from time to time; season with salt. Strain through muslin. Cream or milk may be added or lemon juice and sugar.

**Oatmeal Water.**—One tablespoon oatmeal, one tablespoon cold water, speck salt, one quart boiling water. Mix oatmeal and cold water, add salt and stir into the boiling water. Boil three hours; replenish the water as it boils away. Strain through cheese cloth. Season, serve cold.

**Junket.**—One cup fresh milk, one-quarter Junket tablet, one teaspoon cold water. Heat the milk until lukewarm; add the tablet dissolved in the cold water; allow it to jelly in a warm place; chill in cool place.

**Flaxseed Tea.**—One tablespoon whole flaxseed, two cups cold water, juice of one lemon; sugar. Wash flaxseed thoroughly, put it with the cold water in a saucepan, simmer one hour, add lemon juice and sugar to taste and strain. If too thick, add hot water. Valuable in case of inflammation of the mucous membrane.

**Egg Broth.**—Yolk one egg, one tablespoon sugar, speck salt, one cup hot milk. Brandy or some other stimulant if required. Beat egg, add sugar and salt. Pour on carefully the hot milk, flavor as desired, if with brandy or wine, use about one tablespoon.

**Egg-Nog.**—One egg, speck salt, one tablespoon sugar, one-third cup of milk, one and one-half tablespoon of wine or less of brandy. Beat the egg, add the sugar and salt; blend thoroughly, add the milk and liquor. Serve immediately.

## For Bronchial Weakness and To Build Up Blood Cells, Take Dr. Pierce's Golden Medical Discovery



The Shaw Studio

William March

Hamilton, Ont.—“For weak bronchials or to build up the blood cells I know of nothing so good as Dr. Pierce's Golden Medical Discovery. One of my boys always had weak bronchials. He would choke up and be miserable. The only medicine that did him any good was Dr. Pierce's Golden Medical Discovery. Since taking it he has warded off the spells of bronchitis. I also give this medicine to others of my family as a tonic and blood enricher and find it excellent.”—Mrs. R. March, 42 Clyde St.

Ask your druggist for Dr. Pierce's Golden Medical Discovery, liquid or tablets.

Good health is your most valuable asset

## SOIL

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## SOIL THAT IS SOUR Colds Cost Money

The question of raising large crops is like that of maintaining the public health—it consists of encouraging friendly bacteria and destroying harmful ones. In the soil the friendly bacteria capture the atmospheric nitrogen and put it in such shape that the plants can use it. Nitrogen is necessary to the plants and the air is full of it, said B. E. Powell in "Country Life in America."

The richness of the soil is in the surface—that which contains the millions of little bacterial workers—all anxious to turn into the purse of man a golden stream.

The difficulty is when the soil is sour. It is as impossible to grow crops upon an acid soil as it is to digest food in an over acid stomach. Fortunately, the remedy for acid soil is finely ground limestone (a ton of limestone to an acre of land is usually sufficient). Just as fortunate is it that the remedy for a weak stomach is Dr. Pierce's Golden Medical Discovery. No man is stronger than his stomach. If the proper elements in the food are not taken up by the blood vessels of the stomach and intestines and carried to the vital organs of the body, one's health breaks down and leaves the gates open for the entrance of the bacteria of disease. The bacterial germs of typhoid fever, grip, malaria, pneumonia, rarely attack a person, unless the system has first been weakened by disease, indigestion, dyspepsia or other errors. The "Golden Medical Discovery" has been in use many years but it is as up-to-date as the most modern discovery. Dr. Pierce's Golden Medical Discovery is an extract of medicinal roots. This alterative helps the assimilation of the food in the stomach, soothes the stomach membranes, and assists the blood to take the proper elements from the food.

*Fortify  
Yourself  
Against  
Them*



It is estimated that a sufferer from colds loses three days' time from work in a year.

At work, in the "movie," or at any entertainment, if your neighbor has a cold and sneezes or coughs, the air is full of germs and if you are not in good condition, you may become ill. The only protection you can have is to build resistance against disease forces. Take that splendid herbal tonic,

### DR. PIERCE'S GOLDEN MEDICAL DISCOVERY

Large bottles, liquid, \$1.35; Tablets, \$1.35 and 65c.

Procure it from your druggist, in either liquid or tablet form. Write Dr. Pierce's Invalids Hotel in Buffalo, N.Y., if you desire free medical advice.

Good health adds to your personality

## Cooking Information

One teaspoonful of salt to one quart of soup, and one teaspoonful of salt to two quarts of flour.

Suet may be kept fresh by chopping roughly and sprinkling it with a little granulated sugar.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two cups of flour for muffins.

One scant cupful of liquid to one cupful of flour for batters.

One quart of water to each pound of meat and bone for soup stock.

One-half cup of yeast or one-quarter cake compressed yeast to one pint liquid.

Four eggs to one quart of milk for custards.

Four heaping tablespoonfuls of corn-starch to one quart of milk. One even teaspoonful of baking powder to one cupful of flour.

One teaspoonful of soda to one pint of sour milk. One teaspoonful of soda to one pint of molasses.

One teaspoonful of baking powder is equal to one-half teaspoonful of soda, and one teaspoonful of cream of tartar.

Salt added to potatoes when nearly done ensures flouriness and prevents them going to pieces.

The oven for baking bread should be hot enough to brown a teaspoonful of flour in five minutes. For biscuits it should brown in one minute.

One teaspoonful of soda to one pint of sour milk, and one teaspoonful of extract to one plain loaf cake.

Four peppercorns, four cloves, one teaspoonful of mixed herbs for each quart of water for soup stock.

One teaspoonful of vanilla to one quart of milk for custard, and two ounces of gelatine to one and three-quarter quarts of liquid.

In preparing for baking, mix dry materials in one bowl and liquids in

(Continued on page 14)

## "Anuric Removed Congestion from the Kidneys and the Lameness left My Back"



Photo by Becker

### Mr. Wilber Beatty

Stratford, Ont.—"Dr. Pierce's Anuric Tablets are excellent as a kidney tonic. My kidneys were congested, causing my back to be so lame that I could not do anything that would put a strain on my back. I took 'Anuric' and it removed the congestion from my kidneys and the lameness left my back. I have not suffered with my kidneys since."—Wilber Beatty, 339 Queen St. All druggists.

DR. PIERCE'S (MENTHA) SOOTHALINE is especially recommended for chilblains, tired, burning, aching feet, chapped skin; applied after shaving it is very cooling and healing. If not kept by your dealer, send 65 cents to Dr. Pierce's Laboratory in Bridgeburg, Ont.

Write Dr. Pierce, Buffalo, N. Y., for Free Medical Advice

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Dr. Pierce

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## Do You Get Up Frequently at Night?



**Y**OU cannot hope to feel good under these circumstances. Nobody could. You must have rest.

Too often people of middle age and beyond, allow body poisons to accumulate, causing many distressing symptoms. Just a little kidney disorder that could have been overcome long ago is allowed to develop.

If you notice any kidney irregularity, send to the drug store and get DR. PIERCE'S ANURIC TABLETS, a mild stimulant diuretic to the kidneys.

Anuric was originated at the Invalids Hotel in Buffalo, N.Y., by Dr. Pierce, after observation and treatment of thousands of kidney cases.

One who has used it said: "I have taken Dr. Pierce's Anuric Tablets and can highly recommend them as a stimulant diuretic for the kidneys. My kidneys were in such a weak condition that I had no control of the secretion, my back bothered me and I felt dull and heavy. I took the 'Anuric Tablets' and they were very helpful to me, they strengthened my kidneys, causing them to function in a perfectly normal way."—W. H. Cole, 144 Catherine St. N., Hamilton, Ont.

If you want a trial package of the Anuric Tablets send 10c to Dr. Pierce's Laboratory in Bridgeburg, Ont.

**Do not accept a substitute for Anuric**

## COOKING INFORMATION

*(Continued from page 12)*

another; combine them quickly, and put at once into the oven.

To separate the yolk of an egg from the white make a hole in both ends of the egg. Then hold it upright, giving it a gentle shake, and the white will run out, leaving the yolk unbroken in the shell.

The best way to warm up a roast is to wrap it in thickly greased paper and keep it covered while in the oven. By having it covered the steam will prevent the meat from becoming hard and dry.

Prevent the frying eggs from sputtering and flying by adding a generous pinch of flour to the fat, and stirring it.

Use milk instead of water for making pie crust, which is to be served cold. It will keep crisp longer.

When making cake always mix the spices and baking power with the flour before it is sifted.

Cream of tomato soup is not apt to curdle if a teaspoonful of cornstarch with a pinch of baking soda is mixed in the cream before it is added to the tomato mixture.

Don't peel apples for apple sauce. Wipe them well, cut up with peeling, add water, and cook till thoroughly soft, then rub the pulp through a coarse sieve.

When making apple pie cut the apples in irregular pieces. They will not pack together as if sliced and will cook much quicker.

Grease sweet potatoes before they are put in the oven to bake; they will bake in half the time and the skins will be soft.

## Constipated, Tongue Coated, Stomach Upset



**Mrs. Lillian Barnett**

Toronto, Ont.—“I suffered from liver ills and constipation, my liver would not act, I would become constipated, my tongue was coated, my stomach would be all upset. I took Dr. Pierce's Pleasant Pellets and they relieved me of all my trouble. I prefer the 'Pleasant Pellets' to any liver pill I have ever taken as they act so natural never causing any distress.”—Mrs. Lillian Barnett, 183 Oak St. Dealers.



### DR. PIERCE'S LOTION TABLETS

One of these Lotion Tablets crushed and dissolved in a pint of hot water makes a deodorizing and cleansing lotion or wash. Price, 35 cents, at the drug store or direct from Dr. Pierce's Laboratory in Bridgeburg, Ont.

Pale, anæmic folks need Dr. Pierce's Ironic Tablets

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## Why He Succeeded

One of the best known medical men was the late Dr. R. V. Pierce, whose picture appears here.

He was successful in his profession, in politics and socially because of his keen observation and unusual ability to use his knowledge to good ends.

His patient investigations and many analyses of native medical plants, extending over a number of years, enabled him to prepare Dr. Pierce's Golden Medical Discovery which has been used by thousands of sick folks.

It is purely vegetable and contains no habit forming drugs. It is alterative in its action on the blood, liver and skin; tonic in its effects on the stomach and digestive apparatus; eliminates poisons from the system. It increases the appetite, stimulates digestion, enriches the blood, clears the skin of eruptions and blemishes.

Write Dr. Pierce's Clinic, Buffalo, N.Y., for free medical advice.

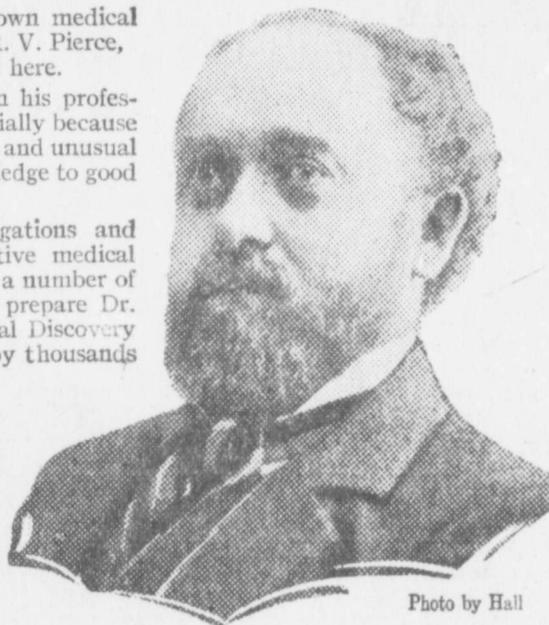


Photo by Hall

**Take DR. PIERCE'S**

**Golden Medical Discovery**

LIQUID OR TABLETS  
AT YOUR DRUG STORE

Send 10c. for Trial Pkg. to Dr. Pierce's Laboratory, Bridgeburg, Ont.

Don't Neglect Your Health

# Read these Interesting

*From Women who praise the benefits they  
have derived from using Dr. Pierce's  
Favorite Prescription*

## NERVES WENT ALL TO PIECES

Toronto, Ont.—“I had inward weakness so bad that it completely broke me down in health, my nerves went to pieces, I could not sleep, got so weak and rundown and suffered so from backaches and pains in my side that I was scarcely able to do anything. I took Dr. Pierce's Favorite Prescription. It greatly improved my health and so relieved me of my weakness that I do not suffer from it any more. The 'Prescription' is surely a wonderful woman's medicine.”—Mrs. Marie Lemay, 46 Arnold Ave.

## YOUNG MOTHER'S EXPERIENCE

St. Catharines, Ont.—“Dr. Pierce's Favorite Prescription is the tonic my mother had me take during expectancy. I was then suffering with continuous backache and my health was failing. It did not take long for the 'Prescription' to strengthen my body and nerves and to relieve me of the backaches. From then on I had no further distress. Motherhood was easy and my baby fine and healthy. He is now 5 years old and has always been the picture of health. I would not care to think of motherhood without the help of Dr. Pierce's Favorite Prescription.”—Mrs. Myrtle McFarland, 15 Water St.

## RUN DOWN, NERVOUS, HOUSEWORK BURDENSOME

Toronto, Ont.—“Dr. Pierce's Favorite Prescription is by far the best tonic and nerveine I have ever taken. Following motherhood I was in miserable health, I became weak, nervous and so terribly rundown that my housework was burdensome to me. I took about three bottles of the 'Prescription' and it put me right on my feet, quieted my nerves and made me feel like a new woman.”—Mrs. Rosabella Barrett, 258 Niagara St.



## The Beauty of Motherhood

The crown of womanhood is motherhood. To face the ordeal of maternity without sufficient strength, such times and later, the mother should take Dr. Pierce's Favorite Prescription. It is put up in both fluid and tablet form. If you wish to give it a trial send your name and address to Dr. Pierce's Laboratory in Bridgeburg, Ontario, and a trial package will be sent you. Thousands of women have testified as to its efficacy. Read the letters:

DR. PIERCE'S

# Favorite Prescription

SOLD BY ALL DRUGGISTS

Health is your most valuable asset



## and True Letters

*Nervousness, Headaches and Sleeplessness soon disappear if you try the medicine that "did the work" for so many thousands of others*  
—Favorite Prescription

### NERVUS AND WEAK

Windsor, Ont.—“For ailments of women there is nothing I can so highly recommend as Dr. Pierce’s Favorite Prescription. I was suffering with a weakness that seemed to sap away all my strength. I had pains in my side and was nervous and weak. I took the ‘Favorite Prescription’ and it relieved me of the weakness, built up my nervous system and improved my health in general.”—Mrs. Chas. Bristow, 723 Sandwich St. East.

### HIGH PRAISE FROM SASKATCHEWAN

Melaval, Sask.—“I don’t know what I would have done if I had not written to Dr. Pierce. I was in an awful state, my hands would become powerless and I had no feeling in them, and I doctored but was not relieved. I saw Dr. Pierce’s advertisement and wrote Dr. Pierce and I am a new woman since I used the ‘Golden Medical Discovery’, the ‘Favorite Prescription’ and the ‘Pleasant Pellets.’ I never have had any pains since. I sew, milk my cows and do all my own work and sleep the whole night through. I can recommend these medicines to any of my neighbors for what they have done for me.”—Mrs. M. B. McDonald. Box 14.

### MOTHER OF TWINS LAUDS FAVORITE PRESCRIPTION

Stratford, Ont.—“During the last five months of expectancy I took Dr. Pierce’s Favorite Prescription and it kept me in perfect physical condition so that I was able to be around and do all my own work, did not suffer any discomfort and my twins were both perfect—have been healthy and strong from birth. I give the ‘Favorite Prescription’ credit for this, for it helps to make the child healthier and stronger.”—Mrs. Gertrude Deakin, 502 Brunswick St.

## ty of Motherhood

manhood is motherhood. But many women  
ternity without sufficient preparation. At  
the mother should take a vegetable tonic,  
own in almost every home as Doctor Pierce’s

It is put up in both fluid and tablet form.  
a trial send your name and address to Dr.  
Bridgeburg, Ontario, enclosing ten cents,  
ll be sent you. Thousands of women have  
cy. Read the letters:

DR. PIERCE’S

# e Prescription

LD BY ALL DRUGGISTS

Medicines sent by mail if not obtainable at drug store

## Weights and Measures for Cooking

- 2 cups lard make 1 pound.
- 2 cups butter make 1 pound.
- 6 cups pastry or bread flour make 1 pound.
- $3\frac{7}{8}$  cups entire wheat flour make 1 pound.
- $4\frac{1}{2}$  cups graham flour make 1 pound.
- $4\frac{1}{4}$  cups rye flour make 1 pound.
- $2\frac{2}{3}$  cups cornmeal make 1 pound.
- $4\frac{3}{4}$  cups rolled oats make 1 pound.
- $2\frac{2}{3}$  cups oatmeal make 1 pound.
- $4\frac{1}{3}$  cups coffee make 1 pound.
- 2 cups granulated sugar make 1 pound.
- $2\frac{2}{3}$  cups powdered sugar make 1 pound.
- $3\frac{1}{2}$  cups confectioners' sugar make 1 pound.
- $2\frac{2}{3}$  cups brown sugar make 1 pound.
- 2 cups chopped meat make 1 pound.
- $1\frac{7}{8}$  cups rice make 1 pound.
- 2 cups raisins (packed) make 1 pound.
- $2\frac{1}{4}$  cups currants make 1 pound.
- 2 cups stale bread crumbs make 1 pound.
- 9 large eggs make 1 pound.
- 2 tablespoonfuls butter make 1 ounce.
- 4 tablespoonfuls flour make 1 ounce.
- 6 tablespoonfuls baking powder make one ounce.
- 4 teaspoonfuls make 1 tablespoonful.
- 16 tablespoonfuls dry ingredient make 1 coffee cupful.
- 2 tablespoonfuls equal 1 ounce, liquid.
- 2 wine glasses, equal 1 gill, or half a cup.
- 2 gills equal 1 coffee cupful, or 16 tablespoonfuls.
- 2 coffee cupfuls equal 1 pint.
- 2 pints equal 1 quart.
- 4 quarts equal 1 gallon.

## The Mystery Solved



How She Keeps  
Beautiful

**T**HE young girl is an inspiring sight and she is usually beautiful if she is healthy, but let her be nervous, distressed, have sleepless nights, and how soon wrinkles and dark circles appear. To preserve her health and good looks, a girl should occasionally take

### DR. PIERCE'S FAVORITE PRESCRIPTION

Sold by Druggists

Write Dr. Pierce's Clinic in Buffalo, N.Y., if you desire free medical advice. Send 10c. for trial pkg. of tablets to Dr. Pierce's Laboratory in Bridgeburg, Ont.

Dr.

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Good health keeps you young

*Dr. Pierce's*  
**INVALIDS  
 HOTEL**

665 Main Street,  
 Buffalo, N. Y.



**WE** have not the space to speak individually of the professional men composing the faculty of the Invalids Hotel, but will say that among them are many whose long connection with the Institution has rendered them experts in their several specialities.

Send for our free booklet which describes the Invalids Hotel and gives all particulars of our work here. Photographures of the physicians and surgeons of our Staff will be found therein.

The development of greater scientific accuracy in the treatment of chronic diseases or in carrying out operative procedures when necessary, has led to a marvelous increase in the number and size of modern hospitals. One reason is, that in a modern institution of this character the sanitary conditions are those which cannot be approached even in the most carefully conducted or luxurious home; patients here are under constant observation by trained attendants and skilled physicians, and professional nurses are always at hand to cope successfully with any emergency which may occur. Nevertheless, many sufferers who should, do not take advantage of this wealth of opportunities owing to the fact that they

have no means of knowing what the total cost will be. For example, there is the doctor's fee, the cost of an operation, that of medicines, the room, a special nurse and her board should one be required, and often incidentals. Too frequently all this makes up a sum which is two, three, or perhaps four times that which the patient anticipated.

At the Invalids Hotel the case is quite different. We charge a fee for examination if a patient comes here and does not stay, but for those who remain with us there is no charge for the examination.

If the case is acceptable to us, we give a net fee stating the time we expect will be necessary. This covers board, private room (we have no wards), nursing, medicine and all expenses except that necessitated by one's personal laundry. The only exception is in cases where a special nurse is necessary, which happens but seldom. This makes a patient's expenses with us extremely modest, often less than the average physician alone charges in a hospital case.

While in some instances an examina-

*(Continued on page 21)*

**The Invalids Hotel is a modern Sanitarium**

## Cleaning Recipes

**How to Clean Brass and Copper Pans.**—A piece of cut lemon and coarse salt will clean brass and copper pans like magic. After the pan has been well rubbed, rinse out with clean, warm water, then dry and polish with a dry, soft duster.

**To Remove Grease Marks.**—Grease marks on pages of books may be removed by sponging them with carbon tetrachloride placing the pages between sheets of blotting-paper, and pressing with a warm iron.

**Dish-Cloths** do not get the attention they should, and in many houses are dirty and quite unfit for use. After washing up, always soap the dish-cloth well, and then rinse in hot water with soda in it. Rinse again in hot water, and hang it in the air to dry.

**If in Cleaning** a kitchen stove the black-lead used is mixed with a little methylated spirit instead of water, the labor of polishing is a good deal reduced and the result is particularly brilliant. Care should be exercised so that the fumes will not ignite.

**To Remove the Smell of Onions** from knives, place them in the earth for a few minutes. Earth will also sweeten pickle-jars, etc., that washing seems powerless to render fit for use, but in that case the jars, etc., should be filled with earth and allowed to remain twenty-four hours or so.

**Flower Vases** stained with flower water can be perfectly cleaned with tea-leaves moistened with vinegar.

**Your Table Knives** need cause you no anxiety, when stored for some months if you follow this method: Clean the knives thoroughly, and then wipe over with vaseline. Wrap in brown paper, one knife in each fold.

(Continued on page 22)

## KIDNEY TROUBLE

PAIN IN BACK

Anuric Put Kidneys in Perfect Condition



Photo by Whyte

Mrs. Louis Giroux

St. Catharines, Ont.—“Dr. Pierce’s Anuric Tablets were so beneficial to me that I advise any one who has bad kidneys to give them a trial. I was suffering with my kidneys, they did not function, seemed to be congested and were sore, I had pains across my back that were so severe at times I could scarcely straighten up. I took about five bottles of the ‘Anuric Tablets’ and they put my kidneys in such perfect condition that they have not given me any more trouble.”—Mrs. Louis Giroux, 15 Seneca St.

Dr. Pierce’s Anuric is sold by all druggists and dealers in medicine.

Send 10c to Dr. Pierce’s Laboratory in Bridgeburg, Ont., for a trial package of Anuric. Write for free advice.

Dr. Pierce’s Medicines are sold by all druggists

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tion is necessary before we can quote figures there are many others in which we can state the cost without seeing the patient. Naturally, our charge varies in accordance with what is required.

We shall be glad to answer any inquiries concerning fee, etc., from those who contemplate placing themselves under our care.

### A Bureau of Correspondence

constitutes a prominent feature of Dr. Pierce's Invalids Hotel, in Buffalo, N.Y. If those suffering from chronic ailments will write and describe their symptoms we will send special question blanks designed to aid the afflicted in describing their maladies. When one of these question blanks is carefully filled out and returned to the Bureau of Correspondence, the Faculty will, after careful deliberation, prepare its opinion as to the nature and curability of the case described, and submit it to the patient; and if the case be one which they are confident of being able to treat successfully by medicines specially prepared for use at home, they will state the cost of the necessary remedies. If the case described be one which can in their opinion be successfully treated only at the Institution, terms for such treatment (including board) will be given. Patients are never advised to incur the extra expense of visiting the Institution when it is believed they can be treated at home without a personal examination.

### Surgical Practice

The most difficult operations known to modern surgery are performed in the most skilful manner by our Surgeons.

**Rupture.**—All degrees of rupture are cared for painlessly without the use of a general anæsthetic.

**Stone in the Bladder.**—Large stones are safely removed by crushing, washing and pumping them out, thus avoiding the great danger of cutting.

**Piles, Fistulæ.**—Piles Fistulæ and

other diseases affecting the lower bowels, are treated with wonderful success.

**Tumors.**—Every year many tumors which cannot be treated by deep X-Ray Therapy are removed by our surgeons who have acquired a national fame.

### Deep X-Ray Therapy

We have been unusually successful in treating tumors by Deep X-Ray Therapy, which is not an operation, does not require cutting or anæsthesia, is painless and usually does not confine the patient to bed. This treatment can be given in a modern sanitarium only, which is equipped with up-to-date electrical apparatus and has experts in its use.

In treating fibroid tumors with the X-Rays, the patient simply lies on a comfortable table for the required length of time, while the X-Rays are passing into the affected portion of the body.

All patients are not treated alike. An examination is made, and the manner of giving the X-Ray is adapted to the peculiar requirements of the case. Some need longer and stronger treatments, others those which are shorter and more frequent. Some are treated through one area, others thru three or four.

One complete treatment by X-Ray may be divided into two, or more, applications usually given on successive days, and may be repeated in three weeks. Generally a third application is given three weeks later, and these three constitute a full course. As there may be some systemic reaction, it is desirable to have the patient under observation between treatments. In the ordinary case the patient remains in the Invalids Hotel about sixty days.

The X-Ray has a very decided action on certain kinds of tissues. Those of the female generative organs are par-

*(Continued on page 23)*

**It costs you nothing to consult Dr. Pierce by letter—why not write?**

## CLEANING RECIPES

*(Continued from page 20)*

**Patent Leather Shoes** should have the dirt removed from them with a damp sponge. Dry with a duster, and then apply a very little vaseline, and polish with a silk handkerchief.

**For Mildew.**—Salt, water, and sunshine will remove the worst mildew stains. Wet often, when the sun is bright, and persevere until the garment is clear and white.

**Cupboard Floors** should be covered with oilcloth, for they can be wiped over with a damp cloth and thus be kept perfectly clean and free from dust.

**When Linen** turns yellow after washing, you may know that it has not been rinsed enough. The presence of soap causes the discoloration.

**After Using Spoons for Eggs** which always stain them, the following method will be found not only handy, but also very cheap: Simply get a little ordinary salt, and rub slightly with the thumb and finger, when all stain and smell will instantly disappear, leaving a bright smooth polish.

**Salt and Vinegar** make an excellent mixture for cleaning water-bottles and wine-decanter. Put a dessertspoonful of rough salt into a decanter, moisten it with vinegar, and then shake the decanter till the stains are removed.

**Stains on Flannels** may be removed by applying equal quantities of yolks of eggs and glycerine, and allowing it to soak for half an hour before the garment is washed.

**To Clean Carpets.**—A solution of ammonia and water, lukewarm, will, if well rubbed into carpets, take out all stains. Take one part of ammonia and three parts water.

**To Prevent White Fabrics,** such as tulle or silk evening gowns, choice lace or crepe shawls, becoming yellow when packed away, sprinkle bits of white wax freely among the folds.

*(Continued on page 24)*

**"During Motherhood Dr. Pierce's  
Prescription Gave Me an  
Appetite and Strengthened Me"**



Photo by Becker

**Raymond Tomsett**

Son of Mrs. Constance Tomsett

Stratford, Ont.—"During expectancy I felt very weak, nervous and rundown, lost weight and felt badly all over. I saw Dr. Pierce's Favorite Prescription advertised as being good for the expectant mother, and it built me up, gave me an appetite and strengthened me. I kept up my strength to the very last, was able to do all my own work, and my baby has been fine and healthy from birth, is six months' old, and has never had a sick day."—Mrs. Constance Tomsett, 322 Douro St.

Dr. Pierce invites every ailing woman to write to the Staff of the Invalids Hotel in Buffalo, N.Y., for free medical advice.

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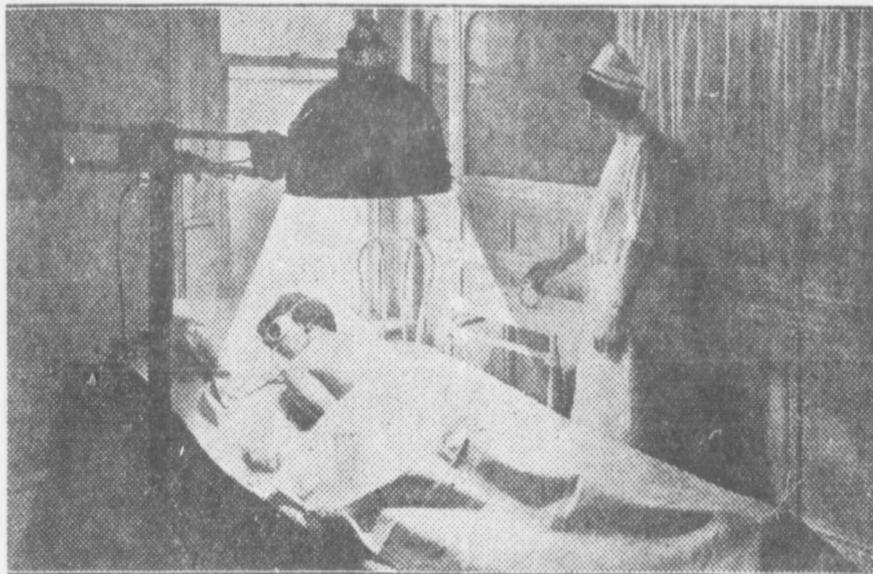
**Dr. Pierce's Medicines are safe to take**

*(Continued from page 21)*

ticularly susceptible. Through the effects of these rays on the ovarian and uterine structures the tumor soon begins to shrink, and in a few months there is a marked reduction in size or maybe a complete disappearance of the growth. During this time there is

### Radiant Light

It now is well known that sunlight is destructive of all forms of bacterial life. It is Nature's general bactericide. When using Radiant Light, we are using nearly all of the sun's rays except infra-red and ultra-violet, both



THE DEEP THERAPY LAMP Used in Radiant Light Treatment at Dr. Pierce's Invalids Hotel.

usually a great improvement in the patient's health in general, as the more severe symptoms are relieved and their weakening effects on the system removed.

For terms and further information on this subject, address your letter, Doctor Pierce's Clinic at Invalids Hotel, Buffalo, N.Y.

of which refer to their position in the spectrum and not to color.

Radiant Light has a decided tonic effect, creating a sense of well-being and stimulating nutrition through its action on the sympathetic nervous system. An inactive skin is made intensely active by Radiant Light.

*If you feel the need of medical advice, write Dr. Pierce,  
President of the Invalids Hotel in Buffalo, N.Y.  
There is no charge for consultation  
by letter.*

Good health is your most valuable asset

## CLEANING RECIPES

*Continued from page (22)*

**To Clean Mirrors,** wash thoroughly with lukewarm water and soapsuds, and when dry polish with chamois leather, on which a little finely powdered chalk has been sprinkled.

**The Bread Pan** should be washed out weekly, dried, and thoroughly aired by keeping the lid a little way open. Thus the bread will never get a nasty musty taste, and to keep it from becoming too dry place a well-washed potato in the pan. Moisture is given off by the potato, but not enough to cause mildew.

**Save Old Kid Gloves** for ironing day. Sew a pad made from the left glove on to the palm of the right one, and you will find your hand is saved from becoming blistered, while the fingers and the back of the hand will be protected from the scorching heat which is so damaging to the skin.

**Frequent Dusting** saves sweeping. A room that is dusted often and thoroughly will not require such constant sweeping as one that is dusted carelessly and seldom.

**A Dirty Oven** is often the cause of a disagreeable odor in the house. The odor may be hard to trace, but try scrubbing out the oven with plenty of soda-water and a brush and the probability is the smell will disappear.

**To Renovate Carpets.**—Sponge them with a solution of one part of ox-gall to two parts of water; do not make the carpet very wet. Dry thoroughly with clean dusters.

**To Wash Woolen Clothes.**—These should be washed in very hot suds and not rinsed. Lukewarm water will shrink them.

**Stained Enamelled Saucepans** should be rubbed with coarse sand and lemon pulp, and not cleaned with boiling soda water. After squeezing lemons, save the pulp for this purpose.

**Wooden Spoons** and pastry boards will repay a good scrubbing with sand in preference to soap.

## So Nervous, Got Very Little Sleep or Rest --- Tired and Worn Out When Morning Came



Evans Studio

### Mrs. Alice Saunders

London, Ont.—“I was in a general rundown state of health, and so very nervous that I got very little sleep or rest at night, would be just as tired and worn out when morning came as when I retired at night. I was so weak that I could scarcely stand on my feet, but Dr. Pierce's Favorite Prescription soon made a great change in my condition, quieted my nerves so I could sleep, I regained my strength and was in fine physical condition after taking the 'Prescription.'”—Mrs. Alice Saunders, 136 Grey St.

Sold by all dealers. Fluid or tablet form.

Send 10 cents to Dr. Pierce's Laboratory in Bridgeburg, Ont., for a trial package of the tablets.

Write to Dr. Pierce's Clinic in Buffalo, N.Y., for free medical advice.

**It costs you nothing to consult Dr. Pierce by letter—why not write?**

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## Kromayer Lamp

In the Nose, Throat and Ear Department of the Invalids Hotel, ordinary colds as well as unusual and severe cases of catarrh, acute and chronic, are successfully treated by modern methods and all conditions requiring surgical correction, painlessly and safely



This illustration shows the Kromayer Lamp  
—left of picture

relieved. The new Kromayer Lamp, the latest form of application of concentrated Quartz Light Therapy, is employed as well as the comparatively recent Chlorine Gas method of treatment, where indicated.

## Urology or Diseases of the Kidneys

Scarcely any branch of medical work demands more skill and experience than the treatment of the diseases of the urinary organs. Recognizing these facts, we have associated with us physi-

cians who have devoted years to the consideration of every phase of the various diseases of the urinary organs, and who, by their expertness as diagnosticians and skilfulness as practitioners, have been enabled to perfect methods of treatment which give results to their patients. We have also established a laboratory upon which we originally spared no expense in furnishing with the latest and best instruments of precision in chemical and microscopical research, and for which we now neglect no opportunity to obtain every new apparatus that may prove of value in widening its scope. In fact, it is thoroughly modern in its equipment and equal to meeting any requirements the latest discoveries in analytical work of this nature may demand.

A special question blank designed to aid kidney sufferers in describing their symptoms will be forwarded to you on request.

*Urine Tested.*—The Doctor Pierce Clinic of Urology will make a thorough and complete analysis of the urine for the sum of two dollars. This includes a most careful and scientific chemical and microscopical examination, also a bacteriological stain of the sediment, if indicated, and a complete type-written report of the analysis, with a letter of explanation, will be sent you by return mail. We will furnish a mailing case for sending sample, with bottle and preservative, and send same by mail for *twenty cents*.

This is a service of which a great many people are taking advantage today. It helps to keep "tabs" on your general health, and may prolong life. Many of our patients have an analysis made regularly, every three months.

When sending sample for analysis, write us under separate cover, giving a statement and history of your case. Ask any medical questions you wish answered. Address:

**DR. PIERCE'S CLINIC**  
665 MAIN ST. - BUFFALO, N. Y.

Good health adds to your personality

## First Aid to the Injured

**Apoplexy.**—Apply wet cloths to the head and open the collar. Call a physician at once.

**Bites of Snakes, Mad Dogs, etc.**—Apply a ligature (a cord) on the side nearest the heart; suck the wound, scratch the edges with a clean penknife, keep clean and call a doctor at once.

**Stings of Insects.**—Apply weak ammonia, oil, salt water, iodine.

**Burns and Scalds.**—Cover with cooking soda and lay wet cloths over the injured part. Apply white of egg and olive oil; olive or linseed oil, plain or mixed with chalk and whiting; sweet or olive oil and lime water.

**Fainting.**—Place flat on back; allow fresh air, and sprinkle with water. Place head lower than rest of body.

**Fire from Kerosene.**—Don't use water, it will spread the flames. Dirt, sand or flour is the best extinguisher, or smother with woolen rug, tablecloth or carpet.

**Fire in a Building.**—Crawl on the floor. The clearest air is the lowest in the room. Cover head with woolen wrap, wet if possible. Cut holes for the eyes. Don't get excited.

**Fire in One's Clothing.**—Don't run; especially not downstairs or out of doors. Roll on carpets, or wrap in woolen rug or blanket. Keep the head down, so as not to inhale flame.

**Fits.**—Loosen the clothing about the neck, admit plenty of fresh air, and prevent the patient from injuring himself. Place a cork between the jaws to prevent patient from biting his tongue.

**Sprains and Strains.**—There is nothing better than Dr. Pierce's Ammonio-Camphorated Liniment. It penetrates to the strained muscles and tendons so that the pain and inflammation subside.

**Sunstroke.**—Loosen clothes at neck; administer a laxative; apply cold water to the head.

## OH! MY! SUCH PAIN!

Right across the Small of the Back  
or Over the Kidneys!



It takes you right in the back! Sometimes in the arm, hip or foot. It's all due to an over-abundance of that poison called uric acid. The kidneys are not able to get rid of it. Grip, colds, and chills are mighty hard on the kidneys. The blood is filled with poison and the kidneys break down. Such conditions you can readily overcome, and might prolong life by taking the advice of Dr. Pierce, which is, keep the kidneys in good order. Avoid too much meat, alcohol or tea. Drink plenty of pure water, preferably hot water, before meals, and drive the uric acid out of the system by taking "Anuric." This can be obtained at any drug store, in tablet form.

Ask for Anuric put up by Dr. Pierce. Folks everywhere endorse it.

Send 10 cents to Dr. Pierce's Laboratory at Bridgeburg, Ont., for trial package of Anuric.

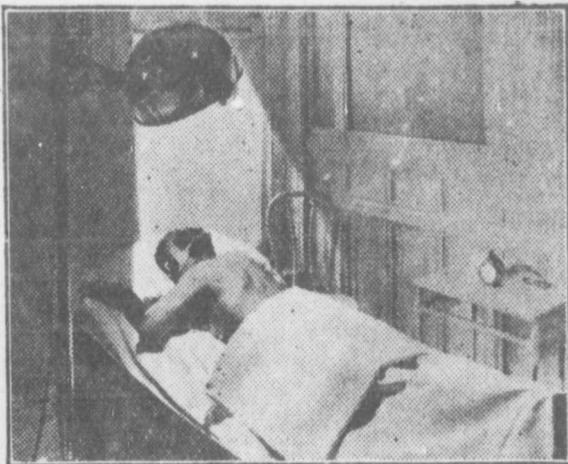
Medicines sent by mail if not obtainable at drug store

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## THE ALPINE SUN LAMP

THE Alpine Sun Lamp is so named because it produces effects similar to those obtained from the sun's rays in the Alps Mountains of Switzerland. Scientists have proved that it is the Ultra-Violet Rays in sunlight which produce the beneficial effects. The Alpine Quartz Lamp generates a light which is very rich in the real Ultra-Violet Rays. They are more powerful than sunlight. They are used in all run-down, weakened or anæmic cases, and in these they act as a general tonic. The Ultra-Violet Rays greatly improve the



The Alpine Quartz Lamp in use at the Invalids Hotel

quality of the blood which in turn carries more nourishment to the various parts of the body. In nervous disorders they are very beneficial as they increase the calcium in the body. (This is a chemical which is usually deficient in nervous troubles.) The Alpine Lamp is also used with excellent results in many local conditions such as neuralgia, neuritis, sciatica and many skin diseases.

The Solarium, or new Sun Room, at Dr. Pierce's Sanitarium, 665 Main St., Buffalo, is located on the roof where the sunlight is not obstructed by other buildings. The Vita glass in the windows of this Sun Room is a specially prepared one which permits a very large percentage of the Ultra-Violet Rays to pass.

For terms and other information concerning treatment, address your letter:—

**DR. PIERCE'S CLINIC**

**Invalids Hotel - - Buffalo, N.Y.**

The Invalids Hotel is a Modern Sanitarium

PAIN!

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## Antidotes for Poisons

**First.**—Send for a physician.

**Second.**—Induce vomiting by tickling throat with feather or finger; drinking hot water or strong mustard and water; swallow sweet oil or whites of eggs. Acids are antidotes for alkalies and vice versa.

**For Poisoning from Arsenic, Corrosive Sublimate, Verdigris, Blue Vitriol, and Vegetables kept in Copper Kettles.**—Give an emetic and the white of an egg, sweet-oil and milk.

**Carbolic Acid.**—There is no special antidote, except alcohol. Oil, glycerine, milk, flour and water, whites of eggs, magnesia, and flax-seed tea may be used.

**Iodine.**—Starch, wheat flour mixed with water, whites of eggs, milk, and mucilaginous drinks are excellent antidotes.

**Lead and its Compounds.**—In lead, or painters' colic, purgatives and anodynes may be given, together with large doses of iodide of potassium. Give a strong cathartic, as there is always marked constipation.

**Poison Ivy or Oak.**—There are several generally effective remedies for poison ivy or oak. One is to apply hot water and alcohol to the poisoned surface. Another is peroxide of hydrogen. The third is to apply a solution of sugar of lead, about 40 grains to a pound of water. Two other remedies that are more or less effective are baking soda and dry starch.

**Toadstool Poisoning.**—Give emetics promptly, then castor oil and stimulants. Apply heat.

**Emetics** are substances which cause vomiting and should be speedily administered in cases of internal poisoning. A teaspoonful of salt, warm water and mustard; an ounce of wine of ipecac—any of these will be found efficacious.

## Over-taxed My Strength, Became All Run Down, Weak, Nervous, Could Not Sleep



Photo by Buckley

### Mrs. Fanny Burberry

Niagara Falls, Ont.—“I over-taxed my strength which caused me to become all rundown in health, I was weak and nervous, could not sleep—was all tired out and too weak to do anything. I took Dr. Pierce's Favorite Prescription and it soon had me feeling fine, my nerves quieted down, I could sleep and my strength came back. As a general tonic for women there is nothing better.”—Mrs. Fanny Burberry, 693 Morrison St.

All druggists. Liquid or tablet form.

### Stiff Muscles

A hot bath followed by a brisk rubbing with Dr. Pierce's Ammonio-Camphorated Liniment will greatly relieve stiff muscles, but it will take time for stiffness to entirely disappear. (See page 32.)

If you need a tonic get the best

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STATEMENT OF CASE FOR FREE CONSULTATION

Remove this blank from the book and mail it to the World's Dispensary Medical Association, Buffalo, N.Y., Dr. V. M. Pierce, President.

Name?.....

Occupation?..... Post-Office?.....

Box or Street No.? } ..... Prov.?.....

Express Office?..... County?.....

Prov.?..... Age?..... Sex?.....

Weight?..... Are you married?..... Sleep well?.....

How many hours?..... Awake refreshed?.....

Night sweats?..... Any headache?.....

What kind?..... When?.....

What part of the head?..... Does reading cause or increase headache?..... Appetite good?..... Tongue coated?.....

Digestion good?..... Sour risings?..... Any distress or pain?.....

Where?..... When?..... Sharp or dull?.....

How often do your bowels move?.....

Any piles?..... If so, are they external, internal, blind, bleeding or itching?..... Have you anal fistula?.....

Have you any swellings or tumors?..... if so, where are they located and how long have you had them?..... Have you had

rheumatism?..... Were the joints affected?..... Have you ever had

convulsions (fits) or spasmodic affections of any kind?.....

Don't Neglect Your Health

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Have you any eruptions, blotches, pimples, or sores, upon your skin?.....

Eyes and skin yellow?..... Pale?.....

Palpitation of the heart?..... When?..... Feet and hands cold?..... Dizzy spells?..... Any catarrh?.....

If so, what is the character of discharge?..... Any cough?.....

Any expectoration?..... What kind?.....

Breathing difficult?..... Take cold easily?..... Ever have attacks of bleeding from lungs?..... Fever or chills?..... When?.....

Sight good?..... Hearing?..... Kidneys act well?.....

Any bloating?..... Where?..... Back weak?.....

Describe color and appearance of urine on voiding.....

After standing 12 hours in tight bottle..... Any obstruction to flow?..... Any scalding?..... Memory poor?.....

Nervous?..... Low spirits?..... Use tobacco?.....

Stimulants?..... Quantity?..... Eat rich food?.....

How soon after supper do you retire?..... Labor hard, mentally or physically?.....

What is your greatest trouble?.....

If necessary, could you come to the Invalids Hotel for personal examination?

GENERAL REMARKS:

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If, for want of sufficient space, full answers to questions have not been given, please describe your symptoms in your own words on a separate piece of paper, using pen and ink.

**It costs you nothing to consult Dr. Pierce by letter—why not write?**

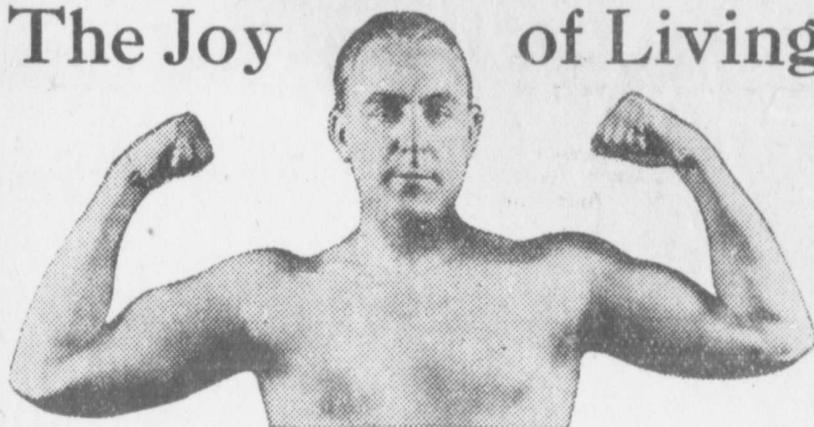
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# The Joy of Living



**Comes to YOU**  
**if You Have Rich, Red Blood**

**T**HE stomach is the center of the body from which radiates our vitality, strenuousness, our fighting strength. A healthy stomach turns the food we eat into nourishment for the blood stream and the nerves. Dr. Pierce's Golden Medical Discovery refreshes and tones up the stomach walls, removes the poisonous gases from the system, makes the blood richer.

The first day you start to take this reliable medicine, impure germs and accumulations begin to separate in the blood and are then expelled through the liver, bowels and kidneys. Get **DR. PIERCE'S GOLDEN MEDICAL DISCOVERY** to-day from any medicine dealer; it is a powerful blood enricher and tonic. Tho' over 60 years old, a million bottles are sold every year.

London, Ont.—“I can speak very highly of Dr. Pierce's medicines—have found them excellent. I was run down, my stomach was weak and out of order, most of the time I suffered from indigestion. I took Dr. Pierce's Golden Medical Discovery and it relieved me of the weak stomach and indigestion, I grew strong and was in good physical condition.

“I have also taken Dr. Pierce's Anuric Tablets and find them excellent to tone up and regulate the kidneys.”—A. J. McGinnis, 274 Maitland St.

**Good health is your most valuable asset**

# Dr. Pierce's Family Medicines

*If the following remedies cannot be obtained from your nearest dealer in medicines—they will be sent by mail direct from the Laboratory of the World's Dispensary, Bridgeburg, Ont., on receipt of price.*

**DR. PIERCE'S GOLDEN MEDICAL DISCOVERY** is an alterative and vegetable tonic. Contains no alcohol. Tablets, small size, 65 cents; large size, \$1.35. Liquid, \$1.35.

**DR. PIERCE'S FAVORITE PRESCRIPTION** is an herbal tonic. Contains no alcohol, or any harmful ingredient. Tablets, small size, 65 cents; large size, \$1.35. Liquid, \$1.35.

**DR. PIERCE'S ANURIC TABLETS.** A new stimulant diuretic to the kidneys. Price, 65 cents; large size, \$1.35.

**DR. PIERCE'S IRONTIC** (compound iron tonic) **TABLETS** make Redder Blood.

If we lack iron in the blood we are pale, anæmic. This Irontic is a combination of soluble iron and herbal extracts. Price, 65 cents.

**DR. PIERCE'S PLEASANT PELLETS** for Stomach and Bowels.

Price, 30 cents per vial (60 Pellets).

**DR. PIERCE'S COUGH SYRUP** for Coughs and Hoarseness due to Colds. Price, 35 cents.

**DR. SAGE'S NASAL CATARRH REMEDY.** Price, 65 cents. (That sold by druggists is in bottles, that sent by mail is wrapped with tin foil.)

**DR. SAGE'S NASAL CATARRH REMEDY TABLETS** for Use in Connection with Doctor Pierce's Nasal Irrigator. Price, 65 cents per bottle. Sent by mail with free glass irrigator.

**DR. PIERCE'S NASAL IRRIGATOR** (glass). Price, 45 cents, by mail.

**DR. PIERCE'S NASAL DOUCHE.** Price, 65 cents, by mail.

**DR. PIERCE'S SALVE** is a soothing dressing for superficial wounds, cuts and scratches. Price, 65 cents.

**DR. PIERCE'S OINTMENT** is for use in cases of Piles, or Hemorrhoids, internal or external, blind or protruding, and will benefit cases amenable to medical treatment. Price, 65 cents per box, by mail.

**DR. PIERCE'S LOTION TABLETS** crushed and dissolved in hot water, make an agreeable lotion or wash, for use by women. Price, 35 cents.

**DR. PIERCE'S HEALING SUPPOSITORIES.** Price, 35 cents.

**DR. PIERCE'S MEDICATED TAMPONS** can be easily applied by the patient herself. Price, \$1.35 per box.

**DR. PIERCE'S COMPOUND EXTRACT** of SMART-WEED may be taken internally in cases of summer diarrhea, colicky pains, intestinal cramps and acute attacks of indigestion. Price, small bottle, 35 cents; large size, 65 cents.

**DR. PIERCE'S AMMONIO-CAMPHORATED LINIMENT**, for superficial aches, a counter-irritant, helpful in cases of sprains, bruises and stiff muscles. Price, 65 cents per bottle, by mail.

**DR. PIERCE'S (MENTHA) SOOTHALINE** is especially recommended for sunburn, chilblains, tired, burning, aching feet, chapped skin. Applied after shaving "Mentha Soothaline" is very cooling and healing. Price, 65 cents.

Good health keeps you young

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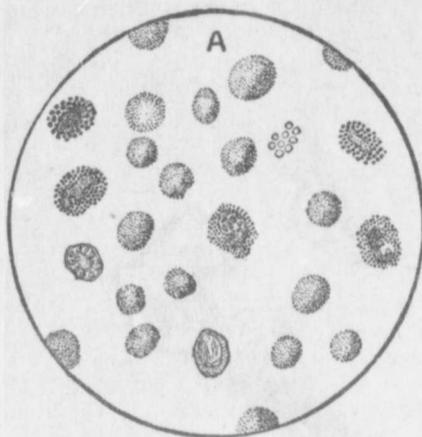
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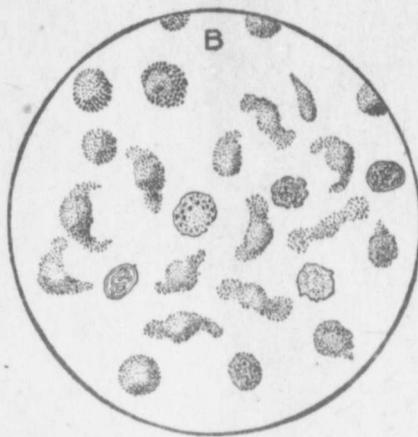
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# THE BLOOD

1582



**NORMAL BLOOD**



**IN ANÆMIA**

**I**RON is one of the most important elements found in the various tissues and secretions of the human body. When it is not present in sufficient quantity, trouble invariably develops. Instead of the blood cells being round, as in diagram "A," they become irregular, as in "B." To supply this deficiency, Dr. Pierce's Ironic Tablets have been prepared.

Almost one-half of one per cent of the red corpuscles of the blood consist of iron. If the proportion falls well below that, anæmia with its train of attendant evils, such as pallor, haggard features, sunken eyes, loss of weight, falling appetite, impoverishment of the blood, low blood pressure, headache, dizzy spells, nervousness and nervous exhaustion with loss of sleep and general debility and skin troubles are common. In addition, the resistance to infectious diseases is lowered and one is more apt to become their victim. This lack of resistance is frequently the reason that colds often develop into serious pulmonary affections.

You can put your blood in good condition by taking Dr. Pierce's Ironic (ironic) Tablets.

For a limited time, you can procure a package for 30 cents, with coupon.

Address, World's Dispensary Medical Association, Bridgeburg, Ont.

35¢ THIRTY-FIVE CENTS THIRTY-FIVE CENTS THIRTY-FIVE CENTS

This Check will be taken for

**THIRTY-FIVE CENTS**

If presented to the

**WORLD'S DISPENSARY MEDICAL ASSOCIATION**

ETHER IN PERSON OR BY LETTER, IN ACCORDANCE WITH THE CONDI-  
TIONS NAMED ON OTHER SIDE.

THIRTY-FIVE CENTS THIRTY-FIVE CENTS THIRTY-FIVE CENTS

# DR. PIERCE'S IRONTIC TABLETS



IN taking iron, a choice should be made of a preparation which contains it in an easily absorbed form and combined with remedies which help the stomach do its work satisfactorily and the bowels to act properly. These are all found in Dr. Pierce's Ironic Tablets. This splendid iron tonic is the result of years of experience in restoring health, strength and vigor to men and women of all ages and to boys and girls budding into manhood and womanhood. As a tonic in convalescing from slight or serious illness, "Ironic" is unexcelled. If you wish to give it a trial, we will send you, for a limited time, a full size (65-cent) package for three dimes with this coupon. Address:

World's Dispensary Medical Association, Bridgeburg, Ont.

Enclosed find Coupon and Thirty Cents, or Money Order, for which send prepaid, by mail, to the address in blank below, a full size package of Ironic Tablets.

NAME .....

P. O. ....  
(Street and No. if in city)

County ..... Province .....

Positively, this coupon must accompany order!

35¢ **SAVED** THIRTY-FIVE CENTS **SAVED** 35¢

## THIRTY-FIVE CENTS

SAVED BY USING THIS CHECK

The Undersigned Association hereby agrees to receive this Check, if returned to them with 30 cents in cash, or in postal note, or postal order, in payment for

**DR. PIERCE'S IRONTIC TABLETS**

The regular price of which is Sixty-five cents  
WORLD'S DISPENSARY MEDICAL ASSOCIATION

*W. M. Pierce M.D.*  
PRESIDENT.

35¢ **SAVED** 35¢

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NEWLY REVISED AND COMPLETE EDITION!

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Have been sold. The first great edition or nearly 700,000 was sold at \$1.50 per copy; but to any one filling out order blank on the other side, and mailing it to us with Coupon and Seventy-Five Cents or Postal Note, to cover cost of paper, printing and mailing, we will send at cost—if you write at once—

This complete and valuable book, bound in Substantial French Cloth.

Contains 1,008 Pages and a Great Many Illustrations, Some of Them in Colors.

It is doubtful if any other book published in the English language has had so large a sale.

It contains more than 200 Prescriptions for Acute and Chronic Diseases, every one of which has been tested in hundreds of cases, and gives explicit directions for self-treatment of all diseases that can be successfully and safely managed in that way. It gives careful directions how to manage in all cases of accidents and emergencies, such as Drowning, Scalds and Burns, Fainting, Dangerous Hemorrhage (bleeding) from Wounds, Poisoning, Bites and Stings of Venomous Snakes, Insects, etc.

This popular work contains information for the young and old, both male and female single and married, not heretofore published for the non-professional reader. Men and Women are many times tempted to ask their family physicians questions on delicate matters, but are deterred from so doing by their sense of modesty. This work answers just such questions so fully and plainly as to leave no one in doubt.

The chapters on First Aid to the Injured and Nursing the Sick, subjects on which everyone should be informed, are alone worth many times the price of the book.

The chapter on Mother and Babe contains

invaluable advice to the mother and plain directions as to the care of the child, weaning, etc.

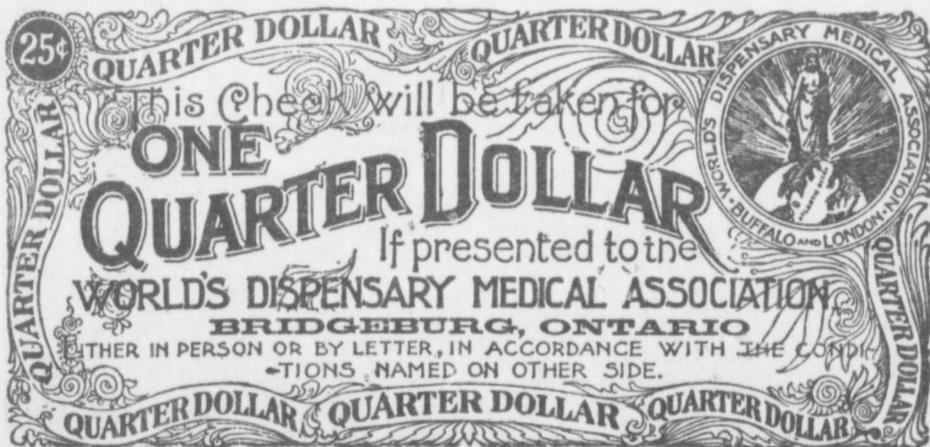
The subject of Marriage, in its relation to the Welfare of Society, the Perpetuation of the Species and Incompatibility of Temperaments, is thoroughly discussed.

The subjects of Impediments to Marriage, Hygiene, and the diseases that arise from improper living, should be read by all. It is a false modesty, productive of untold misery, that keeps such important information from the young.

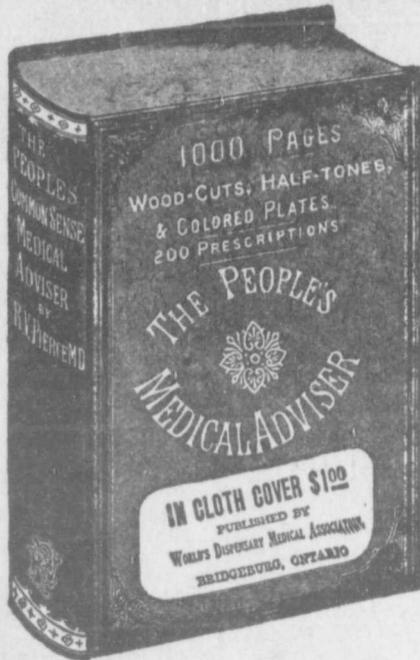
As a book of ready reference, and for those not within easy reach of professional aid at critical times, and in cases of emergency or dangerous accidents, it is invaluable. Many long hours of mental anxiety and bodily suffering have been saved by this work. This book saves doctors' bills. It is thoroughly practical, and intended for every day use.

This Edition of the "Common Sense Medical Adviser" is precisely the same as that heretofore sold at \$1.50. It is bound in French cloth, with embossed and beautifully stamped covers. Send immediately if you want one.

Address Book Department, World's Dispensary Medical Assn., Bridgeburg, Ont.



Over 1000 pages of Useful Information—Size 5" x 7 1/4"



THERE would be less sickness in Canada if every home library contained a copy of Dr. Pierce's great work, "The People's Common Sense Medical Adviser." It is exactly what its name implies. It is the people's text-book of medicine, and was prepared by a regular, practicing physician, eminent in his profession, and for many years the head of one of the greatest medical and surgical institutes in the world—The Invalids' Hotel and Surgical Institute, at Buffalo, N.Y. It is full of simple, inexpensive, common sense remedies for the cure of common ailments that arise in every family. By following its advice, many illnesses are nipped in the bud, which might otherwise become serious and dangerous. It is a veritable medical library, complete in one great volume. It contains 1,008 pages, and is profusely illustrated.

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World's Dispensary Medical Assn.  
BRIDGEBURG, ONTARIO

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P. O. \_\_\_\_\_

(Street and No. if in city)

County \_\_\_\_\_ Province \_\_\_\_\_

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The Undersigned Association hereby agrees to receive this Check, if returned to them with 75 cents in cash, or in postal note, or postal order in FULL PAYMENT for

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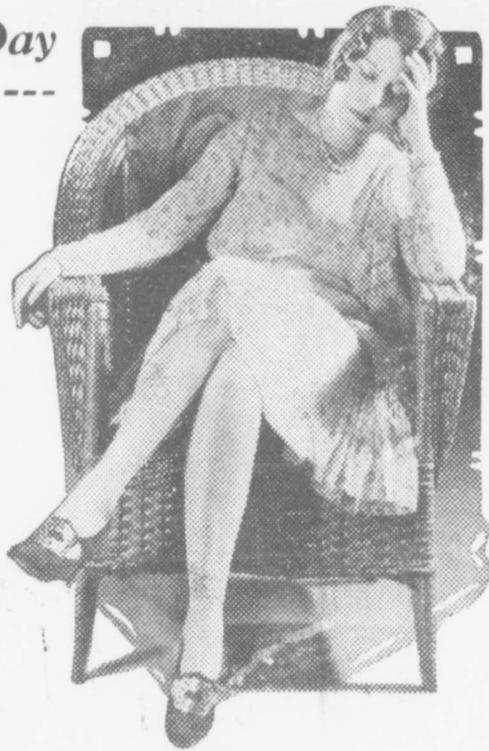
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# Tired-Out, Worn-Out

*Before the Day  
is Half Over ---*

**That's the  
Condition  
of Many  
Women**



If you are nervous,  
weak, pain-racked,  
and have almost  
lost all hope of ever  
enjoying that health  
and strength that  
should be yours, try

**Dr. Pierce's**  
**FAVORITE**  
**Prescription**

For overworked housewives and business women it is a blessing. It often induces calm, refreshing sleep, and eventually banishes painful seizures.

**Sold by All Druggists - Liquid or Tablets**

Write the Faculty, Dr. Pierce's Invalids Hotel in Buffalo, N.Y.,  
if you desire free medical advice.

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## Business and Professional Women



**T**O-DAY, women are appearing in many phases of life previously closed to them and the necessity for perfect health becomes more and more marked. The pains and general misery which many young women experience may, in almost every instance, be entirely prevented or overcome, by the use of Dr. Pierce's Favorite Prescription. It tones the general health. Usually headache, backache, nervousness and other consequences of womanly weakness disappear.

### DR. PIERCE'S **Favorite Prescription**

AT YOUR DRUG STORE IN LIQUID OR TABLETS