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LOOK FOR WEAKNESS IN YOUR KIDNEYS!

A STAB-LIKE PAIN IN THE BACK IS A SURE SIGN OF KIDNEY DISEASE.

SUREST CURE IS DR. HAMILTON'S PILLS.

If the kidneys are inactive or overburdened, sufficient filtration is impossible. You notice the result immediately in poor digestion. There is a bad taste, a furry tongue, lack of appetite, and a feeling of "don't care." Further proof of Kidney disease you can easily recognize by watching the urine. See if it is high colored, pink, reddish-brown or bright yellow, and look for a deposit of dust left in the chamber. There is almost sure to be a slight throbbing headache, often accompanied with pain in the back, below the ribs. Complexion turns pasty and muddy, redness leaves the cheeks, you look tired, sick, and worn out.

REMEMBER THIS.—Kidney disease is the stepping-stone to Bright's Disease, which is sure death, BECAUSE INCURABLE.

Years of experience prove that DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT ARE THE BEST KIDNEY CURE,—their action is just perfect. They first stir up the liver, then put new life into the bowels, clear away constipation, remove the clogs that are stopping up the kidneys, make the kidneys porous, and start the process of filtration again. The result is easy to see—pure, rich, red, wholesome blood. No more backache. A normal stomach and a healthy appetite, and the best of digestion. Good color returns, you brighten up, gain in weight, feel as if you were made anew.

Let every sufferer from weak kidneys, bad liver, and disordered stomach turn to Dr. Hamilton's Pills—they will cure quickly.



FIVE YEARS KIDNEY DISEASE

Remarkable Cure Was Quickly Effected by
DR. HAMILTON'S PILLS

Proof is abundant and here is quoted the experience of Norman E. Patterson, a well known citizen in Augusta.

"My back ached from morning till night. Every bit of work I did made me weak and worn. I couldn't stoop or lift without getting dizzy. My tongue was furred and my appetite poor. My head ached continually, and I had severe urinary disorders. My kidneys were in the worst possible state. I heard of the wonderful Dr. Hamilton's Pills and proved them just the medicine I needed. Why I felt better in a week, and after using these Pills for a month or two at regular intervals I was completely restored."

Such letters as the above call for no further word. That Hamilton's Pills give invariably the finest results, that they act quickly and cure permanently has been proven a thousand times. Sold by all dealers 25c per box, 5 boxes for \$1.00 or sent postpaid to any dealer if price is forwarded to **The Catarrozone Co., Kingston, Ont., or Buffalo, N.Y., U.S.A.**

A SURE KIDNEY CURE

Nothing Could Give Better Results. Good
Health Restored

The following letter is from Mrs. J. E. Cartier, wife of a prominent citizen of Fall River, Mass., U.S.A.

"I feel it is my duty to tell of the marvelous benefit I derived from Dr. Hamilton's Pills. I suffered agony with a kidney-weak-back. That frightful pain would stab me like a knife. Hamilton's Pills are a truly marvelous remedy. I am kept in perfect health through their use. I also see that my children occasionally use Dr. Hamilton's Pills. I have proved it time and again that they keep the little ones in good health, and are a wonderful preventive of sickness in the family."

HOW TO CURE THE LIVER QUICKLY

SUCCESS EVERY TIME WITH DR. HAMILTON'S PILLS

Being the largest organ in the body the liver naturally causes the most trouble. You feel sick all over—you get the "Blues," and feel life isn't worth living. Although the condition of "Blues" so-called is lightly remarked upon as a rule, it is in truth oftener than not a dangerous state of the liver.

Many a good man when under the influence of liver stagnation has turned to strong drink. Others become such ill-tempered, disagreeable cranks that it is torture to live with them. Thus home happiness is frequently destroyed.



The importance of attending to a slow liver can't be overestimated. The condition is more easily kept in check, more easily cured.

THE CURE:—Don't use stimulants or liquor. Their temporary stimulation is bad in principle and only intensifies the trouble when the first exhilarating effect has passed away. A sure cure, one that is soothing, gentle, and effective, is always found in Dr. Hamilton's Pills.

You can depend upon Dr. Hamilton's Pills to impart health, vigor and tone to your system. These wonderful little sugar-coated Pills regulate the bowels just as nature would order them to be. This is the first step in the cure. Healthy

bowel action is a true aid to the liver. Its load is relieved, its work is rendered easier, it gets into the habit of acting just as it should. The liver and kidneys quickly gain activity from Dr. Hamilton's Pills. This renders digestion more effective. Your appetite comes back, you enjoy your meals, you begin at last to see the cheerful side of life again.

It is no extravagant statement to state that a few boxes of Dr. Hamilton's Pills will make a new being out of a liver sufferer. They are guaranteed to cure, and this guarantee is backed by the experience of thousands who have proved the merits of this old family medicine which for forty years has been a household word to the people of many different lands.

TWENTY YEARS A LIVER SUFFERER

CURED QUICKLY BY DR. HAMILTON'S PILLS

The following strong statement comes from Mr. N. C. Currie, a well-known resident of Saskatoon, Sask., Canada, who writes: "I consider that Dr. Hamilton's Pills make the best all round medicine. My liver and stomach got disordered and all kinds of complications set in. My blood grew thin, my color got pale and I had the worst kind of headaches. The food I ate all disagreed with me and I was constantly bilious and suffering from acute dyspepsia. A wonderful change took place when I used Dr. Hamilton's Pills; they gave me appetite and strong digestion. I had no more bad dreams, no sick stomach or headaches or liver disorders. I was in fact like a new man and will always recommend and use Dr. Hamilton's Pills."

DR. HAMILTON'S PILLS RESTORED AILING WOMAN

"I was completely worn out from liver complaint and felt too miserable to live," writes Mrs. E. P. Dupuis. "I asked my druggist, Mr. Johnston, to recommend a good medicine. He gave me Dr. Hamilton's Pills, and they cured me."

IS YOUR HEALTH FAILING ?

ARE YOU FEELING THE DRAG OF THINGS? PERHAPS LISTLESS, ENERVATED,
WEIGHED DOWN BY A "DON'T CARE" FEELING.

Are you bothered by an uneasy tired hurting sensation in the small of the back? Have you indigestion and frequent headache? Is your color bad? Have you liver chill? Have you that heavy dull feeling after meals? Is your sleep restless and disturbed?

These are sure signs of failing health, and sure indicators that your energy, your vital force is slowly passing away. How mean and miserable you feel—and how despondent the outlook if you should grow and worse.

HOW TO GET WELL: All that is needed for quick relief and sure cure is a box or two of Dr. Hamilton's Pills. They make you feel youthful, will tone you up, will remove your fatigue, put an entirely new feeling and sensation into your system. Simply wonderful how Dr. Hamilton's Pills will take hold of a worn-out person and set them up in no time. They drive all wastes and poisons out of the system, fill the body with pure clean blood, increase the appetite, clear out germs of disease and actually prevent sickness. Proof is everywhere. Read the following statements; they will convince you of the lasting merit, of the wonderful, the true power of Dr. Hamilton's Pills.

AT AGE OF 60, HEALTH REJUVENATED

GREAT PRAISE FOR DR. HAMILTON'S PILLS

"I can speak with wonderful confidence about the curative power of Dr. Hamilton's Pills," writes Mrs. E.M. Sangster of Seguin Falls. "I am now sixty years old, but for some time past have been in poor health suffering from a nervous condition of the heart and stomach, Violent headaches made life a torture. A dragging weakness in my back also afflicted me. I became so nervous and weak I could scarcely walk, work was impossible. My appetite was poor and I grew nervous and sleepless, when almost a wreck and in pitifully low health I used Dr. Hamilton's Pills and was completely restored to happy vigorous health again."



AGED LADY FEELS LIKE YOUNG GIRL

SPIRIT OF YOUTH RESTORED BY DR. HAMILTON'S PILLS

Mrs. E. J. Cornelius writing from her home near Camden, N. J., U.S.A., says: "After the death of my husband I was very nervous, run down and completely fagged out. My digestion was bad, headaches bothered me, and I had but little appetite and considerable digestive trouble. My system was sluggish and my blood impure. I took six bottles of Dr. Hamilton's Pills and felt like new, I am active and feel like a young girl now. Dr. Hamilton's Pills certainly have made a wonderful change in me."

All dealers can supply Dr. Hamilton's Pills of Mandrake and Butternut, 25c per box, five boxes for \$1.00, or by mail from The Catarrhozone Co., Kingston, Ont.

APPENDICITIS---THE MOST DREADED DISEASE OF OUR AGE

Civilization knows no disease more dreadful than Appendicitis. If taken at the outset treatment will often retard or cure it, but let it once become established, and it is either death or operation with the surgeon's cold steel knife.

Many die of appendicitis,—they die because treatment was too long put off. This loss of life is regrettable, especially as appendicitis is an unnecessary disease. Proper attention to the bowels will prevent it. Constipation is its cause, and therefore it is a preventable condition.

SYMPTOMS:—The approach of appendicitis is noticeable through chronic constipation which permits food to sour, decay, ferment and lie in the body an unduly long time. It is the inflammation from the attendant gases and poisons that develop microbes which at last burrow into the appendix and cause all the trouble. As above stated, look for constipation, then observe whether or not you have bloating and gas in the stomach. Is there a dull heavy pain above the abdomen? Are you subject to bilious fits, vertigo, specks floating before the eyes, and pain in the side? Take no chances. Protect yourself.



THE REMEDY:—Knowing the real cause of appendicitis, any doctor will advise proper medicine to regulate the bowels. The best, the easiest to take, the surest to give lasting results is Dr. Hamilton's Pill of Mandrake and Butternut.

SAVED FROM SURGEON'S KNIFE BY DR. HAMILTON'S PILLS

ALL OTHER TREATMENT PROVED FUTILE

Mr. J. P. Buschnel writing from Kingston, Ont., says: "I was very ill last winter, suffering from frightful pain in my abdomen. This dreadful pain would smite me any time of the day or night, and then I was afraid it would be the end of things. Certainly the distress I suffered was from appendicitis. Nothing else could have made me so ill. I was much constipated and found quick relief from Dr. Hamilton's Pills. I used this wonderful remedy for several months and am now entirely well. My digestion is splendid. I eat heartily, enjoy my meals and look like a strong vigorous man. I can recommend Dr. Hamilton's Pills because I have proved their worth."

THE ILLS OF OLD AGE YIELD TO DR. HAMILTON'S PILLS

"Although I am now getting up in years," writes Mrs. M. S. Shanley from Prince Albert, Sask., Canada, "I can boast of the best of health. My health was restored by Dr. Hamilton's Pills and their occasional use keeps me just fine. I used to feel drowsy and heavy, my color was sallow and there was usually a bad taste in my mouth. I had vague pains all through my limbs and an annoying headache as well.

"After one dose of Dr. Hamilton's Pills there was a sudden change. I felt better, my appetite increased, and that exhaustion and depression gradually left me. Life seemed brighter and happier after I used Dr. Hamilton's Pills, so I strongly recommend such good medicine."

No better or safer medicine can be used by men, women or children than Dr. Hamilton's Pills. That they maintain the best of health has been proved a thousand times. Get them from any dealer, 25c per box, five boxes for \$1.00.

THE "OUT-OF-SORT" FEELING QUICKLY CURED BY DR. HAMILTON'S PILLS

The feeling oppresses you constantly. Your sleep is restless and unsatisfying. Morning makes but little change. You arise tired out, affected by dragging weariness that makes you wish there were another hour or two to sleep. The day starts wrong. Breakfast isn't appetizing—the toast is tasteless, coffee is poor—you have a grudge against things in general. At noon you come home realizing what a poor fist you made of the morning's work. But little was accomplished. By night you're depressed, actually worn out, probably cranky, and a little disagreeable to the folks.

Although it is hard to put your fingers on any spot that is really sick, nevertheless there is something wrong—THE LIVER—and when this organ gets out of kilter rest assured the poor sufferer is going to be a hard person to live with.

The symptoms of liver trouble are too well known to require description here. More necessary is it to know how to keep the liver active, and to quickly restore it when sluggish. Dr. Hamilton's Pills is the quickest restorative known; they simply can't fail to cure liver trouble. They work at night, silently, and smoothly; never disturb the stomach; don't upset digestion or cause any bad after effects whatever.

If you will only remember the "out of sort" feeling is merely another term for Liver Trouble, you'll soon be bright, happy and fresh as a daisy.

Read the following letters carefully:

HAD NO APPETITE WAS LOSING STRENGTH

Instant Change When Sufferer Commenced to Use Dr. HAMILTON'S PILLS

A GRAND TONIC

"My color was dull; my appetite was poor, and I suffered constantly from disorders of the stomach, kidneys and liver. I found it hard to sleep, and felt worn out and tired all the time. There was almost an instant change when I used Dr. Hamilton's Pills. They made me stronger, my blood improved and I got a healthier look in my face. My stomach troubles cleared up, and my former health was restored. You would scarcely know me now, there has been such a wonderful improvement. Dr. Hamilton's Pills did it all."

(Signed) J. H. McDONNELL,
Clarence Station.

WAS RESTORED BY DR. HAMILTON'S PILLS

Speaks in Glowing Terms of the Wonderful Benefit Derived

BRING RESULTS QUICKLY.

"I wouldn't be alive to-day had it not been for Dr. Hamilton's Pills. Last winter I was sick with gripe, and when spring came I was weak, bilious and rheumatic. I used enough medicine to cure twenty times, but I didn't get any help till I tried Dr. Hamilton's Pills. They purified my blood, took the yellow color out of my face, put new tone in my stomach, and increased my appetite. The bilious attacks and rheumatic pains gradually departed, and Dr. Hamilton's Pills made a new man of me. I proved their merit, and proclaim them a medicine for all men."

(Signed) D. C. EDGAR,
Rogersville, Ont.

Proof like the above letters need no comment. Such letters tell their own story. Dr. Hamilton's Pills will not disappoint you. They give absolute satisfaction. Sold by all dealers, 25c per box, 5 boxes for \$1.00. Sent upon receipt of price by mail by The Catarrh-ozone Co., Kingston, Ont.



TORTURING HEADACHES RELIEVED BY DR. HAMILTON'S PILLS

WHEN SPECKS FLOAT BEFORE THE EYES, WHEN HEADFULNESS IS WORST,
DR. HAMILTON'S PILLS ARE SURE TO CURE

The following letter is from Mr. S. R. York, an old resident of the city of Bridgetown:
"I have found it difficult to sleep at night and in the morning felt so depressed and heavy that effort was difficult. My hands were always clammy and perspiration on slight effort would break out all over me. It was not unnatural that I should begin to brood over the chance that I should be unfit to do my work, and this dread made my sleepless nights perfect misery. After repeated trials of medicine and mixtures, Dr. Hamilton's Pills gave me the first gleam of hope. From the very first I could see they were different in action from other Pills. They didn't gripe and acted as naturally as if nature and not the Pills were cleansing my clogged-up system. My spirits rose. I felt much better. The sluggish action of the system gave way to normal activity. Dizziness and headache ceased, appetite, good color, and ambition to work returned and have remained. I am like a new man, and I thank Dr. Hamilton's Pills for it all.



UGLY RASH ON FACE QUICKLY CURED

A WONDERFUL CASE CURED BY DR. HAMILTON'S PILLS

"I was affected for two years with a rash, and ugly looking pimples that spread over my face. My color was poor, and my blood evidently completely out of order. Certainly it was a most despairing sort of case, because various treatments did but little help to me. A friend of mine in Toronto, Ont., advised me to get Dr. Hamilton's Pills, so I sent at once for 5 boxes. In two weeks I felt like new—looks improved, spirits rose, and I felt I was getting well. I have used this remedy for a long time, and now wouldn't be without it."

(Signed) MISS MAGGIE E. SIMPSON, Kingston, Ont.

TERRIBLE PAINS IN THE HEAD AND STOMACH CURED

ALMOST A MIRACLE PERFORMED BY DR. HAMILTON'S PILLS

"I had terrible pains in my head. My appetite faded away, and when I did eat it made me very sick for hours after each meal. The pains in my stomach and the dizzy headaches I had to endure almost set me wild. Sometimes attacks came on so severely that I had to go to bed. I would feel so worn, depressed and utterly miserable that for hours I wouldn't speak to my family. My system was poisoned with wastes and nothing helped me until I used Dr. Hamilton's Pills. Without this grand system-cleaning remedy I would still be sick, but each day brought me better health and spirits. I was cured and made strong, ruddy and healthy, and will always use and recommend Dr. Hamilton's Pills."

(Signed) J. OTTER, Morden, Man.

All dealers sell Dr. Hamilton's Pills, 25c per box, five boxes for \$1.00, or postpaid to any address if price is forwarded to The Catarrhzone Co., Kingston, Ont.

A QUICK CURE FOR BILIOUSNESS

DR. HAMILTON'S PILLS NEVER FAIL

To be bilious is to feel heavy, to be torpid and out of sorts. Even thought or smell of food disgusts, nauseates, and fairly turns the stomach. Pains shoot through and around the right shoulder, over the liver and through the chest is a disagreeable sense of fulness and oppression. Specks float before the eyes, the breath is foul and the tongue is thickly coated. At this stage there is almost sure to be constipation or diarrhoea. A burning sensation affects the stomach. Sour risings and heart-burn cause additional distress, and if relief is not secured you must vomit.

TREATMENT:—The old fashioned idea of harsh purgatives, such as salts, aloes, rhubarb and senna, has long since been abandoned. Their effect upon the bilious man is like a lash on a tired horse. By irritation they whip up the bowels for the time being, but rapidly exhaust natural muscular action. Larger doses are then necessary, and it soon becomes practically impossible to move the bowels without the most heroic doses. The result is permanent constipation.

The only rational and effective mode of curing (not relieving) this bothersome complaint is by the frequent use of DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT which tone up the muscular coating of the bowels—make them strong!—stimulate the liver, increasing the flow of bile which is nature's best agent in curing biliousness.

It is safe to say that no person can long suffer from biliousness who uses Dr. Hamilton's Pills. Take from one to three pills at night when retiring and drink abundance of water two hours after meals.

Follow this treatment and a prompt restoration to health is absolutely guaranteed.

AN EXPERIENCED MOTHER ALWAYS USES DR. HAMILTON'S PILLS

Strong evidence of the merit of Dr. Hamilton's Pills is given in the letter of Mrs. E. Davidson of Victoria, B.C., who writes: "I was very sick at one time with biliousness. It was about six years ago. A friend visiting me who knew of the wonderful power of Dr. Hamilton's Pills induced me to try this grand remedy. I took two Pills the first night and felt wonderfully well in the morning. I took Dr. Hamilton's Pills occasionally hereafter and was brought back to the best of health. As a mother of a large family I can speak in highest praise of Dr. Hamilton's Pills which are certainly a wonderful medicine for all stomach ills. My children use them and my husband and I couldn't get along without them."

(Signed) EUGENIE D. DAVIDSON.

USED BY WELL KNOWN FAMILY FOR 36 YEARS

No one could speak with more authority on the merit of a medicine than the head of a family who had used the remedy for 36 years. Mr. J. E. Guerrero writes: "When I was a young man, before my marriage, I first used Dr. Hamilton's Pills, getting my first supply in Panama City. I have stuck to them ever since because I feel they are the best cure for headache, biliousness and sick stomach. These ills were certainly troubling me and no other medicine ever gave the quick relief I got from Dr. Hamilton's Pills. After setting up house-keeping I always saw that our home was supplied with this great remedy, and my wife and children consider them quite as valuable a medicine as my own experience has proved them to be.

(Signed) J. E. GUERRERO.

All dealers sell Dr. Hamilton's Pills, 25c. per box, or five boxes for \$1.00 sent postpaid to any address, if remittance is made to The Catarrhzone Co., Kingston, Ont.



DYSPEPSIA CONQUERED AT LAST

FAILURE IMPOSSIBLE—CERTAIN CURE COMES QUICKLY—JUST EXERCISE
CARE AND USE OF DR. HAMILTON'S PILLS

No disease is more prevalent than Dyspepsia—it is the bane of modern life. Its causes are numerous. Hastily swallowed meals, improperly cooked food, too much ice water, irregular habits—these are but a few of the more common causes of digestive derangements.



Dyspepsia is bad in itself—but worse when considered in the light of the train of ills that follow in its wake. You can always be sure of headache, sallow complexion and constipation. Your energies flag, you become subject to dizziness, languor and feeling of depression. Often the stomach is sour, the breath is bad, and there is a feeling of nausea or uneasiness in the abdomen. As dyspepsia fastens its hold upon you more firmly, your grip lessens. You lose strength, ambition is destroyed, and you are stared in the face by perhaps chronic invalidism.

No remedy is more highly recommended than Dr. Hamilton's Pills, which is the ideal cure for Dyspepsia. Sure results are inevitable. This is due to the

direct action of Hamilton's Pills upon the stomach, liver, kidneys, and all digestive organs. The wonderful little sugar-coated pills strike at the very root of the trouble. They give new life to the nerves and intestines, they supply abundance of rich, nutritious blood, and thereby give the digestive organs wonderful aid in doing their work.

You feel benefit from Dr. Hamilton's Pills at once. Every organ in the body is strengthened, and is enabled to do the work nature expects of it. Soon all traces of indigestion passes away. The glow of robust health fills the body, the appetite of early youth is restored, the vigor and ambition of former days returns, and all happens when a sickly person uses regularly Dr. Hamilton's Pills.

Don't delay! Act to-day, the sooner the treatment is started, the sooner cure is affected.

MARVELLOUS RECOVERY FROM CHRONIC STOMACH TROUBLE

ANOTHER CASE THAT FULLY PROVES DYSPEPSIA
IS QUICKLY CURED BY DR. HAMILTON'S PILLS

The following experience is related by Mr. E. S. Secord writing from his home in Brandon, Man. Mr. Secord remarks: "You wouldn't know me to-day, I have so changed and improved in my appearance and looks. Three months ago I was a weak, sickly man. My appetite was poor, food fermented in my stomach, and I had sour risings and indigestion. At night I would often waken with gas in the stomach and heart palpitation. I consulted my doctor, and used remedies that my friends advised. Nothing helped. One day I received a sample of Dr. Hamilton's Pills, and my cure commenced. To-day I have a vigorous appetite, strong heart action and no sign of indigestion. I feel younger and healthier than ever before.

(Signed) E. STUART SECORD.

Dr. Hamilton's Pills, 25c per box, 5 boxes for \$1.00. Sold by all dealers, or send postpaid if price is forwarded to The Catarrhzone Co., Kingston, Ont.

Most Frequent Cause of Illness is Constipation

IT POISONS THE WHOLE SYSTEM, WEAKENS THE BLOOD, LEADS TO PERMANENT DEBILITY

DR. HAMILTON'S PILLS CURE EVERY TIME

More attention is being given by physicians every day to the absolute necessity of proper action of the bowels. Sick bowels mean a sick body. Special investigation by scientific men has proved that habitual constipation is almost entirely due to failure to begin treatment when the bowels first become inactive.

As good health is absolutely dependent upon regular bowel action, there should be a proper evacuation at the least once a day, or twice if possible.

The person who fails to attend to this most important duty is in danger. Serious consequences will surely follow because if the body is not frequently freed of its foul poisonous waste matter,—self poisoning will surely follow.

Constipation doesn't end with the bad headache that always accompanies it. The great danger of kidney and liver trouble develops quickly. The blood is no longer properly filtered,—instead it becomes loaded with horrible poisons that are circulated through the entire system.

The patient takes on that dull pasty look and lacks color. The eyes no longer sparkle. The step grows weary, work is hard to do. The breath grows bad, pimples cover the face, perhaps boils break out. The stomach gets gassy and sour. Dizziness is frequent. Digestive disturbances and lack of appetite when added to the list, are sufficient to permanently ruin health.

NO PHYSICIAN CAN PRESCRIBE a more effectual remedy than the famous Pills of Dr. Hamilton! They give relief at once. Taken at night, you feel better next morning. No Pills so mild as Dr. Hamilton's, and yet none so searching and sure to cure.

For the quick, radical, and permanent cure of constipation, headache, or biliousness, you can use nothing to compare with Dr. Hamilton's Pills of Mandrake and Butternut. The following letters speak for themselves.

"THEY SAVED MY LIFE"

"I Consider Dr. Hamilton's Pills Worth Their Weight in Gold."

"I was a constant sufferer from constipation and sick headaches," writes James E. Slater from Calgary, "and for two years felt so sick and miserable I would cheerfully have died. A friend of mine in Vancouver sent me a bottle of Dr. Hamilton's Pills of Mandrake and Butternut and they did wonders for me. Indeed they saved my life. I consider Dr. Hamilton's Pills worth their weight in gold. They have cured my headaches, given me a fine healthy complexion, increased appetite and have made me well."



A GRAND STOMACH TONIC

"Nothing Else Brought Me the Health and Strength I Got From Hamilton's Pills"

"When my stomach was completely upset through constipation and sick headache, when I was afflicted with frightful bilious attacks, I got the first results from Dr. Hamilton's Pills writes Miss E. Green, of Kingston. "I can advise every young woman who has trouble like I had, to use the famous Pills at once. They are a marvel and a grand stomach tonic. Nothing else brought me the health and strength I got from Dr. Hamilton's Pills."



Dr. Hamilton's Pills of Mandrake and Butternut are sold by all dealers, 25c per box, five boxes for \$1.00, sent post paid to any address if price is forwarded to The Catarrhzone Co., Buffalo, N.Y., or Kingston, Ont.

A WONDERFUL PILL FOR FAMILY USE

THEY PUT NEW VIGOR INTO TIRED-OUT BODIES, AND RE-CREATE THE VITALITY OF YOUTH

A typical case is illustrated in the case of Mrs. P. G. Oswald, wife of a well known commercial man whose home is in New York, U.S.A.

"A year ago my health began to fail, I lost appetite, became nervous and sleepless. My weight ran down, I became thin, hollow-cheeked, and had black rings under my eyes. I really felt as if the charm of life had left me, and when Spring time had come I was in the "blues." I read of Dr. Hamilton's Pills and got 5 boxes at once.

"Within a month my appetite and color were good. I gained strength and felt like a new woman. New life and vigor returned, and my friends scarcely knew me. A medicine that will do this should be in every home."



DESPONDENT MAN CURED BY DR. HAMILTON'S PILLS

"I suffered from Dyspepsia and indigestion for five years. I suffered so much that I could hardly attend to my work. I was weak and lost all courage. I enjoyed no rest until I decided to follow your treatment. To my great surprise I immediately began to feel better. I am now using a second box of Dr. Hamilton's Pills and I feel so well that I want to tell you that I owe this great change to your famous pills. I recommend Dr. Hamilton's Pills to every person who is suffering from dyspepsia."

(Signed) P. S. Gray,
Cumberland P.O., U.S.A.

DR. HAMILTON'S PILLS NEEDED BY EVERY WOMAN

"I only thought of Pills as a physic, but now I know that Dr. Hamilton's Pills are more for they quickened my stomach, liver and bowels—made me stouter and stronger, gave me such color in my cheeks that I ever had before. I sincerely believe Dr. Hamilton's Pills should be used by every woman—that's why I write this letter."

(Signed) J. J. DONOVAN,
Niagara Falls.



CURED DIZZINESS AND CHILLS

I was sallow and thin, felt the rheumatic pains, dizziness and chills. I unfortunately didn't suspect my kidneys and was nearly dead when I discovered the true cause of my sufferings. I read so much of the wonderful health and strength that comes to all who use Dr. Hamilton's Pills that I felt sure they would help me. Such blessings of health and comfort I got from Dr. Hamilton's Pills I can't describe. They speedily put me right and their steady use keeps me active, energetic, strong and happy."

(Signed) A. B. Cook,
Sea View, P.O.

A MOTHER'S LETTER OF PRAISE

"I attribute much of my present strength and good health to the regular use of Dr. Hamilton's Pills. I have used this wonderful household remedy in our home for twenty years, and can speak truly of the benefit parents and children derive from using Dr. Hamilton's Pills. I hope I may never be without such a valuable health preserver."

(Signed) JENNIE E. SLAVEN,
Middletown P.O.

Congestion from Cold Sore Throat

Search the World Over and You'll Find no
Remedy More Efficacious than Nerviline

NERVILINE—RUB IT IN

"I was caught last month in a heavy rain and was obliged to walk home in the evening against a heavy cold wind. The result was that next morning I was feverish, sick and laid up in bed," writes J. P. Donaghue, of Saint Albert. "My chest was sore and full of cold, I couldn't draw a long breath without crying aloud with the pain. I seemed full of aches and soreness from head to heels. In short I had just barely escaped Pneumonia. I had my wife rub my neck, chest and shoulders with Nerviline three times before morning. I kept warm in bed and soon got relief, and can vouch for it that Nerviline is a most wonderful medicine for breaking up a cold."

Colds on the Chest Rubbed Away with Nerviline

When the children come in after play, feet, wet, tightness and cold settled on the chest, that's the time to rub on good old Nerviline.

This splendid family liniment can be depended upon to ease the tightness, to draw out the inflammation and to quickly break up the cold.

Men, women and children will find a hundred uses for this trusty liniment which is powerful to relieve, quick to penetrate, simply splendid to apply externally in breaking up colds, coughs, muscular soreness, sprains and strains. Worth its weight in gold is what those who use Nerviline say about it.

Warts on the Hands Corns on the Feet

Removed Without Pain

Just apply Putnam's Corn and Wart Extractor; it does the whole trick; does it sure, does it in a real hurry too. Putnam's Extractor cleans off a wart or lifts out a corn without any bad after effect. You don't have to lay up—no inconvenience, pain or distress. Putnam's Extractor sells round the whole world, 25c per bottle, sold and recommended by druggists.

SPRAYING FOR POTATO BLIGHT

Each year some damage is done to the potato crop by reason of blight. About one year out of every three it does serious damage and causes an enormous loss throughout the Province. It is good policy to not take chances on the crop escaping this disease any year. When the crop once becomes infected it cannot be cured. The object of spraying is to prevent infection. The disease begins on the top and spreads from there to the tubers causing them to rot sometimes in the field or it may be after they are stored in the cellar or pit. If the disease is present nothing is gained by digging early and storing as the rot will develop later. It is better to delay digging and allow these infected to rot in the field, the remaining ones will likely keep.

Spraying

Bordeaux mixture is the best spray for potatoes. Begin spraying when the plants are about six inches high and spray every two weeks until danger of infection is over which would be about the 1st of September. Four applications should be put on at least. Most years one or two applications would be of little use as the spray would become washed off and the crop infected later in the season.

An ordinary apple spraying outfit does good work and quite a large plot of potatoes can be sprayed in one day with this. Attachments can be secured to spray four or five rows at a time where a person has a large acreage of potatoes. These cost about \$12.00 and can be attached to any spray barrel with force pump. For small patches the hand sprayers can be used. It is very desirable to spray on this material, putting it on with a sprinkling can does not cover the whole surface of the leaves, besides it is necessary to get the material on the under part of the leaves as well as a fine spray forced from a nozzle is necessary to do this.

Bordeaux Mixture

4 lbs blue stone; 4 lbs lime (fresh); 40 galls. water.

Dissolve the blue stone and lime in separate vessels and do not mix until ready to spray. It will not keep its strength after being mixed but will keep indefinitely when kept separate. Dilute the materials before mixing, making the 4 lbs of blue stone up to 20 gals, and the same with the lime.

Cost of Spraying

40 gals. of mixture will spray approximately one acre once. Blue stone is worth about 20 cents per lb., lime $\frac{1}{2}$ cent per lb., total cost of 82 cents for one application or \$3.28 per acre

(Continued on page 12)

Damp Foggy Days Bring on Catarrh

APT TO GET INTO EARS CAUSING
DEAFNESS, OR TO REACH THE
LUNGS AND END IN
CONSUMPTION

You can cure Catarrh in any stage by breathing the Healing Balsamic Fumes of Catarrhazone, and here is Proof.



Mr. Jesus Rodriquez, a well known resident of Colon, Panama, inherited Catarrh from his mother. The disease spread through his system till he was a physical wreck.

"As a child" said Mr. Rodriquez, "I was prone to an ulceration of the mucous lining of the throat and nasal passages.

"I grew pale and emaciated, lost all desire for food, and got into such a dreadful condition that all my friends said that Catarrh was fairly eating me up.

"Every organ of my body seemed affected, and the doctor said it was the first stage of consumption. He advised 'Catarrhazone' and I inhaled it ten minutes at a time every few hours, and was rewarded in a few days by a wonderful improvement.

"Catarrhazone pleased me and the doctor so well that I used it continually, and took FERROZONE tablets after each meal to build up my strength. In about three weeks I was quite recovered, and the doctor says no remedy but Catarrhazone could work such a miracle.

"Everyone in town knows I was just about dead with Catarrh, and my cure is an evidence of what Catarrhazone can do. It is a pleasure to recommend Catarrhazone." All dealers sell Catarrhazone.

The dollar outfit contains a beautifully polished hard-rubber inhaler and sufficient liquid for recharging the inhaler to last at least two months. Small sizes twenty-five and fifty cents each.

SPRAYING—Continued.

for four applications exclusive of labor. Over a seven year period an American Experimental Station has shown an average cash gain of \$76.00 per acre per year by spraying.

Spraying for Potato Bugs

By adding poison to the Bordeaux mixture the potato bugs can be destroyed at the same time. It is usually necessary every year to apply poison at least twice to control these. It would be just as convenient to apply Bordeaux mixture along with this and control blight at the same time. Add 8 to 10 ozs. of Paris Green to each 40 gals. of the mixture or three lbs. of Arsenate of Lead can be used in place of the Paris Green. Arsenate of Lead sticks to the leaves much longer than Paris Green but is not quite as quick a poison. It is a good plan to mix the two, using about half the above quantity of each of this makes a very effective poison.

Spray at least half your patch of potatoes this year with the Bordeaux mixture and note results during the summer and in the fall. A circular outlining in detail spraying for late blight of potatoes can be secured by sending a post card to the Ontario Department of Agriculture, Toronto, Ont.

SIMPLE PUDDINGS

Charlotte Russe

Take one pint of milk, one-half pound of sugar and three eggs beaten separately. Put the sugar with the yolks and pour the boiling milk over the mixture, and boil until the custard thickens. Take off and stir until the fire heat passes away. Flavor with a teaspoonful of lemon or vanilla. Have ready one ounce of gelatin dissolved in one-half pint of hot water; when cool add this to the custard. Stir it to thicken and when fairly stiff add whipped cream, stirring it in slowly but thoroughly. Put the mixture into molds with lady fingers separated in halves.

Rice and Marmalade Pudding

Simmer a quarter of a pint of whole rice in a quart of milk till it is soft and thick. Add a little salt, four tablespoonfuls of sugar and a little cream and let all cool together a little set. Then spread over the pudding a thick white. Pour into a baking dish and cook till coating of some favorite marmalade, and put a meringue over that, and return the pudding to the oven till the top is lightly browned. This is delicious cold, and the pudding might be the main dish of the children's meal.

(Continued on page 14)

Nasty Crusts in the Nose, Frequent Sneezing Prove You Have Catarrh

RELIEF IN WORST CASES IN FIVE MINUTES AND CERTAIN CURE ABSOLUTELY CERTAIN IF "CATARRHOZONE" IS USED

Don't stay stuffed up with a sore nose, running eyes and bad breath. Use Catarrhozone. Take one breath through the inhaler—just one single breath and see how it clears out the nose, how it makes you breathe free and easy.

Relief from Catarrhozone is quick and effective—you don't have to wait all day to get it either.

No other treatment is like Catarrhozone or is able to drive out Catarrh so completely out of the system.

You don't take anything internally in using Catarrhozone—you don't run the chance of spoiling digestion or lessening appetite with a bad tasting medicine.

Just breathe in that soothing piney vapor, so rich in healing, so full of power to kill every type of throat trouble, hoarseness, pain over the eyes, bronchitis and Catarrh.

Germs that may be lurking in the mouth, nose or throat Catarrhozone will destroy them. In this way it prevents many an ill.

If suffering from throat droppings, running eyes, active nasal discharge, choked condition in the nostrils—remember Catarrhozone will quickly cure you.

A PROMINENT SCHOOL TEACHER CURED BY "CATARRHOZONE"

The following statement is made by Mr. Harry Gibson who was born and brought up in Kingston. By profession he is a school teacher. He received his training in Queen's University, where he took a course in arts and medicine that well benefits him to talk on almost any subject.

For 25 years Catarrh relentlessly pursued Mr. Gibson who says: "For years I was never free from Catarrh of the nose and throat. It bothered me winter and summer and kept me so continually coughing and hawking that I found it a great impediment to the proper performance of my duties at school. I used every prescribed means of obtaining a cure, took bottle after bottle of medicine prescribed by local doctors, but never got more than temporary relief. I consulted a well-known specialist in the States, but after spending a considerable amount of money with him to no advantage, was forced to look elsewhere for relief, which I first received from Catarrhozone.

I consider Catarrhozone a genuine cure for Catarrh. It drove that loathsome disease completely out of my system, and to-day I am as well as if I never knew what the word Catarrh implied."

A straightforward proof of cure, coming from a well-known gentleman like Mr. Gibson carries conviction of the fact with it that Catarrhozone does all that is claimed for it. As a cure for Catarrh and Bronchitis it positively has no equal. All medicine dealers sell Catarrhozone.

FOUR YEARS OF NASAL CATARRH CURED

"Day and night for four long years I coughed and gagged with chronic catarrh. My nostrils were full and always choked up with mucous discharge. I inhaled Catarrhozone and in a remarkably short time was completely cured. Many times have I thanked my druggist for recommending 'Catarrhozone.'"

(Signed) EUGENE E. DEVINE,
Chatham.

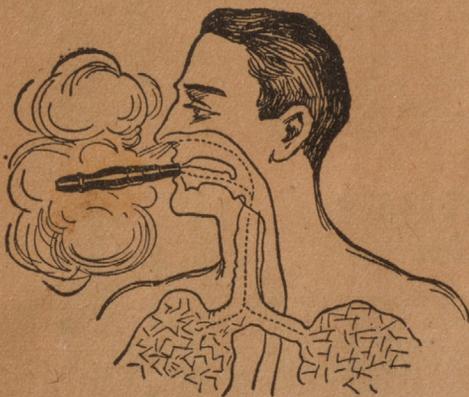


Lung Weakness Throat Irritation

PROMPTLY RELIEVED AND PERMANENTLY BENEFITTED BY INHALING CATARRHOZONE

Mrs. J. E. Rivers, of West Plain, was cured by Catarrhozone of Lung Trouble after hundreds of other remedies failed

If your lungs are weak; there is consumption in your family; if colds, catarrh and bronchitis bother you, be sure to use CATARRHOZONE. It is especially adapted for these diseases, and helps every time.



Mrs. Rivers took cough mixture, but they made her sick. Then she used an atomizer, but, after resorting without benefit to poultices and numerous other remedies, she tried Catarrhozone.

"I used Catarrhozone Inhaler," writes Mrs. Rivers, "five minutes every hour, and soon recognized it was going to cure me. I could feel the soothing medicated air spreading through the air passages of the throat, and it touched the sore spots in the lungs that other remedies failed to reach. Catarrhozone seemed to go just where it was needed most, and soon put a stop to my cough. It restored me to perfect health, and I am convinced that no cough, cold or catarrh can exist if Catarrhozone is used."

All dealers in medicine sell Catarrhozone. The large one dollar outfit contains a beautifully polished hard rubber inhaler and sufficient liquid to last two months. Smaller size, 50c., trial size, 25c., sold by all dealers in medicine.

PUDDINGS—Continued.

Sago Custard Pudding

Wash and soak one teacupful of sago in one pint of water one hour; beat three eggs and one cup of sugar together, adding three pints of sweet milk and a little nutmeg. Then put the soaked sago with this mixture, stir all together and bake slowly. Serve cold, with or without cream.

Poor Man's Rice Pudding

This is made without eggs. Take two quarts of milk, two-thirds of a cup of raw, well-washed rice, one cup of sugar, a piece of butter as large as a walnut, a pinch of salt and grated nutmeg to taste. Put all in a pudding dish and bake slowly two hours. Serve with rich milk or cream and sugar.

Fruit Pudding

Slice six bananas, three oranges, one lemon and half a pineapple; place in alternate layers in a bowl and sprinkle with sugar. Then take a package of gelatine and soak thirty minutes or more in a pint of cold water; add one and a half pints of hot water to dissolve it and then one and half cups of sugar. When the sugar is dissolved pour over fruit and put on ice to set. Serve with whipped cream.

Snow Pudding

Soak one and one-quarter level tablespoon of gelatine in one-quarter cup of cold water for half an hour, add one cup of boiling water and stir to dissolve entirely.

Add one cup of sugar, one-quarter cup of lemon flavoring. Stir until the sugar is dissolved and strain into a large bowl set in a pan of cold water. Stir occasionally and when the mixture begins to thicken beat it until frothy, then add the stiffly beaten whites of three eggs and beat all together well.

Pour into small molds and set aside to become firm. For the custard sauce beat the yolks of three eggs with three level tablespoons of sugar and a few grains of salt. Turn on two cups of hot milk, turn back into the double boiler and cook until thickened, stirring all the time. Strain at once into a cold bowl to prevent curdling, add one-half teaspoon vanilla flavoring.

SOME HOME MADE CANDIES

Nougat Bars

Grease a clean tin pan with olive oil. Cover the bottom with a thick layer of almonds, English walnuts, pecans, Brazil nuts and hazel nuts. Melt one pound of sugar by stirring it in a iron saucepan over the fire;

(Continued on page 15)

No More Bronchitis

SORE THROAT CURED

BY "CATARRHOZONE"

Bronchitis hits elderly people most severely, though the young and strong become victims of the distressing cough too. Bronchitis wears one out. It paves the way for pneumonia. Most sufferers have not been able to get any good from stomach dosings, because the cause is not in the stomach at all.

Think of Catarrhzone,—a germ-killing healing essence that you can breathe right into the bronchial tubes. It heals them. That is exactly what Catarrhzone does.



Catarrhzone is wonderful, healing, soothing. A fragrant essence filled with healing powers that is diffused through the CATARRHOZONE INHALER so that it can be carried to the utmost ramifications of the bronchial tubes in ten seconds. Its healing balsams are deposited where inflammation exists. Once there, and only air can take it there, it destroys germs, thins and promotes expectoration, lessens the cough and finally removes the cause. You get well quickly.

CATARRHOZONE has been used in many lands for many years, the most successful, the most highly recommended, most pleasant and efficient remedy for diseases of the respiratory passages the world knows. You can do nothing wiser to-day than go and buy a Catarrhzone outfit; fifteen minutes' use will prove how true every word of the above is. For Catarrh, asthma, hoarseness, nasal or throat catarrh, there is nothing so good as Catarrhzone.

All medicine dealers sell Catarrhzone, or you can get it sent by mail by sending one dollar to the Catarrhzone Company, Kingston, Ontario.

HOME MADE CANDIES—Continued

when liquid and straw colored pour it over the nuts in the pan. When the candy cools mark it off into bars or squares.

Glaced Fruits—and Nuts

Wash the fruits free from dust and dry thoroughly. Candied cherries, white grapes, orange quarters and citrons are very good glazed. Of the nuts, Brazil nuts, English walnuts and almonds are the best. Put a pound of sugar over the fire and stir until the sugar melts and is slightly straw colored. Take it from the fire, put each piece of fruit and each nut separately on a dipper and dip it into the syrup. Place at once on oiled paper to cool.

Nut Candy

Two cupfuls of granulated sugar, two cupfuls of milk, half a cupful of butter, four ounces of shelled English walnuts, six ounces of almonds and one teaspoon of flavoring extract—almond or vanilla. Put the milk, butter, and sugar into a saucepan and stir over a slow fire until the sugar is nearly dissolved. Then boil until the syrup hardens when dropped into cold water.

Peanut Butter

Shell and remove the brown skins from two quarts of peanuts. Put a pound of sugar in a saucepan over the fire; stir until the sugar melts; take from fire and stir the peanuts in quickly.

Red Robins

Melt one-half a cupful of red jelly, currant, grape or plum, add to it one cupful of sugar and boil until it will drop from the spoon in a long, heavy thread. Dissolve in cold water three-quarters of a cupful of gelatine and add it to the syrup. Stir until dissolved. Add one teaspoonful of rose extract and take from fire. Pour into a shallow, greased pan, sprinkle with chopped nuts and set in a cool place until firm. Cut into small rounds and roll in red colored sugar.

TESTED COOKING RECEIPTS

Inexpensive Cake

Cream one-third cup of butter with one and one-third cups of brown sugar, and add two unbeaten eggs, one and three-quarters cups of flour sifted with three level teaspoons of baking powder, one-half teaspoon each of grated cinnamon and grated nutmeg and beat all well together for five minutes. Stir in

(Continued on page 16)

Wonderful Catarrh Cure Relieves Instantly

The Pure Balsamic Essences of Catarrh-
zone Afford Surest and Quickest Cure

CATARRHOZONE HAS SUPERSEDED
THE OLD FASHIONED STOMACH-
DOSING REMEDIES AND IN-
VARIABLELY CURES QUICKLY



It was their inability to reach the real source of Catarrh and bronchitis that caused the medical profession to drop liquid cough medicines and adopt "CATARRHOZONE" instead. Catarrhzone provides a method of breathing right into the lungs certain rare medicinal vapors which are so healing and comforting as to entirely banish coughs, catarrh and throat trouble in a very short time.

The most wonderful thing about Catarrhzone is, that no matter where the germs of bronchitis or Catarrh are hidden, Catarrhzone will reach and destroy them.

BAD CASE CURED IN TWO DAYS

"I was unfortunate enough to catch a bad cold, from sitting in a draft, in my bare head," writes Miss M. E. Newcombe of Richmond, a daughter of well-known citizen of that city. "An acute condition of Catarrh developed in my nostrils, and for three days my eyes and nose ran most copiously. The usual remedy entirely failed to relieve. I read in one of our newspapers about Catarrhzone and sent to the Drug Store for a \$1.00 outfit. In two days Catarrhzone cleared out my nostrils, cured the sneezing, coughing, and all traces of Catarrh."

Sold by dealers in medicine everywhere, or send one dollar to Catarrhzone Co., Buffalo, N. Y., or Kingston, Ont.

COOKING RECEIPTS—Continued

lightly one-half pound of dates, stoned and cut in small pieces. When well mixed bake in a moderate oven.

Chap Dark Cake

Two cups brown sugar, butter size of egg, one egg, one cup sour milk, one teaspoon cinnamon, one-half teaspoon soda, two scant cups of flour. For filling: One cup sugar, little water, boil to a taffy, pour into whites of beaten eggs. This cake can be made with or without the egg; can use lard instead of butter.

Blueberry Cake

One tablespoonful and a half of lard, a cupful of sugar, an egg, half a teaspoonful of salt, half a teaspoonful of vanilla, a cupful of milk, two cupfuls of pastry flour, four teaspoonfuls of baking powder and a cupful of blueberries or huckleberries. Cream together the lard and sugar, add the egg, salt and vanilla, then the milk alternately with two cupfuls of flour mixed with baking powder to the berries. Bake in two pans in a rather quick oven.

Boiled Sponge Cake

Beat six eggs light, yolks and whites separately. Bring to a boil three-quarters of a pound of sugar and a half cupful of water. Boil for five minutes, and pour gradually, heating steadily, upon the yolks of the eggs. Now whip in the juice of a lemon, a half pound of prepared flour and the whites of the eggs, added quickly and lightly. Bake in brick-shaped tins in a steady oven, covering the cake with paper for the first twenty minutes of the baking. The loaf should be done in half an hour.

Mincemeat Cake

Two eggs, one tablespoon shortening (lard or butter), one cup dark brown sugar, one pint mincemeat chopped fine, enough flour to make stiffer than layer cake. Bake in a slow oven as fruit cake.

Potato Cake

Mix one cup butter with two cups sugar and yolks of four eggs. When thoroughly creamed add one cup cold mashed potato; beat again lightly and add half cup milk, two cups sifted flour, two teaspoons baking powder, two teaspoons cinnamon, one and one-half teaspoons cloves and half cup bitter chocolate. To this add two cups English walnuts broken in rather large bits. Lastly fold in the stiffly beaten whites of the four eggs. Bake in shallow pan in moderate oven fifty minutes. This is a large cake, but keeps moist for a long time.

(Continued on page 17)

Colds and Catarrh Can be Cured in One Night

By Breathing the Soothing, Healing Vapor
of "Catarrhzone" all Throat and Cat-
arrhal Trouble is Quickly Cured



It's simply wonderful to think how quickly a bad throat or Catarrh can be cured with Catarrhzone. Its rich balsamic vapor is carried along with the breath into the innermost recesses of the lungs, bronchial tubes, and chest, making it impossible for the germ of any disease to live. Thus soreness in the chest is at once alleviated—phlegm is loosened and ejected from the throat, old-standing coughs are removed.

"I suffered from an irritable weak throat for three years. I had a severe cough, pain over the eyes, constant bad taste in my mouth, and noises in my ears. It was chronic catarrh. Nothing gave permanent relief till I used Catarrhzone. In one hour it relieved, and in a few weeks drove all trace of Catarrh from my system."

TIMOTHEUS A. SALMON,
6 Lopez St., Kingston.

CATARRH FOR FIVE YEARS

"About five years ago I took a cold in the head and Catarrh set in. It kept increasing by leaps and bounds. I kept putting off getting anything until at last I found I would have to. After trying several things I heard of your remedy, Catarrhzone, and procured a bottle and began using it. I was not long in finding out I had struck the right thing. I am recommending Catarrhzone to all who have Catarrh, etc.

(Signed) EVERTON L. WASSAN,
Blair P.O., Queen's Co., N.B.

COOKING RECEIPTS—Continued

Soft Gingerbread

Add one-half cup of sugar to one-half cup of molasses, two tablespoons of melted butter, one cup of sour milk and level teaspoon of cinnamon one level teaspoon of soda dissolved in a little water and two cups of flour. Beat hard for five minutes. Bake in a shallow pan and serve warm by cutting through the crust and breaking apart.

Walnut Cake

One cup sugar, one-half cup of butter, two cups of flour, one egg, one teaspoon of cream tartar, one-half teaspoon of soda, or if preferred use two teaspoonfuls of baking powder instead of the cream of tartar and soda. Add one cup of milk and one cup of walnut meats rolled in a little flour. Hickory or any other nuts may be used instead of the walnuts.

Brown Hermits

Two eggs, one cup sugar, one-half cup butter, one cup sour milk, one teaspoon soda, two cups flour, one tablespoon cinnamon, one-half cup raisins, drop on tins to bake in a moderate oven.

Strawberry Shortcake

Sift two cups of flour with three level teaspoons of baking powder, one-quarter teaspoon of salt and a rounding teaspoon of sugar. Mix with three-quarters cup of milk and beat in last one-quarter cup of melted butter. Roll out an inch thick and cut in rounds with a biscuit cutter. Bake, tear, apart with a fork and butter each half. Spread the lower halves with berries prepared with sugar, lay on the top halves with crust down and cover with berries. Serve with beaten and sweetened cream. Or bake the dough in a single sheet, split, butter and spread with berries and cut in squares with a hot knife. To prepare the berries, crush them, and sugar and let stand an hour before using.

Cocoanut Cake

Mix together one-half pound of flour, one-fourth pound each of butter and sugar and two eggs. And a small cupful of milk and one tablespoonful of baking powder. When well mixed put in cupful or more of grated cocoanut. Bake in small buttered tins in a moderately quick oven.

Sour Milk Griddle Cakes

Beat one egg light, add one up of sour milk and one-quarter teaspoon of salt. Sift one-half level teaspoon of soda with one

(Continued on page 18)

Stops a Cold in Ten Minutes

**WHY SNIFFLE AND SNEEZE WITH
CATARRHAL COLD?**

By Breathing the Healing Vapor of Catarrhozone You Get Relief in Ten Minutes



Every second person that you meet seems to have a sneeze and stuffed feeling in the forehead and nostrils.

To cure promptly, say, in half an hour, there is nothing worth using except CATARRHOZONE. You inhale its balsamic vapor, and feel as if you were among the Norway Pines. This is because Catarrhozone contains a healing medicine, light as pine air, which is breathed straight into the lungs and bronchial tubes. Away goes the cold; sneezing and Catarrhal cough cease, bronchial irritation stops; in short, you are cured of Catarrh by a pleasant simple remedy, free from sedatives and irritants.

That Catarrhozone is swift certain means of destroying colds and Catarrh has been proved a thousand times over.

COOKING RECEIPTS—Continued

half cup of flour, add to the milk, also one tablespoon of melted butter, a rounding tablespoon of white corn meal and enough more flour to make a batter that will pour without breaking. Beat in a level teaspoon of baking powder and bake on a hot greased griddle.

Perfection Muffins

Mix together three cupfuls of flour, one cupful of corn meal, two teaspoonfuls of baking powder, one tablespoonful of sugar and one teaspoonful of salt. Add a quarter of a cupful of softened lard or butter, three well beaten eggs and two cupfuls of milk. Beat into a firm batter and when risen bake in well buttered muffin rings.

Graham Puffs

Two cupfuls of Graham flour, sifted with a teaspoonful of salt, add a cupful each of water and milk, and a well-beaten egg. Beat until smooth and fill hot muffin pans three-quarters full.

Barley

Barley is delicious for a breakfast cereal. It requires long cooking and should either be cooked the day before, and in the morning softened and heated in milk or else cooked all night in the cooker.

Corn Meal Muffins

Half a cupful corn meal, one cupful flour, three tablespoonfuls baking powder, two tablespoonfuls sugar, one tablespoonful melted butter, one teaspoonful salt, three-fourths cupful milk, one egg. Mix all together and bake in hot oven.

Rice Muffins

Take a cupful of boiled rice, two cupfuls of flour, two eggs, beaten well, three tablespoonfuls of lard or butter, a teaspoonful of salt and milk enough to make a thin batter. Beat hard for three minutes and bake in hot muffin pans in a quick oven. Served with maple syrup, these are hard to equal.

Twin Baking Powder Biscuit

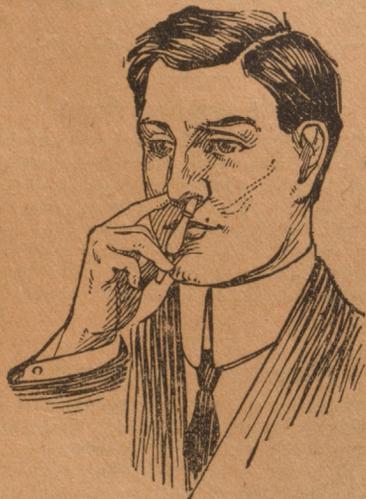
Sift twice two cups of flour, four level teaspoons of baking powder and one-half teaspoon of salt. Rub in a rounding tablespoon of lard and mix with about three-fourths cup of milk. Pat and roll out half an inch thick. Cut in rounds, put two together with a bit of butter between and bake in a hot oven.

(Continued on page 19)

Chilly Night Air Causes Catarrh

BY ACTING TO-DAY YOU CAN QUICKLY
CURE CATARRH AND AVOID BRON-
CHITIS, PERHAPS CONSUMPTION

Most Agreeable and Surest Cure is Catarrho-
zone Which Cures Every Curable Case.



Catarrhzone proves especially good in those chronic cases where mucous drops down the throat, sickens the stomach, and pollutes the breath.

When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes the soothing, healing properties of Catarrhzone act almost like magic.

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhzone at work you can be sure of quick and lasting cure for nose colds, catarrh, weak lungs, bronchitis, and speaker's sore throat.

THIRTEEN YEARS OF CATARRH CURED

"As Catarrhzone has cured me of Catarrhal Cough and Asthma that lasted thirteen years, I feel I can honestly recommend it. I really used all kinds of medicines, but Catarrhzone was the only one that did any real good. I am entirely cured—have no cough, no bad breathing spells, not a sign of cold or Catarrh about me."

J. E. BERTRAM, Westport.

COOKING RECEIPTS—Continued

Rice and Wheat Bread

Simmer one pint of rice in one quart of water till perfectly soft; when it is lukewarm mix well with one quart flour, one yeast cake dissolved in a little warm water and a little salt; knead well and set to rise; when light make into loaves and bake as any other bread.

Cinnamon Buns

Take a portion of raised bread dough and roll out half an inch thick. Spread lightly with soft butter and sprinkle with brown sugar and a little cinnamon. Roll up closely and cut from the end slices one and one-half inches thick. Set these on end in a greased baking pan, dust sugar over the tops and on each put a bit of butter. Let rise light and bake in an oven a little quicker than for bread.

Baking Powder Biscuits

Take the usual proportion of two cups of flour, four level teaspoons of baking powder, one-half teaspoon of salt, one-quarter cup of shortening and about three-quarters cup of milk. Rub the shortening into the flour with the

Currant Biscuit

As a change from plain biscuit sift two cups of flour, four level teaspoons of baking powder and one-half teaspoon of salt. Rub in a level tablespoon of lard, add one-half cup of currants and mix stiff with milk using less than three-fourths cup.

Pat out one inch thick and cut in rounds. Brush the tops with milk and bake in a quick oven.

Whole Wheat Muffins

Sift two and one-quarter cups of whole wheat flour with one-half teaspoon of soda, one and one-half teaspoon of baking powder and one teaspoon of salt, all measured level, add one cup of sour milk to one-third cup of molasses, then beat in the dry ingredients and bake in hot, greased muffin pans.

Hot Rye Muffins

Mix and sift one and two-thirds cups of rye flour with four level teaspoons of baking powder and one-half teaspoon of salt. Add one and one-quarter cups of milk, one-quarter cup of molasses, two well beaten eggs and three tablespoons of melted butter. Bake in hot buttered muffin pans.

(Continued on page 20)

A Tender Throat May Lead to Consumption

Easy to Cure Throat Weakness by Simply
Inhaling the Soothing Vapor of
Catarrhzone

CATARRHOZONE SURE TO CURE



Do you know that an inflamed condition of the throat affords the necessary conditions to develop the germ of consumption? The medical world asserts positively that the infection of the majority of consumptives is caused in this way.

It is not wise to allow this condition to continue? Can anything be of more serious import in relation to your health than a condition of the throat that invites consumption.

We want you to know about Catarrhzone. It is a throat and lung healer. Catarrhal inflammation is a germ disease. Catarrhzone is made of balsamic and healing oils. This is important to you because it has the power of destroying the germs that maintain Catarrh.

You know throat gargling has done you no good. At best it only temporarily relieves, it cannot destroy the germs that cause the disease. Now Catarrhzone is a medicine you breathe. The air passing through the Catarrhzone Inhaler becomes laden with a healing, germ-destroying vapor. The most important thing to remember is that Catarrhzone is a radical remedy. It does not consider symptoms, it goes directly to causes. In five minutes note how it soothes, how easy expectoration becomes. In a day or two its remarkable healing and curative power will be demonstrated.

Catarrhzone exterminates the inflammation of Catarrh and cures permanently.

COOKING RECEIPTS—Continued

Cinnamon Buns

Sift the following dry ingredients: Two cupfuls flour, two teaspoonfuls baking powder, one-half teaspoonful of butter or other shortening, and enough milk to hold together, about a quarter of a cup. Roll out on a floured board, brush with two tablespoonfuls or less of melted butter and sprinkle with two tablespoonfuls each of raisins and currants and half a cupful of brown sugar and a little cinnamon. Roll like jelly roll and cut in slices about two inches thick. Bake in a greased pan for about twenty minutes, then brush with hot milk and molasses and brown.

Quick Cinnamon Bread

Sift together twice half a teaspoonful each of salt and cinnamon, three teaspoonfuls of baking powder, a cup of flour and half a cupful of sugar. Then add a beaten egg mixed with half a cupful of milk and four tablespoonfuls of melted butter. Spread in a sheet in a big layer cake tin and sprinkle with cinnamon and sugar. Bake in a quick oven and serve warm.

PRESERVES AND JELLIES

Canning is a very simple process, and if the housekeeper is, or wants to be, proficient in this particular branch of housekeeping, she must first have a thorough understanding of the real meaning of sterilization and cleanliness.

Fruits perfectly fresh and not over-ripe should be used. Never be persuaded to use preservatives of any description. Scales for weighing are as necessary as jars, as fruit and sugar can only be correctly proportioned by weight.

Now that canning has been elevated to a scientific, efficient basis it pays to can fruit in the house. Only the fortunate with homes can indulge the luxury, however.

Green Preserved Tomatoes

Cut small, smooth, green tomatoes in halves. For every pound of the fruit use three-quarters of a pound of granulated sugar. Allow the yellow rind of one lemon to each two pounds of fruit, grated or shaved thin, and the juice. Put the sugar in the preserving kettle with just enough water to dissolve it, add the lemon and tomato, and simmer gently until the tomato is tender and transparent. This will keep without sealing as a rule, but is better put in small jars or glasses covered air-tight. This is so rich that only a little can be used at a time.

(Continued on page 21)

You May Have Catarrh And Not Know It

HEAD AND THROAT BECOME DIS- EASED WITH CATARRH FROM NEGLECTING COLDS AND COUGHS

Catarrh is Treacherous—When Fully De-
veloped is a Horror—Note its Symptoms

- "Is your breath bad?"
- "Is your throat sore?"
- "Do you cough at night?"
- "Is your voice raspy?"
- "Does your nose stop up?"
- "Have you nasal discharge?"
- "Do you spit up phlegm?"
- "Has your nose an itchy feeling?"
- "Have you pain across the eyes?"
- "Is your throat irritable, weak?"
- "Do you sleep with mouth open?"
- "Are you subject to sneezing fits?"
- "Do your ears roar and buzz?"
- "Are you hard of hearing?"

If you have any of these indications of Catarrh, cure the trouble now—stop it before it gets into the lungs or bronchial tubes—then it may be too late. The remedy is "CATARRHOZONE," a direct breathable cure that places antiseptic balsams and healing medication on every spot that's tainted by Catarrhal germs.

WEAK THROAT, RACKING COUGH CURED BY CATARRHOZONE

"For five years I suffered from a severe attack of bronchitis. A harsh, dry, racking cough kept my throat in a raw condition from one year's end to another. Before going to sleep at night I always had a bad attack, and in the morning before I ate my breakfast I suffered greatly. My voice was harsh and raspy, and sometimes I found it difficult to make myself understood. Catarrhozone seemed to soothe and heal from the first day. It cured me and now I wouldn't think of being without a Catarrhozone Inhaler—it means life to me."

(Signed) E. SABOURIN,
Quebec.

WONDERFUL RELIEF IN ONE DAY

"No one can know better than I the enormous benefit one gets from the very first day's use of "Catarrhozone," writes A. D. Douglas, from Port Antonio, Jamaica, B.W.I. "I had for years a stubborn case of Bronchial Catarrh, ear noises, headache, sore eyes, that Catarrhozone cured in one day."

PRESERVES AND JELLIES—Continued

Canned Peaches

Canned peaches are used more frequently for peach pies, peach meringues, puddings, shortcakes, creams and other iced desserts than the preserved. The latter put up with or without brandy, need no stage setting. They are perfect as they are. The syrup for canning is made in the proportion of a cup of sugar to a pint of water. Less sugar will do if the air is wholly excluded from the jar.

Spiced Gooseberries

Top and tail the berries and wash clean. Make a syrup, allowing three pints of sugar to one of vinegar. Skim, add the berries and boil down until quite thick. Add more sugar if it seems necessary, as it is better economy to be generous with sugar at preserving time than to have to boil them over later. When nearly done, spice with cinnamon and cloves.

Gingered Pears

This is particularly nice served with ice cream or muskmelon. To eight pounds of pears chopped very thin, allow four pounds or less of sugar, one cupful of water, the juice and thin yellow rind of four lemons (be sure they are not bitter), and one-eighth pound or more of green ginger root, scraped and cut in thin slices. Bring the sugar and water to a boil, add the fruit, ginger and lemon, then simmer three-quarters of an hour or until the consistency of marmalade.

HINTS FOR GOOD HOUSEKEEPERS HOW TO HAVE FOOD BREAD

To Have Good Bread the Following Rules
Must be Observed

Use the best flour, it is the cheapest in the end.

Always sift flour or meal for bread twice.

Part milk and part water is preferable for mixing raised bread. If milk is used, scald it first and let it cool to blood heat before using. In winter the water or milk used in mixing should be lukewarm, and if the flour be kept in a cool place, warm it before using. In summer the water need not be warmed, but the milk should be scalded and cooled.

To make biscuits crisp use water instead of milk for mixing and double the quantity of shortening.

Bread should be kneaded until perfectly smooth, and so elastic that an indentation made with the finger will instantly fill up again.

(Continued on page 22)

Asthma Cured By Easy Method

Count Ten—Then Relief Comes from
Chronic Asthma

THOUSANDS CURED BY CATARRHO-
ZONE



Nothing yet discovered can compare with CATARRHOZONE in curing ugly cases of Asthma.

CATARRHOZONE is the one remedy that can be sent quickly and direct to all parts of the breathing apparatus.

The effect from Catarrhozone is a quick one—you feel better in no time—keep up the good work, use Catarrhozone as directed and you get well.

If your case is curable, if anything on earth can rid you permanently of Asthma, it will be Catarrhozone. It contains that strangely soothing and powerful antiseptic found in the Blue Gum Tree of Australia, and this is fortified by other germ-killing properties which, when so scientifically combined, make Catarrhozone a veritable specific for Asthma, Catarrh, and Bronchitis.

Even though many other remedies have failed—even though you are discouraged and blue—cheer up and try Catarrhozone to-day. What it repeatedly has done for others it will surely not fail to accomplish for you.

Catarrhozone is not expensive. One dollar will buy a complete outfit from any druggist. The money will be well spent because your immediate improvement in health will surpass your fondest expectations. Don't wait—to-day is the time to use Catahozone. If your medicine dealer does not keep it send one dollar to the Catarrhozone Co., Kingston, Ont., or Buffalo, N.Y., and you will receive the outfit by return mail.

HINTS FOR GOOD HOUSEKEEPERS

Continued

Bread should be double its bulk at the first rising in four hours, and in one hour at the second rising.

A new baking pan should always be burned blue in the oven before it is used for bread.

Bread should be kept in large tin boxes, or earthen jars which should be scalded frequently, then dried in the sun.

FAMOUS COOKING SCHOOL RECIPE FOR BAKING POWDER

Any Woman Using This Recipe Can Make
a Better Baking Powder Than She
Can Buy and It Will Be Absolutely Pure

One pound of pure cream of tartar, one-half pound of cooking soda, one-half pound of cornstarch. Mix together and sift seven times through a hair sieve.

This more than fills two one pound cans and makes a pure baking powder that is absolutely reliable.

NEVER-FAILING POTATO YEAST

Boil three good sized potatoes. When well done mash fine and add enough water to make one quart. When lukewarm, add one tablespoonful sugar and one tablespoonful flour mixed together. Then add one-half of a yeast cake mashed fine. Set away in a covered vessel and when the potato rises to the top it is ready for use and will keep for weeks in a cool place.

WHITE RAISED BREAD

Sift two quarts of flour into a mixing bowl. Rub into the flour two tablespoonfuls of butter or lard until it is fine, like meal; add one scant tablespoonful of salt, and one tablespoonful of sugar. Draw the flour to the edges of the bowl leaving a hole in the middle with about two inches of flour covering the bottom of the bowl.

Dissolve thoroughly one cake of compressed yeast in a teacupful of lukewarm water, and pour the liquid into the hole in the flour, stir in the flour from the edges, adding sufficient lukewarm water, or milk and water mixed, to knead well. Knead for half an hour, then cover to exclude all air, and set to rise. When it is well risen knead again for ten minutes, divide into loaves and put in well greased pans. Cover and let it rise again to the top of the pans. Bake in a moderately hot oven nearly one hour.

(Continued on page 28)

GOOD-BYE TO LUMBAGO! NERVILINE WILL CURE IT!

Just think of Lumbago cured by rubbing on Nerviline—not a bit of pain left—a complete cure. Every trace of lameness, every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline."

No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-weary sufferer as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For Lumbago or Sciatica you would go far to find relief so speedy as Nerviline gives. For chronic rheumatism there are pain-destroying properties in Nerviline that gives it first rank. The way it limbers up a stiff joint and takes soreness out of the strained or rheumatic muscles is simply a wonder.

If you have an ache or a pain anywhere, if you have a sore back, a stiff neck, a stiff joint, a strained muscle—if you have Lumbago, congested chest or sore throat, just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly.



Wrenched His Back—Lumbago Followed— Awful Suffering—"Nerviline" Cured

When it comes to determining the real merit of a medicine no weight of evidence is more convincing than the straightforward statement of some reliable and well-known person who has been cured. For this reason we print the verbatim statement of Captain James E. Stockland, Lower Main St., Buffalo, N.Y. "While fitting out our boat last spring I was unfortunate enough to wrench my back badly. It was on a raw day in April, and while much overheated I caught cold. I didn't notice anything amiss until bedtime. A pain stabbed me in the back like a hot knife. It was pure torture. I couldn't turn!—couldn't stand even being undressed. It was lumbago of the worst kind. My wife insisted on rubbing my back with good old Nerviline. The first rubbing didn't make any difference, but in fifteen minutes I was rubbed again and a hot flannel cloth was pressed over the pain. I went to sleep quickly and next morning was well. I don't think there is any liniment that can compare with Nerviline."

Was Agony to Stoop or Bend—"Nerviline" Cured

"I have been accustomed all my life to lift great weights, but one day I overdid it, and wrenched my back badly. Every tendon and muscle was sore. To stoop or bend was agony. I had a whole bottle of Nerviline rubbed on in one day, and by night I was well again. I know of no liniment possessing one-half the penetration and pain-subduing properties of Nerviline. I urge its use strongly as an invaluable liniment and household cure for all minor ailments, such as strains, sprains, swellings, neuralgia, sciatica, lumbago, rheumatism, and muscular pain."

(Signed) P. E. TOWNSEND,
Teamster, Harrisburg, U.S.A.

You can buy Nerviline in large 25c. bottles from any druggist or general store in the Dominion. No liniment can compare with good old "Nerviline."

Stiff Joints and Muscular Pains Vanish Just Rub on Good Old "Nerviline"

Thousands of people chuck full of the joy of living—glad, happy, bright people that NERVILINE has cured of their aches and pains,—they all tell the same wonderful story of its power over pain.

Any joint that is stiff and sore with Rheumatism can be eased and limbered up in no time. Every muscle that is sore, full of pain, that lacks power, every ache can be soothed away mighty quick by rubbing with NERVILINE—five times stronger than any other liniment, more penetrating, more pain-subduing,—there is nothing to equal Nerviline's power over pain. Read the following letters, they tell a wonderful story:—

Couldn't Walk on Sore Knee Joint WAS CURED QUICKLY WITH "NERVILINE"

"Rheumatism kept my joints swollen and sore for two years. My right knee joint was often too painful to allow me to walk. In this crippled, tortured condition I found NERVILINE a blessing. Its warm, soothing action brought relief I had given up hoping for. I rubbed on quantities of NERVILINE and improved steadily. I also took Ferrozone at mealtime in order to purify and enrich my blood. I am to-day well and can recommend my treatment most conscientiously."

(Signed) C. SPARKS,
Prince Albert.

Muscles in His Back Contorted by Cruel Pain NO RELIEF TILL "NERVILINE" WAS USED—AND IT CURED

"Lumbago got to be a chronic thing with me. I could scarcely get in a day's work before that knifing, cruel pain would attack my back. I used a gallon of liniments; none of them seemed penetrating enough to get at the core of the pain. I read about NERVILINE, and got five bottles. It is a wonderful medicine—I could feel its soothing, pain-relieving action every time it was applied. When I got the disease under control with NERVILINE, I built up my strength and fortified my blood by taking Ferrozone at meals. This treatment cured me permanently, and I urge everyone to give up the thick, white, oily liniments they are using and try an up-to-date, penetrating, pain-destroyer like NERVILINE."

(Signed) MIGUEL E. GRAHAM,
Portsmouth, Ohio.



Nerviline Destroys Every Pain NEVER BURNS—ALWAYS SOOTHES

"How thankful we are to get hold of such a wonderful household remedy as "NERVILINE," writes Mrs. E. P. Lamontagne, from her home near Wetaskiwin, Alta. "In this faraway section, far away from a doctor or druggist, every family needs a good supply of liniment. Nerviline is the best of all. It destroys every pain but never burns. We use Nerviline in a score of ways. If it's Rheumatism, aching back, pain in the side, sciatica or stiff neck, you can laugh at them if you have lots of Nerviline handy. For earache, toothache, or neuralgia I don't think anything could act more quickly. For a general all-round remedy I can think of nothing more valuable and speedy to cure than "Nerviline."

(Signed) EVELYN P. LAMONTAGNE,
Wetaskiwin, Alta.,

Chest Soreness, Congestion, Wheezing Loosened up Quickly by "Nerviline"

Any tightness or soreness in the chest should have immediate attention. If the voice is harsh or raspy, if the throat is sore, if sharp pains shoot through the chest, it is a sign of cold settling upon the system. You can rub it away quickly with Nerviline. This is the sensible thing to do. Nerviline immediately sinks in through the pores of the skin, carries its healing virtues to the source of the inflammation, and perhaps wards off pneumonia.

MOTHERS, TAKE HEED—Nerviline is a cure for a hundred little ills that constantly arise—it keeps the family in health, and makes cures—the following letters prove that it does:—

THREE YEARS OF PAIN IN LEFT SHOULDER AND CHEST

RELIEF CAME QUICK WITH "NERVILINE"

"I wouldn't think of going to sleep at night unless Nerviline was in the house," writes Mrs. J. E. Gernon, of Buffalo, N.Y. "For three years my husband was about crippled with a bad stiffness in his left shoulder and also suffered great pain in his chest. I put on all sorts of remedies but got only slight results. One rubbing with Nerviline relieved. It took several bottles it is true, but ultimately Nerviline made a perfect cure. We use Nerviline for all sorts of external pains—and find it is a wonderful panacea for the little ailments that occur in every family."

ALMOST LOST USE OF HIS LIMB FROM RHEUMATISM

WONDERFUL RECOVERY THROUGH "NERVILINE"

"Anyone would marvel at my recovery," writes Mr. Leonard Latham, a young man well known about Chatham. "I had inherited a rheumatic tendency through my mother's family, and in my early days suffered frightfully. About three years ago the pain and stiffness settled in my left knee joint. I was lame and walked with a distinct limp. Nerviline was brought to my notice and I rubbed it into the stiff joint four or five times a day. It dispelled every vestige of pain, reduced the swelling, took out the stiffness and gave me the full use of my limb again. I don't believe there is a pain-relieving remedy, not a single liniment that can compare with Nerviline. I hope every person with pains, with sore back, with lameness, with lumbago, with neuralgia—I do hope they will try out Nerviline which I am convinced will quickly and permanently cure them."

(Signed) LEONARD P. LATHAM,
Chatham, P. O., Ont.

"NERVILINE" OUR FAMILY REMEDY

"I have always found a bottle of Nerviline had more power over sickness than any other medicine," writes J. P. Dingman of Bridgetown. "It beats the white ammonia liniment twenty times. I always buy it at Collin's Pharmacy and have used it in our family for sprains, strains, swellings, rheumatism, cold in the chest, earache, and toothache. In every case Nerviline cures quickly."



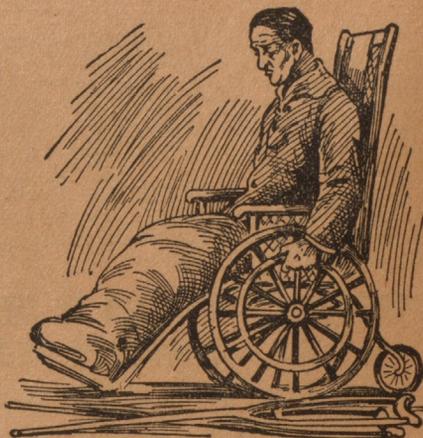
RHEUMATISM---Its Cause and Its Cure

In the days of the ancients, even as far back as records of man go, are to be found references to the disease which now-a-days we call Rheumatism. It is excited by many things—exposure to cold and damp, over-fatigue, and indiscretion in diet are among the most frequent causes. Almost any muscle or joint may be affected. Its commonest appearance is in the joints of the knees, hands and arms, or else in the muscles about these parts. It sometimes lodges in the chest, causing "stitch in the side," and pain so acute as to appear like Pleurisy or Pneumonia. An acute attack usually begins suddenly, and at the end of a week its fullest severity is felt.

TREATMENT:—Nothing is so quick as Nerviline to search out the pain, to penetrate to its very core, to bring sure relief quickly. Nerviline is composed of the strongest, most powerful pain-destroyers known to science. It is the one liniment that can be rubbed in, and rubbed right in without burning the flesh. Nerviline is free from grease and objectionable odor. It is a family liniment that has simply a magical effect upon all muscular or rheumatic pain.

We don't hesitate to say that Nerviline will destroy any rheumatic or neuralgic pain, no matter how long standing the case may be. It is always advisable, in addition to Nerviline, to look well to the blood and its condition. To purify it of any rheumatic virus, to enrich and warm it back to a condition of glorious health, Ferrozone should be used; take two tablets at meal time.

The best proof of the curative power of a medicine is what its users say of it. The following letter speaks for itself—read it carefully:



NERVILINE MADE A PERFECT CURE

FREE FROM RHEUMATISM FOR THREE YEARS

"I suffered tortures from rheumatism, tried scores of so-called remedies, consulted for weeks and months with eminent physicians, but derived only slight benefit.

"A friend insisted on my using Nerviline, and to my surprise a vigorous rubbing of this powerful liniment eased the pains and reduced the stiffness in my joints. I continued to use Nerviline and was permanently cured. I am now perfectly well, and for three years have had no rheumatism at all. I know many families where no other medicine but Nerviline is kept—it is so useful in minor ailments like earache, toothache, neuralgia, coughs, colds, lumbago and sciatica. I can also state that Ferrozone as a blood-renewing agent is simply invaluable.

(Signed) M. P. CROSSFIELD

Dunville, P.O.

STIFF KNEE JOINT CURED BY "NERVILINE"

"After suffering for three months from a sore and stiff knee joint, I decided upon the advice of my druggist, Mr. E. D. Kinkrad, to rub on Nerviline. The result was surprising. The soreness was gradually rubbed away, and after two weeks the stiffness became less noticeable. Continued application of Nerviline cured my knee trouble entirely."

(Signed) W. F. SANCHEZ,

Kingston.

Old Folks' Coughs Not Necessarily Incurable

CATARRHOZONE A CERTAIN CURE



Elderly people easily take cold. Unlike young persons they recover slowly.

Have you noticed how many people after middle life die of Pneumonia? This is because circulation is weaker and the tissues become congested and flabby; dangerous inflammation easily follows.

Even when Pneumonia does not develop and kill, coughs weaken elderly people both directly and by keeping them awake.

Cough syrups do no good and they upset digestion. Catarrhzone is a remedy of marvellous effectiveness.

CATARRHOZONE heals and cures the irritated surfaces of the throat and bronchial tubes. It soothes the cough and assists expectoration. Catarrhzone relieves the most deadly perils of advanced years, because it keeps the breathing apparatus in perfect condition.

Catarrhzone is simply healing balsamic substances that the air breaks up into little drops and carries them to every part of the respiratory tract. It acts just as the air of the pine wood acts, as a healing antiseptic remedial agent.

In many lands Catarrhzone has won its way. It has proved itself remarkable. It is convenient, most pleasant, a free-from-drugs remedy; the best cough, cold and bronchitis remedy known. Use Catarrhzone five minutes and it will prove to you more than we could tell you in an hour. Do try it.

Nothing is so quick, safe, certain to cure coughs, colds, and catarrh, as Catarrhzone.

HOMELY HINTS, BUT VERY USEFUL

When agate and tin ware are unsightly after a little use, it may be improved in this way. Dissolve two large cooking spoonfuls of concentrated lye in two quarts of hot water; put the articles in a wash boiler, pour on the lye solution, add enough water to cover them, then simmer all for half an hour; remove from the fire, then wash and dry each piece in the regulation way.

Everyone knows how food sticks to new tin ware, and it is annoying to say the least. Try this, which has also proved a preventative of rust as well in damp weather: Rub each piece well with fresh lard, then heat in the oven till quite hot, but not burnt, and wipe thoroughly with a piece of clean old wool underwear.

If tins are slightly stained, wet a cloth, rub on soap, then borax, rub pretty vigorously, and they disappear like magic.

If your coffee or tea pot is discolored, and has a strong odor of the beverage, fill it three-quarters full of cold water, add one teaspoonful of pulverized borax, and a lump of washing soda the size of a chestnut; stand on the back of the range, let it come slowly to a boil, stew five minutes; pour out the liquid, then wash and dry as usual, and the vessel will invariably be as sweet and fresh as new; this should be done often.

To sew on buttons so that they will not easily come off, hold a pin across the top of the button and sew on the usual way over the pin. Before fastening the thread, remove the pin and pulling out the button as far as the slackness thus made allows, wind the thread several times around the stitches in back and fasten.

To prevent dust from rising when sweeping sprinkle the broom with kerosene oil.

To remove mildew from white cotton goods apply soft soap and salt. Place in the sun and keep wet.

When washing blankets have the rinsing water soapy, and have all the blankets pass through at the same temperature. The soapy rinsing-water insures lightness and fluffiness.

If you use a wooden wash tub, bore a small hole near the bottom and insert a cork. When you wish to empty the water, remove the cork, and save the labor of lifting the tub.

Fasten a soap dish to the side of your tub. This will prevent waste of soap caused by splashing of water.

One of my friends told us that she often dipped French fried potatoes in cornmeal before frying. We have tried it since and find it "dee-licious."

(Continued on page 28)

Strongest Porous Plaster Lasts the Longest Cures the Quickest

Anyone who has used Nerviline Porous Plaster will tell it is far the best

NERVILINE POROUS PLASTER

It Fits Perfectly on any Part of the Body,
Guaranteed to Relieve Pain

Nerviline Porous Plasters because of their wonderful merit and curative properties are fast driving all other Plasters off the market.

When nothing else will even relieve a pain this splendid plaster will often cure it quick as wink.

Hundreds who have suffered from back-ache, neuralgia, lumbago, kidney weakness, soreness and stiffness can vouch for the prompt cures made by Nerviline Porous Plasters.

For sore chest, bronchial weakness, pain in the abdomen, no more harmless way to relieve the pain could be devised than to put on a Nerviline Porous Plaster.

This soothing plaster is quite different from anything you have used in the plaster line. It doesn't cause a blistering irritation of the skin. It doesn't draw, pull, and feel always uncomfortable.

You realize once you put on a Nerviline Plaster that you have the same pain-relieving power at work in the plaster as you have in Nerviline itself.

Try this wonderful soothing plaster. It fits well, feels comfortable, is soothing and entirely new in principle and action from older types of Porous Plasters.

All dealers sell Nerviline Plasters, 25c each, and be sure to get the Nerviline Plaster only, and do not accept a substitute.

CORNS AND CALLOUSES EASED UP QUICKLY

Don't be a limping corn-sufferer. You can ease any old kind of a corn, actually remove it without pain—leave your toe as smooth as silk—you can do all this by simply applying Putnam's Painless Corn Extractor which does the trick while you sleep. It's a wonderful remedy—thousands use it—every user recommends it. Accept no substitute for Putnam's Extractor, sold in 25c bottles at all druggists.



HOMELY HINTS—Continued

To frost a cake evenly to the very edge, and prevent the icing from running down the sides, double a piece of stiff waxed paper and pin it about the cake closely, letting the band come about half an inch above the top of the cake. Spread on the icing thickly and evenly. Do not remove the paper until the icing is set.

Put a tablespoonful of molasses in your griddle cake batter and the cakes will brown beautifully, even if made without milk. Put in a tablespoonful of lard or other shortening and they will turn easily without the griddle being greased.

HINTS OF VALUE TO HOUSEKEEPERS

"Can you tell me something that will set the color in these ribbons when I wash them?" asked Mrs. Newlywed.

"One ounce of Epsom salts added to a gallon of water will make an excellent mixture and will help to set the color," answered Mrs. Neighbor.

"What makes this undercrust so soggy?" asked Mrs. Newlywed. "Whenever I make fruit pies it is always so."

"Mix half the sugar you intend to use in the filling with an equal amount of flour, and sprinkle it on the under crust before you put in the fruit," advised Mrs. Neighbor.

"Look at these white silk stockings," exclaimed Mrs. Newlywed. "They are almost new, yet see how yellow they are."

"White silk stockings should be washed at night to keep them from turning yellow," said Mrs. Neighbor. "Wash in warm, not hot, suds, using a good soap. Rinse well and hang on a rack to dry. By morning they will be ready for use."

"I wish you would tell me how to steam brown bread," pleaded Mrs. Newlywed, as she sat puzzling her brain over a cook book searching for the needed information.

"Place the mixture in a well-greased five-pound lard pail and put the cover on. Then take a ten-pound pail, fill about one-third full of boiling water and stand the small pail in it, putting a cover on the large pail. No steam will escape and you can move it to any part of the stove," was Mrs. Neighbor's advice.

"I wish I knew how to make some new kind of jelly," remarked Mrs. Newlywed.

"Why not try quince and cranberry," suggested Mrs. Neighbor. "Use two-thirds quince and one-third cranberry. Make just the same as any jelly and you will find it different and very delicious."

(Continued on page 29)

Running Sores Quickly Healed

For healing cuts, scratches, open wounds or
ulcers nothing surpasses

DR. HAMILTON'S OINTMENT

The quick healing properties of Dr. Hamilton's Ointment will surprise you. It draws the soreness and poison out of old sores and wounds that have been festering for weeks. This wonderful antiseptic kills the germ life in an open sore, starts the process of healing and quickly forms a new healthy skin. When applied promptly to a fresh wound it often stops blood poisoning and saves intense suffering, perhaps death. No family should be without this wonderful remedy.

Stops Eczema Instantly

That terrible itch of eczema stops instantly when Dr. Hamilton's Ointment is applied. It contains soothing elements and powerful antiseptics that destroy the cause of Eczema, Sault Rheum, Tetter, Psoriasis. For a healthy skin, free from all sores, blemishes, itchiness and disfigurements, nothing can compare with Dr. Hamilton's Ointment

Itchiness in the Skin Yields Instantly To Hamilton's Ointment



No treatment will end itching and heal skin eruption so quickly as Dr. Hamilton's Ointment. When the feet are sore, cracked and almost too painful to walk upon, Dr. Hamilton's Ointment will cure them.

If your hands are burned, cracked, sore and bleeding from any cause, if you have a bad sore any place on your body, Dr. Hamilton's Ointment will heal it quickly.

For babies' rashes, Dr. Hamilton's Ointment is the quickest, safest, most reliable cure. Sold in large 50c boxes by all druggists.

Quickly Extracts Corns

Gives Instant Relief

To use Putnam's Corn Extractor is to get quick relief. The sting disappears, toes feel better at once, another application or two and the corn goes away. Nothing acts so slick as Putnam's Extractor—it's so sure, so painless, so dead certain to root out any kind of a corn. Putnam's Extractor never fails, 25c per bottle, sold by druggists.



To use Putnam's Corn Extractor is to get quick relief. The sting disappears, toes feel better at once, another application or two and the corn goes away. Nothing acts so slick as Putnam's Extractor—it's so sure, so painless, so dead certain to root out any kind of a corn. Putnam's Extractor never fails, 25c per bottle, sold by druggists.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"I seem always to have to get out the unused silver and clean it every time I open the box," complained Mrs. Newlywed.

"Lay a piece of gum camphor in the box in which the silver is kept and you will not have to clean it so often," advised Mrs. Neighbor.

"About half the fruit I preserve goes to waste," sighed Mrs. Newlywed. "Our family is so small we never use a jar after it is opened before it spoils."

"Why don't you put the fruit in pint jars and the jellies in small glasses?" asked Mrs. Neighbor. "Often fruit is allowed to spoil because a too large jar is opened and the monotony of the same sort of canned fruit served continuously is unpleasant."

"This piece of beef is terribly tough. I wonder if there is anything I can do to make it more tender?" queried Mrs. Newlywed.

"Lay it for a few minutes in a strong vinegar water and you will find it much improved," advised Mrs. Neighbor.

"Can you tell me what will take the stains from my white stockings, which were made by wearing high boots?" asked Mrs. Newlywed.

"Borax will take leather stains out of white stockings," answered Mrs. Neighbor.

"I wonder why my flowers wilt so quickly," fussed Mrs. Newlywed. "They seem to fade right away as soon as I bring them home."

"Cut flowers wilt quickly from the heat of a room. If a small piece of camphor is placed in the water you will find it will keep them fresh much longer," advised Mrs. Neighbor.

(Continued on page 30)

Skin Itched Terribly For Twenty Years

CURED IN A MONTH

"When I was ten years old," writes E. F. Franklin, from Kingston, Jamaica, "a terrible itching started on my arms and legs. A pimple rash broke out and caused intense discomfort. Naturally I kept scratching the itchy spots and festering sores often broke out. This condition kept up for twenty years. I was advised by a clerk in E. D. Kinkead's Drug Store to try Dr. Hamilton's Ointment and did so. One 50c box of this wonderful Ointment gave me quick relief. I used several boxes and in one month was cured."

Blistering Humors Quickly Cured



"I was terribly concerned about white, watery looking blisters that broke out on my body," writes Mrs. F. E. Fernandez, from Port Limon, Costa Rica. "I contracted the trouble in Jamaica, but it grew worse when I came to live here. My skin burned and itched terribly and I often could not sleep. If I rubbed or scratched these little pimples a terrible festering sore would break out. I bought some Hamilton's Ointment at the English Pharmacy and got truly wonderful relief in a few days. Dr. Hamilton's Ointment sort of grew new skin wherever the rash was and gradually drove it off my body."

Festering, Itchy Sores Permanently Cured

"I had terrible trouble with itchy skin," writes M. P. Mound, from San Jose. "Little red spots first broke out, but as time went on they grew gradually larger and some of them developed into large open sores. I couldn't keep from scratching, and often tore the bandages off in my sleep. I was given a small box of Hamilton's Ointment by a friend who had used this wonderful healing remedy in Barbadoes. The effect was magical. The sores healed, the burning itch disappeared and I am, thanks to Dr. Hamilton's Ointment, now perfectly well."

Sores Corn Removed Without any Pain

Just think of it—a corn remedy that acts quickly and without pain. No wonder Putnam's Painless Corn Extractor sells so well. You see it's different from any other remedy you have ever used. Does not merely relieve the pain temporarily, but is guaranteed to remove the meanest, sorest corn or callous, no matter how long it has bothered you. Get a 25c bottle of "Putnam's" Corn Extractor to-day. Sold by all druggists.



HINTS OF VALUE TO HOUSEKEEPERS

Continued

"Won't you tell me the best way to clean this lace?" asked Mrs. Newlywed.

"Fill a large bottle, with cold water," directed Mrs. Neighbor, "and sew around it some clean old white muslin. Tack one end of your lace to the muslin. Now take a clean sponge and some pure sweet oil and saturate the lace through to the bottle. Then set the bottle in a deep kettle and fasten it with string or thread to keep it upright. Pour in a strong cold lather of white castile soap and boil the suds until the lace is white and clean. Then place the bottle, with the lace still around it, in the sun to dry."

"What can I do to set the color in these new stockings?" asked Mrs. Newlywed.

"Use rinsing water in which a tablespoon of common salt has been dissolved," advised Mrs. Neighbor.

"Will you please tell how to make apple and suet pudding?" requested Mrs. Newlywed. "I had some at a friend's house and it was delicious."

"Use two cups of chopped apples, two cups of chipped raisins, one cup of sour milk, one cup of molasses, one cup of suet, and flour enough to make a stiff batter," directed Mrs. Neighbor. "Put a teaspoon of soda in the milk, then add a little grated nutmeg and cinnamon and a pinch of salt. Stir in the suet, then the flour a little at a time. Boil tied up in muslin."

(Continued on page 31)

Enriches the Blood Cures Anaemia Prevents Debility

Ferrozone has remarkable power to build up thin-blooded people

EVERY CASE IS CURABLE

When anaemic, you are languid and sensitive to cold. Gums, lips, eyelids are blanched and waxy. The skin is pallid, pulse becomes rapid and feeble. You grow dyspeptic, short of breath and nervous.

Anaemia can't exist if there is a sufficient supply of healthy blood—Ferrozone makes blood and lots of it.

Mothers look at your children. Are they ruddy and strong,—do they eat and sleep well, or are they pale, weak and anaemic. FERROZONE will rebuild them.

Take your own case,—is the blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

FERROZONE will supply the strengthening elements you require. It is a blood-forming, nourishing tonic that makes every ailing person well. Ferrozone is a marvelous remedy,—it contains in concentrated form certain rare qualities that especially fit it in cases of anaemia, poor color, thin blood, tiredness and loss of weight.

Every day you put off using Ferrozone you lose ground, Get it to-day.

Blood Had Turned to Water Ferrozone Cured Him

"My blood had turned to water, I was told, and I needed the very best tonic obtainable to vitalize it. You can imagine how run down in quality when it seemed I was suffering from Pernicious Anaemia. FERROZONE worked wonders. Every week I could see my blood was making my constitution stronger. I hadn't any heart disease. The palpitation was caused by poor blood—so was the shortness of breath. FERROZONE has made a new man of me. I am as hearty, ruddy, vigorous as I was twenty years ago.

(Signed) G. F. FABER,
Kingston.



HINTS OF VALUE TO HOUSEKEEPERS

Continued

"I am having an awful time beating these egg whites," almost apologized Mrs. Newlywed as Mrs. Neighbor looked on. "But they don't seem to stiffen up at all quick," she concluded.

"If you will always be sure they are cold before beginning the beating and also add a pinch of salt, I think you will have no such trouble," suggested Mrs. Neighbor.

"What do you suppose makes this milk curdle when used for tomato soup?" asked Mrs. Newlywed. "I have an awful lot of trouble that way."

"It may be prevented by adding a bit of bicarbonate of soda before mixing with the tomato," answered Mrs. Neighbor.

"I wish you would tell me how to make a yellow frosting," pleaded Mrs. Newlywed. "I think it is delicious, but I don't know how to make it."

"A yellow frosting is made by heating the yolks very lightly and thickening them with fine sugar as you would the whites. It will take a little longer to harden them if the whites were used," instructed Mrs. Neighbor.

"It is an awful job to keep the coal range looking good all the time, isn't it?" said Mrs. Newlywed.

"Yes, it is in the old way," replied Mrs. Neighbor, "but if you will rub it quickly while hot with a piece of paraffin wax, then wipe it off with a cloth you will find there will be sufficient wax left so that by rubbing it over with a cloth after each meal the stove will always look well."

"I wish I knew of some way to polish this old-fashioned frame on my gilt mirror," remarked Mrs. Newlywed.

"I think I can help you," returned Mrs. Neighbor. "Just rub it over with a cloth dipped in water in which onions have been boiled."

"I wish you would tell me how to remove shine from black silk if such a thing can be done," said Mrs. Newlywed.

"Wet a flannel with cider vinegar and rub the shiny places well until all the shine has disappeared. Then hang it up to dry," directed Mrs. Neighbor.

"Isn't there some way to prevent tinware from rusting, something that can be done to it when it is new?" asked Mrs. Newlywed.

"When the ware is new rub it over carefully with fresh lard and then heat thoroughly before using. This will prevent it from rusting," advised Mrs. Neighbor.

(Continued on page 32)

Drives Away Tiredness Cures Insomnia Restores Good Health

Thousands of happy people rejoice in the strength and spirits secured from
FERROZONE

NO TONIC BRINGS STRENGTH SO QUICKLY AS FERROZONE

Probably no remedy has come so rapidly to the front and is held in such high estimation by the people of Sherbrooke as "Ferrozone."

Everyone is talking of the wonderful cures it has made, and no one is more enthusiastic in their praise of Ferrozone than Mrs. George Ray, of No. 3 Alexander St., who writes of her case as follows:



am glad to recommend Ferrozone to all my friends."

(Signed) MRS. GEO. RAY.

Marvelous Recovery with "Ferrozone"

From St. Francis, Maine, comes the following statement from Mrs. Ovila Daigle

"I want to write a few lines in order to tell you how much better my health is since taking 'FERROZONE.'

"For two years I was weak.

"Couldn't do any housework.

"Was tired, worn out, depressed.

"Thought I wouldn't recover."

"Since using Ferrozone I have grown strong enough to attend myself to the family washing. I have seven children and a husband, and am doing all the housework myself. I still use FERROZONE and seem to gain better health all the time."

(Signed) OVILA DAIGLE.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"Won't you tell me how to clean jewelry?" asked Mrs. Newlywed. "I have a lot of it that should be cleaned."

"Wash the jewelry in hot soap suds, to which a few drops of ammonia have been added. Then shake off the water, rinse in alcohol and drop into a box of jeweler's sawdust," advised Mrs. Neighbor.

"What can I put in my pantry closet that will keep out the mice?" queried Mrs. Newlywed.

"If camphor is kept in drawers and cupboards the contents will be safe from the mice, for they detest the smell of this gun," advised Mrs. Neighbor.

"I have a large picture frame that has become badly flyspecked this summer. Can you tell me how to best clean it?" asked Mrs. Newlywed.

"If you brush the spots off with the white of an egg you will find they will disappear entirely and not hurt the frame," advised Mrs. Neighbor.

"I have washed and washed my hands in hot water and yet I cannot seem to get the odor of onions off," complained Mrs. Newlywed.

"Never use hot water either on your hands or cooking utensils to get off the smell of onions," said Mrs. Neighbor, "as it will only set the odor. Cold water in abundance will do much better."

"The bread dries so since we have had the heat on we are not able to use it up before it is unfit to eat," fussed Mrs. Newlywed.

"To keep it moist, place in the bread pan a board pierced with holes and so supported as to be a couple of inches from the bottom of the pan. Put an inch depth of water in the pan, put the bread on the board and cover with the lid," advised Mrs. Neighbor.

"What is that delicious flavoring you use on your meats?" asked Mrs. Newlywed. "I never tasted anything like it."

Mrs. Neighbor then explained her secret as garlic vinegar. "In a quart bottle of the best vinegar," she said, "I place a small garlic and, as the vinegar is used, replenish it. Into the pores of the meat pour as much vinegar as it will absorb, then I brush it over on both sides with olive oil. This makes the meat rich and tender and the mysterious flavor cannot be defined."

(Continued on page 33)

The Best Tonic for Old Folks is "Ferrozone"

Life to old people can only be pleasant when all the faculties are active. But we all know, the human body is merely a machine. It gradually wears away, grows weak in spots, must be patched here and there or break down.

In old age it is well to remember the old adage that a stitch in time saves nine,—in other words, health should be carefully guarded. The blood is sure to grow thin and lack the nutrition of younger days, and to overcome this condition there is probably no remedy that gives such immediate results as Ferrozone.

First of all Ferrozone increases the appetite—then it assists digestion and in consequence all that is eaten is at once converted into nourishment. A well nourished body is bound to grow strong, and by using Ferrozone the advance of old age can be pushed back for years.

In highly concentrated form Ferrozone contains strengthening elements that circulate to every nook and corner of the body. By supplying exhausted nerves with life and toning up the organs that are weak or inactive, the change it brings about is marvelous.

If you are feeble, sleep poorly, have nervous fears, weak heart or rheumatism, you will surely be cured by FERROZONE. If it's better health you seek—FERROZONE will bring it surer and quicker than anything else.

Health Restored at 61

Mrs. E. P. Roman, of Brookfield, writes as follows:—"My mother enjoyed excellent health until she entered her sixty-first year. Then she grew listless and weak—anything she attempted to do made her tired. It was dreadful to have mother ill, and not so very old either. The doctor told us she needed building up. As a general tonic medicine I had heard more about FERROZONE than about anything else, and got a few boxes at the Drug Store. If you could see mother now, you would realize how much good FERROZONE had done her. She has grown almost young-looking, feels strong, and takes a keen interest in everything that goes on. Now that mother has been restored to her old-time vigor and health, the little things she does for us would be more missed than ever."

All old folks will see the rejuvenating, uplifting influence of FERROZONE. It is a nourishing tonic of unequalled potency. Try it—one or two tablets with each meal; 50c per box, six boxes for \$2.50, all dealers.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"How can I get these grease stains off the dining room curtains?" asked distracted Mrs. Newlywed.

"They may be removed usually with simply soap and water," said Mrs. Neighbor, "but if that is not strong enough allow the curtains to soak in oxalic water one ounce to a gallon and then rewash in soap and water."

"I tried to make some marmalade this morning and it all burned," sighed Mrs. Newlywed. "What do you suppose happened to it?"

"It is very easy to burn jam or marmalade," sympathized Mrs. Neighbor, "but I think I can tell you how to prevent it. Just butter the bottom of the preserving pan before putting the contents into it. This will also prevent it from boiling over."

"Is there any way of getting rid of cockroaches?" asked Mrs. Newlywed. "My pantry is overrun with them."

"The little pests have often been disposed of by sprinkling equal parts of powdered borax and well pulverized moth balls about their haunts," advised Mrs. Neighbor.

"It seems a pity to throw away all of this shoe polish," remarked Mrs. Newlywed. "but I have tried to soften it with water and it does not help any."

"Try to soften it with milk instead of water," advised Mrs. Neighbor, "and you will find it will fix it in good shape to use and will give a much better polish."

"Please tell me the best way you know of to clean hairbrushes?" asked Mrs. Newlywed.

"Dissolve a little washing soda in warm water and pour in a small amount of ammonia. Hold the brush with the bristles down and avoid wetting the back if possible. Rinse in cold water and put in the air to dry with the bristles down," directed Mrs. Neighbor.

"Isn't it a job to put on new gloves?" sighed Mrs. Newlywed, as she struggled with a pair of refractory gloves.

"I always powder the inside of my new gloves before I put them on," said Mrs. Neighbor. "It makes them slip on easy and besides prevents the dye in colored ones from soiling the hands."

(Continued on page 34)

Nervous Debility Quickly Changed To Vigorous Health

Almost every city in the world holds proof
of the marvelous powers of
FERROZONE

The rush and bustle of life—its telephones, automobiles, social obligations, constant nerve strain—all imposes a tremendous strain upon the resources of the human body.

Compare to-day with thirty years ago.
Life is a whole lot different.

The thoughts and emotions that crowd through your brain so fast are bound to exert an enormous influence on sleep—nerves—nutrition—stomach and brain.

The mad rush of our time makes such an influence upon the vital functions of the body as to wreck the health of thousands before they attain the age of thirty.

An important electric engineer of Baltimore, Md., U.S.A., gives a clear view of the influences that shattered his once strong nerves.



"It is one of the remarkable features of electrical construction, the frightful haste that is demanded. It involves mental reflection of great concentration, and the speed at which we work, wears the mind and body almost like fire. When I was only thirty I was useless—brain weary—anaemic—nervous and sleepless.

Digestion was so poor, food did me little good. A short vacation at New York brought 'FERROZONE' to my notice. I can say it is a marvelous remedy for such nerve waste and mental exhaustion as bothered me. The effect of FERROZONE upon my system was like sunshine to the flowers in Spring. Ferrozone built me up, has given me real health."

You are sure to be lifted from ill-health and weariness, certain to be brought back to joyous health by FERROZONE, try a couple of FERROZONE TABLETS at meal time—do so and you are assured of new vigor, spirits and lasting good health. Ferrozone costs 50c per box, at all dealers.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"How can I remove the shine on the back of my serge skirt?" inquired Mrs. Newlywed of her kind friend.

"You can remove it temporarily with water to which a few drops of ammonia have been added," advised Mrs. Neighbor.

"What makes custard so watery almost every time I bake one?" inquired Mrs. Newlywed.

"You should not have the oven too hot when baking custard," replied Mrs. Neighbor, "or it will be apt to be watery. Set the custard in a pan of hot water and see that it does not boil while cooking."

"I wish I could afford to burn powdered driftwood in my fireplace," said Mrs. Newlywed. "But it is so expensive."

"Try cutting up old rubbers and boots," said Mrs. Neighbor. "They give out the same colorings as the powder, and, of course, cost nothing and there is absolutely no odor."

"I wish you would tell me the best kind of old materials to use for dust cloths," ventured Mrs. Newlywed.

"Good dust cloths are made from stockings slit open, stitched and soaked in coal oil several hours, then hung in the air to dry. They take up all the dust and prevent it from flying," advised Mrs. Neighbor.

"I wish I knew of something that would clean my bathtub easily," sighed Mrs. Newlywed. "It gives me a backache to try and clean the tub every day."

"Use kerosene," said Mrs. Neighbor. "It will remove the high-water mark and other stains at the first rub. It should be applied with a woolen cloth and then the tub washed out with soap and water."

"What will take grease spots out of a black and white silk waist?" inquired Mrs. Newlywed.

"Apply carbonated magnesia to the wrong side and, after it has been left for several hours, rub off," said Mrs. Neighbor. "If not wholly clean, repeat the operation."

"You are making too hard work of cleaning that paint," remarked Mrs. Neighbor, as she came upon Mrs. Newlywed scrubbing away at some woodwork in her bedroom.

"To clean varnish and paint easily and well you should add a little vinegar to the warm water you use. Then polish with a wash leather."

(Continued on page 35)

Do You Lack Energy and Spirit? Always Tired Out?

FERROZONE, THAT GRAND TONIC,
WILL MAKE YOU WELL QUICKLY

Read of what it has done in cases worse
than yours

"I know of no greater misery into which one can fall than the anxiety of studying your troubles, real or imaginary, or the symptoms of the illness from which you suffer," so writes Mr. P. D. Guerrero, of Santiago de Cuba. "I am a tailor, and can assure you



that sewing brings a far greater strain upon one's system than is usually suspected. Often I am compelled to work with tremendous haste, and try at night to keep my health by drinking strong tea or coffee.

"Frequently during the night I would waken with heart fluttering and find myself cold and trembling. Then my appetite failed—I grew thin and pale and was perfectly wretched. Then I began to watch for this and that symptom, until I fairly became haunted by foreboding and nervous anxiety. Now I am well I wonder at it all—but this I know,—I wouldn't have been able to last another year had I not restored my health by FERROZONE. In every way FERROZONE did me good, braced up my nervous organization, gave me strong blood, good appetite, ruddy color, and enabled me to sleep well. In ways that every man can understand, Ferrozone did me enormous good. I will always use it."

FERROZONE A FOOD TONIC

No nourishing, strengthening medicine so potent, so certain to rebuild as Ferrozone—try it—one or two tablets at meals. Sold by all dealers, 50c per box, six boxes for \$2.50.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"Tell me how to do up damask tablecloths, won't you?" asked Mrs. Newlywed of her friend.

"Damask table linen rarely requires any starch," returned Mrs. Neighbor. "If they are carefully washed and ironed while damp they will be stiff enough and will wear much longer. Use irons as hot as possible without scorching the linen, and iron each piece until it is perfectly dry. Keep the edges straight and the folds even."

"My brown shoes are frightfully stained and ugly looking. Can you tell me how to properly clean them?" asked Mrs. Newlywed.

"Rub them with a piece of flannel dipped in methylated spirit and let them thoroughly dry before polishing and they will be quite free from stains," answered Mrs. Neighbor.

"I never seem to get any tinware nice and clean after using. Do you know of something I can use to clean them nicely?" asked Mrs. Newlywed.

"The stains on tinware can be removed by dipping a damp cloth in common soda and rubbing briskly. Wash and wipe dry. Brass or copper, if it is very dirty, can be cleaned by putting some fine salt in a plate, dipping it into a cut lemon and rubbing on the metal. The strong acid will remove the worst stain," advised Mrs. Neighbor.

"There is a crack in my cook stove and I don't know what to do about it," remarked worried Mrs. Newlywed. "Could you tell me some way to mend it?"

"You can make a good cement of wood ashes and salt in equal quantities, reduced to a paste with cold water. Fill in the cracks when the stove is cool. It will soon harden and may be polished over," directed Mrs. Neighbor.

"Why is it my cake always drops down in the centre, no matter how careful I am in baking?" asked Mrs. Newlywed.

"Your dough is too rich; you use too much sugar," said Mrs. Neighbor. "That is what makes it drop. Again if it rises too much it is because your dough is too thick."

"My machine works so heavily that I hate to undertake to do any sewing lately," complained Mrs. Newlywed.

"It will give far better service if oiled frequently with a good lubricator, following a thorough cleansing with absorbent cotton and kerosene oil," directed Mrs. Neighbor.

(Continued on page 36)

Ferrozone Gives New Life To the Sickly

Grandest Tonic For Folks That Are Tired,
Anaemic, Nervous

BRINGS BACK STRENGTH QUICKLY

Mrs. G. A. Gonzales, of Trenton, when almost at death's door was made strong and vigorous by Ferrozone.

Read her letter—it contains glad news of thousands that Ferrozone can quickly bring back to health.

"Muscular fatigue seemed to follow every slight exertion. I would soon feel the weakness of the muscles of the back, limbs and arms. Even the fixed position of light sewing would be sufficient to bring on tiredness. In a little while if I picked up a book, the letters would look blurred and if I didn't drop it, headache would result. My thoughts would not flow freely—I was irritable, irrational, and insomnia seemed at last to be settling down upon me. Finally I saw I had to give up trying to do things, and began taking Ferrozone. I am glad now I did this. Ferrozone gave me an appetite and aided digestion of my food. I could soon see how my blood was being renewed, and its color reddened. When my blood improved my nerves also improved, and by persistence with FERROZONE lots of food and rest, I recovered perfectly from the load of worries and sickness that made my life so miserable. I urge every ailing, weak or worried woman to use FERROZONE, one or two tablets with meals."

Gained Weight Quickly Through "Ferrozone"

"Last autumn I was thin and miserable," writes Mr. Dan Dawson from Woodstock. "I was rundown and a bit nervous, too. My weight was twelve pounds under normal and naturally in this condition I couldn't geel up to much. A friend of mine in the U. S. wrote me about Ferrozone and sent me a box. I was soon feeling better, my appetite increased, color came to my cheeks, I felt stimulated and improved in every way. I gained weight quickly, and with it, good health."

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"I always get some of the yolk of an egg in the white whenever I try to separate them," complained Mrs. Newlywed.

"You can remove the yolk that gets into the white by dipping a cloth into warm water and wringing it dry. Then touch the piece of yolk with the point of the cloth and it will cling to it at once," said Mrs. Neighbor.

"When I scorch a white cloth piece when ironing what can I do to make it look well again?" asked Mrs. Newlywed.

"Rub the scorched place with a cloth dipped in diluted peroxide, run the iron over it and the cloth will be as white as ever before," was Mrs. Neighbor's advise.

"I find it very hard to keep my steel knives from rusting," remarked Mrs. Newlywed. "Can you tell me of some way to keep metal things bright and clean?"

"Steel utensils must be kept dry and wiped with dry cloths," answered Mrs. Neighbor. "When putting away steel or nickel utensils a coating of vaseline will keep away the atmosphere and rust."

"I wish I didn't have to use so much sugar in cooking fruit," complained Mrs. Newlywed. "It seems as though it made it cost an awful lot more than it should."

"If you add a little salt you will find that it improves the flavour and less sugar is required," advised Mrs. Neighbor.

"What makes so many of my last year's jars of fruit spoiled, do you suppose?" asked Mrs. Newlywed.

"Perhaps they were not airtight," suggested Mrs. Neighbor. "In canning fruit turn the filled jars upside down for a day or so as to be sure they are sealed tight. New rubbers should be used every year, but if then the juice leaks out the fruit must be cooked over again and resealed."

"I wish you would give me your recipe for popovers, for I think they are always so delicious," pleaded Mrs. Newlywed.

"I shall be glad to," responded Mrs. Neighbor. "Place in a mixing bowl one cup of milk, one unbeaten egg, one cup of flour and a pinch of salt. Beat thoroughly with an egg beater for three minutes and place in a hot buttered muffin tin. Cook half an hour in a moderate oven."

(Continued on page 37)

All Young Girls Need Blood Medicine

Doctors and Nurses Have Agreed That Every
Girl's Health Demands a Remedy like
FERROZONE

Notice your own daughter—perhaps she is about sixteen—good to look at, and pretty—quite interesting because she reflects the graces and charm that gives promise of happiness to herself and others. But she is not strong. The color in her cheeks, once so rosy, has faded away. Her eyes are listless—the buoyancy of spirit and vigor she once possessed are sadly lacking. Parents, friends, this girl needs FERROZONE—needs it that her blood may be renewed—needs it to restore the nerve force that growth, study and development of her fresh youth have exhausted.

This girl will become a queen with FERROZONE—which will restore her color—bring back her old-time energy—give brightness to her eyes and vivacity to her spirits.

In Ferrozone every girl finds strength—then she can do things. In FERROZONE there is endurance that drives away tiredness and languor. For the girl or woman that wants to be happy, healthy, winning,—who values rosy cheeks, laughing eyes and abundant good spirits, nothing can compare with Ferrozone.

Ferrozone Saved a Girl's Life

"My daughter enjoyed a vigorous and happy childhood," writes Mrs. D. G. Goodwin from Meriden, "who just at her approach upon womanhood, her strength failed and



her mind became somewhat depressed. Her appetite became so variable that no effort I could make to supply variety and changes of diet would induce her to take comfortable meals. I never saw a girl tire out so quickly. Her natural functions were checked, and her color was blanched. It looked like PERNICIOUS ANAEMIA until I found how quickly Ferrozone was building up her blood. Even the first sign of redness in her cheeks, and the improved interest she began to take in things, gave us courage. This improvement was only the beginning of good that Ferrozone started. Ferrozone is the best tonic

treatment for growing girls. It restored Jennie's health when we were almost in despair."

It's from twelve to twenty, that every girl needs iron for her blood,—a bracing tonic to keep her vitality high. All she requires is combined scientifically in Ferrozone; try it, two tablets with meals; 50c per box, six boxes for \$2.50, all dealers.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"Please tell me how to clean my painted wall in the kitchen," was Mrs. Newlywed's plea one morning.

"Dissolve two ounces of borax in two quarts of water," directed Mrs. Neighbor. "Add a tablespoon of ammonia and use half of this mixture to a pail of water, with no soap. After washing the wall rub it with clean cloths until dry."

"I wish I knew how to get a cake out of the pan after baking without danger of breaking it," remarked Mrs. Newlywed.

"After taking from the oven stand the pan on a cloth wrung out of hot water. Leave for a few minutes and then turn out and you will find it will come out without any trouble," directed Mrs. Neighbor.

"My hands are terribly chapped and rough from being in dishwater so much," complained Mrs. Newlywed. "What can I do to keep them presentable?"

"Put two ounces of glycerine in a bottle with one ounce of alcohol and one ounce of water. Shake well and apply to the hands at night," advised Mrs. Neighbor.

"Look at my hands. Are they not a sight?" fussed Mrs. Newlywed. "They are all covered with onion stain."

"You can remove onion or apple stains from the hands by squeezing the juice of a lemon into the palm of the hand and rubbing it into the fingers thoroughly. The stain will disappear immediately," directed Mrs. Neighbor.

"When I try to make cup custards they always cake up and look badly when served," complained Mrs. Newlywed.

"You can remedy that easily," said Mrs. Neighbor, "if you will add a little salt to the custard when making. It will improve the flavor and keep it from caking."

(Continued on page 38)

Delicate Young People Made Strong With "Ferrozone"

**THIS REMEDY USED IN AMERICA WITH
SIMPLY WONDERFUL SUCCESS**

**Simple Thing to Take—Two Tablets
at Meal Time**

The strain of study, social duties, work at home,—these all tend to make nervous troubles among children. No wonder that St. Vitus Dance, Epilepsy and constant headaches have become alarmingly common. Pale, nervous, listless young people are met everywhere.

It is nothing short of criminal for parents to neglect signs of weakness in their children. By ignoring the slightest symptom of nervous or mental strain, you may condemn your child to life long invalidism. If any member of your family complains of headaches, of poor sleep, of loss of appetite, fear of going into dark places, give them that wonderful tonic "FERROZONE." Strength of body and mind, hardy nerves, ability to study with comfort, all the attributes of health quickly follow the use of FERROZONE. It establishes strength, color, endurance, vim,—does this by filling the whole system with nourishment and tissue-forming materials. It's because we know the enormous good that Ferrozone will do, because we are sure every child and even grown folks will be permanently benefited that we urge you to give it a trial.

Give your sons and daughters a fighting chance! Give them good home surroundings, fortify them with education—above all else do everything possible to insure for them perfect health in years to come. In no way can you destroy weakness and build up health so surely as with FERROZONE.

It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are needful in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim and energy increases day by day, then you know what grand work Ferrozone is doing.

Because it makes and keeps you healthy, because it is pleasant, harmless and sure to do enormous good—you and your children should use Ferrozone every day. Sold by dealers in 50c boxes.

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"Whatever are you putting that vinegar in with the chicken for?" questioned astonished Mrs. Newlywed.

"When boiling chicken if I put half a cup of vinegar in the kettle I find it makes it much more tender and juicy and the vinegar will not taste at all," explained Mrs. Neighbor.

"These shoes are still damp and will not take the polish. What shall I do for something to wear this afternoon?" complained Mrs. Newlywed.

"You can polish them and make them look fine if you will add a few drops of paraffin oil to the shoe dressing," advised Mrs. Neighbor. "This will also prevent the leather from cracking."

"I want to wash this embroidered collar," said Mrs. Newlywed. "Can you tell me how to do it?"

"When laundering embroidered collars, handkerchiefs, lace, etc., a little borax added to the water will take the place of starch and give the desired body to the material," instructed Mrs. Neighbor.

Two tablespoons of sal soda (washing soda), one tablespoon chloride of lime; dissolve in one pint of water in a badly burnt agate or enamel utensil and boil 30 minutes and all the burned places will be gone entirely and without injury to the article boiled.

"This voile cotton waist looks dreadfully," remarked Mrs. Newlywed. "It ought to be washed but I am afraid I cannot make it look decent again."

"If, after it is washed and dried, it is dipped in a solution of gum arabic, a teaspoon of the powder to a pint of water, then rolled in a cloth and ironed wet, the blouse will look like new," advised Mrs. Neighbor.

"I want to make some lemon marmalade, but I don't know how," was Mrs. Newlywed's worry one morning.

"Here is a good recipe," returned Mrs. Neighbor. "Weigh the lemons and to every pound of them allow a pound and a quarter of sugar. Grate the rind from half the lemons and peel the others. Chop the fruit, removing the seeds. Press all the juice you can upon the sugar, add a little water to it and put over the fire. Stir until the sugar is dissolved, then boil for five minutes, skimming off the scum. Stir in the chopped lemons and the grated rind and boil one-half hour."

(Continued on page 41)

ARE YOU AGING TOO FAST?

WHEN YOU FEEL OLD AGE COMING UPON YOU, YOU SHOULD RESTORE YOUR SYSTEM WITH FERROZONE

So many women grow old before their time, perhaps your wife or sister. A little while ago, buoyant, full of vigor and activity—she enjoyed life and imparted pleasure to the whole family; but now in a few short years she has failed and lost color and strength. She is just ready to develop some disease that will further weaken and debilitate. You remember how it began, failure of appetite, tired in the morning, found housework burdensome, always nervous and a little irritable. It's a shame to let her go down hill farther when you can build her up so quickly with Ferrozone. The change this nourishing tonic makes in a weak woman is surprising. It gives great zest for food, increases appetite and digestion enormously. The blood gets richer and stronger and adds new life to every organ in the body. A rebuilding process works through the entire system. The first week will show an improvement, and a month or two will fatten up the thinnest, most run-down woman you can think of. Take Ferrozone for lost color, for nervousness, for weakness,—use it when run-down and feeling poorly—it will do you more lasting good, keep you in better health than anything else. Just as good for men and children too, because Ferrozone is harmless and safe.



"I FEEL FIFTEEN YEARS YOUNGER SINCE USING FERROZONE"

The following letter from Mr. Albert G. Gallagher, of Hillsboro, shows clearly how much FERROZONE can do for you. "At the age of fifty I was fast growing old before my time. I was sleepless and nervous. The habit grew upon me of watching the daily condition of my health, and my mind was so intensely engaged in worrying over my health that I became a complete nervous crank. A sensible friend got me to give up thinking about myself, and urged me to use "Ferrozone." The good work of Ferrozone was not apparent until the third week, when I did show real improvement. I gained in every way—my appetite improved immensely, and I really relished my food. With richer blood of course my nerves became stronger. I slept better and gave up worrying entirely. I weigh eight pounds more than before, never felt so well in my life."

YOUTHFUL STRENGTH RESTORED BY FERROZONE

Mrs. Phillip Thompson, well known in the Town of Gloucester, writes:

The first unpleasant symptom was pain at the back of the neck. Sometimes it started early, but usually not until afternoon. It made me fidgety and irritable. My mind would easily become confused. I found I couldn't sleep well—had very bad dreams, and my feet were sore in the morning. This did not surprise me as I had lost appetite, and did not digest well. I grew so thin I became frightened. Medicines didn't seem to help—doctor said it was "nerves." Mother said I must use Ferrozone. It cured her sister of poverty of the blood and nervousness. I am glad mother knew about FERROZONE, for it built me up well; I didn't lose a day at work. After the first box my nerves were stronger. I felt brighter, got rid of the pain and sore tired feet. I am strong, ruddy and happy and give FERROZONE all the praise."

IF VERY THIN, YOU'RE LIABLE TO CATCH PNEUMONIA OR FEVER

People who are so awfully thin, run great risk—they have but little vitality and no energy to ward off disease germs. Invariably consumption takes root in people who are thin and run down. Thinness is not only a danger but sheer wickedness in this land of plenty, where it can be so easily overcome.

Probably the best remedy consists in taking Ferrozone at mealtime. It is a remarkable blood-forming and tissue-building remedy, and in thousands of cases has added five pounds in a single week.

FERROZONE supplies the system with richer and better blood; the muscles and nerves are nourished and it's small wonder that the body fattens when supplied three times daily with the concentrated nutriment in Ferrozone. Under its tonic effect new life and energy is imparted to the whole system and you feel the good results in sound sleep, strong digestion, hardy nerves—all these can tell of the rebuilding your body is undergoing.

No one can afford to risk thinness when reminded of the helping hand of Ferrozone—if you are earnest in wishing to be stronger, to have better health and looks, then commence Ferrozone to-day,

HOW A WOMAN REGAINED HER HEALTH

FERROZONE DID IT

Mrs. George E. Chapelle, a well known resident of Oxford, writes as follows:

"I was never very strong. Thousands there are just like me, who have to pay double toll for very little extra effort or exertion. When the weather was fine and I was able to get out, I enjoyed life and held my strength. But something always happened—a little too much done or some small sickness would put me back, and I would drop into the most miserable despondent state, unable to sleep or enjoy my meals. I decided to take the most nourishing and strengthening tonic made and was strongly urged to use Ferrozone. After the first box I saw Ferrozone was doing me good, so I followed closely the "Ferrozone Rules For Health" and gained steadily. At first I didn't eat as well as I once did—I couldn't expect to. But there was a gradual improvement in my appetite, and this buoyed up my hopes, and convinced me Ferrozone was what I needed. It is less than a year since I commenced Ferrozone and already I am like a new woman. I eat more, sleep better, weigh more, am stronger, healthier, better looking than ever before."

RESTORED TO HEALTH AFTER TYPHOID FEVER

"FERROZONE" Performed A Miracle

"In the Spring two years ago I had typhoid fever," writes Tom E. Putnam, from Georgetown. "I gained in weight but my flesh was puffy and my strength feeble. I was easily tired and my color not good. But I depended on a hitherto rugged constitution to right itself, and kept on doing more than I ought. The outcome was collapse of a nervous character. From the improvement Ferrozone has made, giving me strength, color and endurance, it is reasonably certain that had I used it when I first felt poorly my strength would speedily have been restored. I can strongly urge those recovering from illness, those who feel ill, in fact everyone who needs better health can quickly gain it by using "Ferrozone."

No upbuilding, strengthening medicine can compare with Ferrozone. It is a true tonic that brings back health to all who use it. Price 50c per box, six boxes for \$2.50, at all dealers.



SLEEPLESS NIGHTS SAFELY OVERCOME

A Timely Suggestion That We Can All Heed to Advantage.—FERROZONE Proves To Be A Wonder.

Worry, overwork, overstudy and indigestion cause insomnia.

Healthy, natural sleep can't be produced by drugs.

First, the blood circulation must be improved:

Congestion of blood in the head must be removed.

Irritation in the brain must be relieved.

It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into overworked organs, for establishing strength and vitality, where can you find anything so efficient as Ferrozone?

Remember, sleep is just as important as food.

You must sleep, or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quickly.

Ferrozone is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use.

Absolutely safe is Ferrozone.

Take it for a month, take it for a year—no harm, but immeasurable good will result.

To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone. It's a food tonic, a healer to the weak and wretched, a boon to the sleepless.

How "Ferrozone" Cures

Mrs. Mary Melong of Harbor Bouche, N.S., Makes the Following Statement.



"Ferrozone built me up.

"Before using it I scarcely knew what good health meant.

"I was just as miserable and weak as any woman could be.

"Tired from morning to night, bothered by trifles, unceasingly nervous.

"The first box of Ferrozone improved my blood, gave me appetite. In a short time I was like a

new person. Now I rejoice in abundant good health."

HINTS OF VALUE TO HOUSEKEEPERS

Continued

"There, I know I have salted this soup too much and I suppose it is spoiled," sighed Mrs. Newlywed.

"Add a little sugar if too salt, or, if too sweet you could put in a little more salt," said Mrs. Neighbor. "Either will neutralize the other. I have tried it successfully with meats, vegetables, soup and many other dishes."

"I got some automobile grease on my stocking when out motoring yesterday and want to know how I can take it out," requested Mrs. Newlywed.

"Rub in well a small piece of butter over the spot," said Mrs. Neighbor. "Then wash with soap, rinse and the spot should all disappear."

"Does an invitation to a church or home wedding, where no reception follows, require a gift," asked Mabel.

"No, a present is not necessary, as wedding gifts are never obligatory in any case," said her mother.

Cream Cake

Three-fourths cup butter, two cups sugar, one and one-half pints flour, five eggs, one teaspoon baking powder, one cup milk, one teaspoon vanilla. Cream sugar and butter, add eggs (two at a time,) beating five minutes to each addition. Sift powder with flour, mix all together, bake 15 minutes in two layers.

POULTRY HINTS

SOME USEFUL SUGGESTIONS

During July, August, September, and October the work on the poultry plant is comparatively light, but important. The success of the year's work depends to no small extent upon the ability to rear to maturity the chicks that have been hatched and brought this far. During this period, attention should be given to the marketing of broilers, old hens, green ducks, and the summer's egg supply. It is also the time when mites and lice thrive best and when cleanliness is most important.

July: THE CHICKS: Every care should be given the growing chicks, not that they should be pampered, but they should be well fed and given range on "sweet soil." The feeding need not be of such a nature that it requires a great deal of work; have some system, but make it simple. Use hoppers into which mixed grain may be put, and if you have milk be sure that the chicks get all they want.

(Continued on page 42)

When Appetite Fails And Health Declines Follow This Suggestion

REQUIRES ONLY A COUPLE OF SMALL
TABLETS AFTER MEALS TO FIX
YOU UP AGAIN

A New Blood-Food Called Ferrozone Sure
To Restore You Quickly

Every day comes the good news of wonderful cures with Ferrozone.

In Peterboro' it worked marvels for Louis Meehan—put him right on his feet—made him entirely well.



"About three years ago," says Mr. Meehan, "I had the Grippe, which left me in a very run-down condition that finally developed into Dyspepsia. I was unable to eat but a few things and had a craving for acid. I gave up treating with the

doctors because they did not help me and on the advice of a friend used Ferrozone. It not only cured me of Dyspepsia and Biliousness, but has built up my strength to what it was before I had the Grippe. I can recommend Ferrozone as an ideal restorative."

CURE FATIGUE!
BUILD UP!
GET FAT!

Once You Start Using The New Blood-Food
Remedy You'll Get Well Quickly

You're nervous and uneasy.

Appetite is poor.

Sleep is hard to get.

Still worse, you are thin and fagged out.

Work must be done, but where is the strength to come from?

Make your blood nutritious and you'll have lots of strength.

Your only hope is Ferrozone, an instant blood-maker, blood-purifier, blood-enricher. It brings keen appetite, digests food and supplies nutrition for building up all the bodily tissues.

POULTRY HINTS—Continued

With milk, extra animal food will not be required. See that the hoppers are kept filled, and if you wish to give an occasional moist mash, all right; but, if the chicks are doing well and have a good start, the hopper feed will be sufficient. See Exhibition Circular No. 13, Experimental Farms.

LATE CHICKS: If chicks were hatched in June, get them on to fresh ground and give them extra care and feed. In addition to the hoppers, see that they have every day a moist mash—all that they will eat up clean in about half an hour. If it can be avoided, do not let the late chicks run with the larger chicks; see that the quarters are kept clean, and watch for head lice.

MARKET THE HENS: If all the old hens were not marketed in June, dispose of them now; if they belong to the American breeds they are not likely to lay many eggs during the summer. It is a good plan to cull out from last year's pullets the birds that you do not intend to use for breeding purposes next year; see that they are well fleshed before they go to market.

BROILERS: Dispose of as many as possible of the cockerels that are large enough to sell as broilers; towards the end of this month the prices will be lower; cockerels which can not profitably be sold should be kept to sell as roasters. Early selling cuts down the expense of production, gives more room for the pullets, and leaves the market freer in the fall for the roasters that have to be sold at that time of the year.

GREEN DUCKS: All ducks intended for market purposes should be kept from running water. Feed them a good liberal mash, keep their quarters clean, and give them all the water they want to drink. Aim to have them well fleshed by the time they have their first full crop of feathers; that is the time to sell them. Ducks that are intended to be kept as breeders can be given more run and allowed to swim when they are about six weeks old.

KILL THE COCKS: No matured male should be allowed to run with the laying hens during the summer. If they were not killed at the close of the breeding season, they should be done away with now. Do not continue to produce fertile eggs that spoil so readily this hot weather.

GATHER EGGS FREQUENTLY: During this warm weather, gather the eggs two or three times a day. Keep the broody hens off the nests. Break sitters by putting them in a feeding crate or swinging coop. Keep eggs in a cool place, and market two or three times a week.

(Continued on page 43)

A Pimpley Face or Poor Complexion Quickly Restored

WONDERFUL RECORD MADE BY NEW
BLOOD-FOOD REMEDY

Certain Results Guaranteed



Thousands of young men and women would be handsome and attractive were it not for unsightly pimples, blackheads, and rough, uneven skin. Custom seems to recommend lotions and salves, but unfortunately their effect is but temporary. These disfiguring blemishes do not originate in the skin—their birth in every case goes further back, to the blood, which must be cleansed of humors before the pimples depart for good.

A physician who has made a careful study of such cases, says that the quickest cure comes from a blood-building medicine like Ferrozone. The minute Ferrozone strikes the blood its good work begins. Poisons and foul matter are expelled. Every trace of humor is driven out, and the whole life current is supplied with nutriment and health giving quantities. You can always tell a Ferrozone complexion when you see it—the cheeks are clear and rosy, no signs of sallowness—the eyes are bright and expressive because rich, red blood is circulating through the whole system carrying health, energy, and strength with it. Not only will all skin eruptions disappear, but an increase in vital strength, an all-round improvement will be apparent. No rebuilding tonic could be

more efficient. Get Ferrozone to-day—Good for young and old, for well folks and sick ones, too. 50c. per box, or six boxes for \$2.50, at all dealers, or direct by mail from The Catarrhzone Co., Kingston, Ont.

POULTRY HINTS—Continued

GROWING CROPS: Get the young chicks into some growing crop that will provide shade, green feed and good scratching ground. Colony houses along the side of the root field or in the corn patch cannot be beaten. If neither is available, get the chicks into the orchard, into a clump of trees, or if you have no shade, provide some. The hot sun is very disastrous to the young chicks and ducks.

PLOUGH UP THE RUNS: Early this month is a good time to plough up the runs and sow green feed, such as rape. This can be sown broadcast in the same manner as buckwheat, and it is a splendid green feed for the chicks in the fall.

August: During the month of August, two things especially must be provided against,—lice and heat. Make sure that there is plenty of shade, provide this as mentioned last month, and keep everything clean and look out for mites.

DISINFECT AND WHITEWASH: Once a week the quarters should be thoroughly cleaned and disinfected. A hand spray, or even a small broom, and Polson's Creolin applied regularly will keep the coops sweet. While you are at it, clean out the poultry-house the hens were in last winter. Give it a thorough house-cleaning, taking out all the furnishings; leave them in the sun for several days; scrub and clean the house; disinfect and whitewash before the furnishings are put back in again.

KILL OFF THE WEAKLINGS: Any chicks that are inclined to be weaklings should be disposed of. Feed them a little extra and sell them for table use, or if their constitution is not strong enough for this, kill and bury them at once. They are easy marks for any poultry disease that happens to come along. They become carriers of disease and lice. Get rid of them.

YOUNG TURKEYS: Don't forget the turkeys. Keep them growing, and their house and yards clean. See that they do not roost with the other poultry. Cleanliness will do much to bring your turkeys through.

September: A number of your early pullets will be maturing this month; if possible, keep them by themselves. Feed carefully; do not allow them to get excited, and get them into their permanent house before they are likely to lay. It is these early pullets that must supply you with eggs this month and next.

(Continued on page 44)

A SICKLY WIFE NO FIT MATE FOR ANY MAN

Girls and Women Should Look Well to Their Health and Strength

Never before was physical health and vigor so highly esteemed and so eagerly sought for as to-day.

No man finds happiness in a sickly wife, and the woman who wishes to enjoy the pleasures of life should spare no effort to maintain perfect health.

Is your daughter growing up strong and ruddy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks—or is she compelled to use the street-car instead of enjoying the delightful exercise of walking—does she after the ball arise refreshed and vigorous, or is she exhausted, indifferent, and perhaps irritable?

When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks and elasticity to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health.

Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood which imparts that power and surplus energy so earnestly desired by those in ill-health.

Stop and think what this means for your daughter—certainly a great deal, and it can be accomplished by Ferrozone.

KEEPS CHILDREN WELL MAKES THEM ROBUST

In no way can you destroy weakness and build up health so surely as with Ferrozone. It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are needful in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim and energy increase day by day, then you know what grand work Ferrozone is doing. Because it makes and keeps you healthy, because it is pleasant, harmless and sure to do enormous good—you and your children should use Ferrozone every day. Sold by all dealers in 50c. boxes, six for \$2.50, or direct by mail from the Catarrhzone Co., Kingston, Ont.

POULTRY HINTS—Continued

SPECIAL EGG MARKET: This is a good time to look for a special egg market. It is the time when consumers are coming back to the city and are looking for new-laid eggs. Now also is the time when new-laid eggs are the scarcest. If you are so situated that you can ship direct to consumers, see about the trade this month.

EARLY ROASTERS: Sell off any of the cockerels that are ready, but be sure that they are in good condition before you market them.

SOW RYE: To provide green food late this fall and early next winter, the runs can be ploughed now and sown to winter rye. Keep the birds off this until the crop is several inches high.

OCTOBER: GET READY FOR WINTER: Get all pullets into houses this month. See that the houses are in good repair. Arrange the feed hoppers and the furnishings. Put everything in the poultry house in shape so that the pullets when they are put in will go right along without interruption.

CULL HENS: When putting the pullets into their winter quarters it is a good plan to select them carefully. Do not keep any immature or otherwise undesirable birds. It is also a good time to cull out the breeders. Market along with the cockerels all birds that are not going to be used for breeding next season.

CRATE FEED: If you haven't made your crates for crate feeding, do so; be sure that no cockerels or even pullets are marketed until they have been well fleshed.

WATCH FOR THE EARLY LAYERS: Mark the pullets that lay before the end of this month or during the month of November, and use them for breeding purposes another year. It is the pullet that lays early which will give you the large yearly egg yield. Put a leg-band on her, she is the one you want.

WATCH FOR THE LATE MOULTER: Don't make a mistake and kill the year-old hen that moults late. As a rule, the hen that is moulting at this time of the year is the best producer; she has been laying all summer while the hen that now has her new crop of feathers has been loafing.

START THE POULTRY YEAR NOVEMBER 1. November 1 is the best time to start the year. It is then that the pullets are commencing to lay, and it makes a good division. Arrange this year to know what your poultry crop is doing. Make an inventory on the last day of October, crediting to the plant all the stock and equipment you have in hand.

KEEP ACCOUNTS: Charge to your poultry plant the feed that is fed, and other expenses. Have a supply bin. Into this put the feed by bagfuls, and on a card immediately above note the number of pounds delivered each time.

A Blood Food Discovered That Entirely Overcomes Anaemic Weakness

Carefully Investigated Reports Establish
Truly Wonderful Results

Heretofore it has often been a hopeless task for a thin-blooded person to gain either strength or weight. Neither food or medicine in many instances had beneficial effect.

What is practically a perfect blood-food containing such elements as Iron, has at last been produced, and when taken after meals will put new life and vigor into people that have despaired of ever being strong again.

This truly wonder-working treatment consists of taking two small chocolate-coated Ferrozone Tablets at the close of every meal.

This wonderful blood-food supplies nourishment, vim, energy—sends a stream of vigorous, strength-making blood to every nook and corner of the body, makes every muscle and fibre sing with new-found life and health.

That gnawing tiredness leaves you—Ferrozone drives it away. Sleepless nights are turned into periods of rest, and you pick up fast. Day by day your appetite improves,—this means more food is transformed in nutriment that will build and energize weak organs. The inclination to worry passes away because Ferrozone imparts nerve—tone and bodily strength that prevents depression.

FERROZONE A BLOOD FOOD

Think it over—Ferrozone is a wonderful tonic, in fact, it is more than a tonic, because it establishes health that lasts. Thousands use it and thereby cleanse and restore the entire system to a perfect condition. You'll feel the uplifting power of Ferrozone in a week,—it's bound to help you if you only give it the chance. Sold by all dealers, 50c. a box, or six boxes for \$2.50; be sure of the name Ferrozone. Forwarded by mail to any address if price is remitted to The Catarrh-zone Co., Kingston, Ont.

FRUITS, VEGETABLES AND FLOWERS Valuable Information That Should Be Preserved.

CULTIVATION AND COVER CROPS: Trees which grow late in the summer and have not thoroughly ripened wood are very liable to be injured by winter, particularly in parts of Canada where the season is relatively short. It is important, therefore, to stop cultivation as early as possible without danger of the fruit suffering from drought. The time of stopping cultivation will vary from the latter part of June in places having the shortest summers to the middle of July where seasons are long. It is desirable for many reasons, as soon as cultivation ceases, to sow seed for a cover crop, and among the best plants for this purpose are the clovers and vetches, although rape, millet, buckwheat, and other plants all have their value.

STRAWBERRIES: On the care which the strawberry plantation receives during the growing season will depend to a large extent the kind of crop there will be next season. The more runners that can be placed with hand and trowel, so that the plants will root quickly and be evenly spaced, the better. Very often there are too many plants in one place and not enough in another. Where plants are crowded and much less than six inches apart the crowns do not develop well and the fruit is liable to be small. It is important to keep the plantation free of weeds and the ground cultivated as long as possible, as late growth in the case of strawberries, will result in better plants. A light covering of clean straw is desirable when the ground freezes in the autumn, to prevent alternate thawing and freezing in the winter or following spring.

RASPBERRIES, GOOSEBERRIES AND CURRANTS: Often there is far too much wood left on the bushes of these fruits for best results. Attention is drawn to this now, as pruning of these fruits can be done, if desired, as soon as the fruiting season is over. Raspberry canes should not be left closer than six inches apart, the dead and weaker ones being removed and the strongest left. Where canes are not covered with soil in winter, the thinning out may be left until spring when one can tell, before pruning, which canes, if any, have been injured by winter. Bending down the canes and covering the tips with soil or, where there is little snow, covering the plant entirely, will ensure the canes wintering well. Gooseberries are difficult to pick at any time, but, if the bushes are kept well pruned, picking will be much easier than if there are many branches. Branches older than three years should be cut out. The best fruit is borne on the two- and three-year-old

(Continued on page 46)

AMERICAN COLONEL GIVES FREE ADVICE TO RHEUMATICS

Says It's Sheer Folly for Anyone to Suffer
These Days



Rheumatism can't be cured so long as your system is weak and run down.

You must first build up and get strength to fight off the disease.

Ferrozone cures because it builds up, because it renews the blood and dissolves the Uric Acid and the poisons that cause rheumatism.

It is proved right here that Ferrozone does cure.

Col. H. M. Russ, of Edwards, St. Lawrence Co., one of the fine old heroes of the Civil War, was completely restored by Ferrozone. Read his statement:

"I couldn't get around without a cane, and then only with difficulty.

"Rheumatism took complete control of my limbs.

"Suffering was more intense than hardships on the battlefield.

"When my doctor had done his best I got Ferrozone.

"Then came a quick change.

"Ferrozone gave me comfort at once, eased the pain and took the stiffness out of my muscles.

"I am well to-day. Ferrozone cured me completely. I can jump and run like I did forty years ago."

Be sensible about your case. If your present medicine is useless give it up and use Ferrozone.

FRUITS, VEGETABLES AND FLOWERS

Continued

wood, but there should be a few strong new shoots, well distributed, allowed to remain each year. About six fruiting branches with their side shoots will be sufficient. Red currants are pruned somewhat as gooseberries but a few more fruiting canes may be left. Unlike the red currant, the fruit of black currants is borne on the wood made this year, hence severe pruning of the older wood is desirable to ensure strong new wood each year.

SPRAYING: If the summer is wet, favouring the development of Apple scab, spraying with Lime Sulphur or Bordeaux mixture will be found desirable as, sometimes, a crop which promised to be clean in the early part of the summer will, unless sprayed, be badly scabbed before harvesting time.

POTATOES: The potato crop is often very much neglected in Canada. By the middle of summer the tops are badly eaten by bugs, and what foliage is left is hidden by weeds. Large crops will not be obtained under conditions like these. If the soil is kept as moist as possible by thorough cultivation, the tops kept in good condition by spraying for the potato beetle and late blight, the grower will be well rewarded for his pains by the much larger crop he will get, unless the season is very unfavourable. The greatest development of tubers takes place when the ground is moist. If the plants can be brought through the month of August without being badly injured, the crop will increase rapidly in the cooler and moister month of September. It was shown in an experiment that there was an increase at the rate of 119 bushels marketable potatoes per acre during the month of September.

OTHER VEGETABLES: As soon as the cutting season is over, the asparagus bed should receive a good top dressing of barnyard manure. Do not wait until autumn, as an application then will not benefit the next year's crop. Keep the celery plants well covered with Bordeaux mixture to prevent the plants becoming diseased. Save as much of your own vegetable seed as possible. Good seed may be scarce in 1917. For information in regard to the storage of vegetables, see the pamphlets on vegetables, issued free by the Experimental Farms.

GROWING HERBACEOUS PERENNIALS FROM SEED: If seed of herbaceous perennials is sown in July there should be plants large enough for transplanting in September. The soil of the seed-bed, however, must be kept moist. If it is not possible to sow seed during July, it is better in most places in Canada to delay sowing until just before winter sets in. The seed will then germinate very early in the

(Continued on page 47)

Irritable Nerves Restored and Health Regained in a Simple Way

BY TAKING TWO LITTLE TABLETS
(CHOCOLATE COATED) AT MEAL
TIME BENEFIT COMES QUICKLY

This Home Treatment Puts New Vim Into
Run-Down Folks At Once

The man or woman who is run-down, not feeling up to the mark, perhaps irritable, nervous or sleepless can well afford to learn about the wonderful results the newly-discovered blood-food is giving to folks that use it.

There is wonderful power in this new blood-food, and every weak, pallid person can be quickly nourished back to health that uses it as directed.

After each meal, with a sip or two of water, you simply take two little chocolate-coated tablets, sold in all drug stores under the name of "FERROZONE."

The effect is noticeable at once. You feel happier, brighter, more contented. That old-time feeling of weariness departs—you forget your "nerves" and no longer get irritable or cross over trifling annoyances.

There is a reason for this change and that reason consists of the fact that Ferrozone contains blood-making materials you can get in no other way.

Ferrozone makes the blood tingle and sing with new vitality. This ensures lots of nourishment and strength being supplied to every part of the body.

No wonder the eyes brighten and the cheeks radiate color and happiness. With abundance of strength, a keen appetite, good digestion and plenty of sound sleep—all the result of Ferrozone—you quickly feel as if life held new charms and pleasures.

Ferrozone is free from alcohol and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold in 50c. boxes or six for \$2.50, at all dealers, or direct from The Cattarrhzone Co., Kingston, Ont.

FRUITS, VEGETABLES AND FLOWERS

Continued

spring, and good plants will soon be obtained. Pansy seed should be sown in July to obtain good blooming plants for the following spring. Home-grown seed of many kinds of flowers will be found very satisfactory.

LIVE STOCK

At no other time in Canada's history has the live stock industry been as important as it is to-day; never have live stock been needed more as a source of soil fertility and national prosperity, and never have market prices been so consistently high.

It should be the aim of every Canadian farmer to raise and conserve every possible ounce of feed which may be economically used in rearing, feeding, and finishing live stock for market. A careful study by every farmer of the markets, feeds and labour available and the most efficient methods of production will produce most profitable results.

FEEDS: It is well to remind ourselves at this busy season of the year that quality is the most important factor in feeds; not only is there more food value per pound in well-saved feed, but there is less waste in feeding and digesting than with poor feeds. Therefore raise, harvest, and store all crops intended for feeding to that the stock may make the most profit therefrom.

If mill feeds are necessary, purchase only the best quality. Co-operative buying during the summer months will save money.

HORSES: Feeding insufficient, low-grade fuel irregularly to your engine produces inefficiency and often a breakdown. So with the horse—the best of farm engines—poor feeding when on heavy work produces poor power and often a sick horse. The work horse also requires the same internal cooling and cleansing as the engine. A few days or more on pasture and regular Saturday night bran mashes produce health and greater efficiency. For regular feeding on hardwork a grain mixture of oats, 85 per cent. and bran, 15 per cent, fed at the rate per day of 1½ pounds per 100 pounds live weight, given in three feeds, will give excellent results.

Grow the colt rapidly and well. The future of the horse-market is excellent, and good animals will claim the top prices.

DAIRY CATTLE: Good pasture cannot be excelled for the production of cheap milk, but the good cows will generally pay liberal profits for a light grain ration, even when pastures are at their best. A mixture of bran or oat chop, 75 per cent, and cottonseed meal, 25 per cent, will give good results. Maintain the heavy milk flow as long as possible. When pastures are short and dry, feed liberally on an annual pasture or soiling crops or ensilage.

CARE OF LIVE STOCK

SEASONABLE HINTS

During the intense heat of midsummer it will pay to allow cows out during the nights only, should the pasture not have sufficient shade. A good fly-repellent will save money.

Are you keeping records of the milk produced per cow? Free forms may be had upon application to Dairy Division, Department of Agriculture, Ottawa, Ont.

BEEF CATTLE: A good pasture with shade and running water produces the best and cheapest beef. When the regular pasture fails, a spring-sown pasture will do excellently. The calves and yearlings which are not gaining because of poor pasture are losing money for you, and it here pays to feed silage and even grain. Grain finishing of grass-fed steers often pays handsomely.

REARING THE CALF: Calves of beef or dairy breeding born in the spring should never be exposed to intense heat and flies. If shade is not excellent in the pasture it is profitable to house the calves during the day. The under-feeding of a calf causes slow and expensive gains in weight and eventually an undersized, undeveloped, expensive animal. Feeding a poorly balanced ration will have like results. Overfeeding of any ration physically weakens and impairs digestion, and produces unthrifty stock, and often more fatal results such as indigestion, fits, and death. Feed the proper material in the proper proportions and produce the largest, best and cheapest animal. The growthiest calf makes the cheapest gains. Don't feed more than 12 pounds of whole milk per day to the young calf, and never more than 25 pounds of skim-milk per calf per day. Feed grain as soon as the calf can digest it properly. If no milk or skim milk is available, the calf may be raised cheaply and reasonably well on a high grade calf meal. Keep the pens clean and comfortable, and above all keep the feed pails clean.

SHEEP: This is the season to select the ewes for breeding. Cull the unprofitable ewes, but increase the flock if possible.

Do not feed lice and ticks next winter. Fall dipping pays.

Finish the lambs on good pasture such as clover or rape. The small and light lambs will pay splendid profits if finished on hay, grain, and roots for the Christmas or Easter markets.

Before breeding the ewes, flush well on good pasture. The condition and vitality of ewe and ram at mating will largely determine the number and strength of the lambs. Select the breeding ram early. Only the best available pure-bred ram should be used.

PRESERVING RECEIPTS WORTH YOUR TRYING

Grape and Elderberry Preserves

Allow equal quantities of the fruit, or half as much grape as elderberry. The flavor of the grape combines well with the richness of the elderberry, which lacks decided taste.

Weigh the fruit, and measure out an equal weight of sugar. Put the prepared grapes and elderberries into a kettle, and pour over them a little cold water, just enough to show over the tops of the fruit. Bring to a boil, then skim, and sprinkle over the fruit one-quarter of the sugar measured out. Bring to a boil, pressing the fruit under the syrup, but not breaking it. Add more sugar and cook twenty minutes, repeating this operation until all the sugar has been used. As soon as the syrup jellies, when tested on a cold plate, turn into small jars and seal. When cold the fruit should show clearly in the jelly.

Green Grape Preserves

Green grapes can be preserved the same as the grape and elderberry recipe.

Canned Pears

In canning or preserving, pears need the addition of some decided flavor such as ginger, lemon, grape juice or brandy. They may be cooked in the oven in a hot water bath or simply stewed. The amount of sugar required depends upon the acidity of the pears and individual preference for sweet. A good proportion is two pounds of sugar to eight pounds of fruit. To make the syrup, three quarts of water would be required. If your fruit is particularly fine, like ripe Bartlett's, and you wish it to look especially attractive, peel, have and core the fruit, dropping each piece when ready into a can of cold water. When all are cooked make the syrup rich as is desired and spice to taste, and set back on stove for ready reference. Have the cans sterilized and hot, pack in the prepared fruit and pour in enough of the scalding syrup to fill the jar full. Run a silver knife blade around the inside of the jar to let the air out and the syrup in. Set the tops on the cans but not the rubbers, and place the jars in the oven in a shallow pan of hot water, or on the asbestos mat. Cook fifteen minutes or until fruit is tender, remove from the oven, put on the rubbers, fill where the fruit has settled with more syrup so that it runs over, then seal. Set out of the draught, and as the contents cool keep screwing the cover of jar tighter.

Nerviline Drives Away Neuralgia

Always Brings Instant Relief

That terrible ache—how you fairly reel with it—that stabbing, burning neuralgia—what misery it causes. Never mind, you don't have to suffer—use Nerviline, it's a sure cure. Not an experiment, because nearly forty years of wonderful success has made a name for Nerviline among the people of many nations.

When asked his opinion a few days ago, an important physician stated that he considered a strong, penetrating, pain-subduing liniment, such as "Nerviline," to be superior to any other known remedy. In his twenty-five years of practice he had witnessed cases of sciatica, lumbago and neuralgia that simply would not respond to ordinary treatment—but Nerviline cured them. The same physician also spoke of the great advantages of keeping a preparation like Nerviline in the house. Nerviline is a first-class cure. There is scarcely an external ache or a pain that Nerviline won't cure. In thousands of homes no other pain-relieving medicine is used. Fifty years' continued success and the endorsement of the profession are proof that Nerviline is the liniment for the home.



AFTER YEARS OF SUFFERING NERVILINE CURED

No person reading this need ever again suffer long from neuralgia. Nerviline will quickly cure the worst neuralgia, and Mrs. M. Evans in her strong letter written from Russell Post Office, says: "One long year, the longest of my life, was almost entirely given up to treating dreadful attacks of neuralgia. The agony I experienced during some of the bad attacks was simply unmentionable. To use remedies by the score without permanent relief was mighty discouraging. Nerviline; I read of the wonderful pain-subduing power it possessed and made up my mind to try it. I was determined to prove it valuable or useless. Nerviline at once eased the pain and cured the headache. Continuous treatment with this magic-remedy cured me entirely, and I have since been well."

At last I put my
Nerviline; I read of the wonderful pain-subduing power it possessed and made up
to prove it valuable or useless. Nerviline at once eased the pain and cured the headache.
Continuous treatment with this magic-remedy cured me entirely, and I have since
well."

(Signed) GUSSIE E. EVANS,
Russell, P.O.

NO PAIN RELIEVER TO COMPARE WITH "NERVILINE"

"My goodness, but Nerviline is a miracle-worker," writes Mrs. Charlotte Chipman, residing at Mount Pleasant. "Last month I was so crippled up with sciatica and muscular rheumatism as to be almost unable to do a bit of housework. My joints were so stiff and my muscles were so frightfully sore that I even cried at times with the pain. For years we had used Nerviline in our family, and I just got busy with this wonderful good old liniment. Instead of rubbing with Nerviline soon relieved my misery, and I was in a real short time able to work as usual."

(Signed) CHARLOTTE P. CHIPMAN,
Mount Pleasant, N.Y., U.S.A.

The advantage of a liniment like Nerviline largely consists in the fact that being a liquid, every drop of it rubs right in. It sinks in through the pores of the skin, penetrates the sore fibres and muscles, brings relief quickly. All druggists and general stores carry Nerviline in 25c. bottles.

FERROZONE
 A BLOOD BUILDER
 NERVE TONIC BRAIN VIGOR
 FOR
 ALL DISORDERS OF THE BLOOD, BRAIN AND NERVES, ANAEMIA, CHLOROSIS, POOR APPETITE, INSOMNIA, RHEUMATISM, HEART DISEASE, FEMALE PROSTRATION, LOSS OF VIGOR, NERVOUS PROSTRATION, BRIGHT'S DISEASE, KIDNEY, LIVER AND CATARRHAL TROUBLES AND ALL WEAKNESS.
 PRICE 50 CENTS.

DR. HAMILTON'S PILLS OF MANDRAKE AND BUTTERNUT
 AN INSTANT RELIEF AND INFALLIBLE CURE FOR ALL DISORDERS OF THE STOMACH, BOWELS, KIDNEYS, LIVER AND BLADDER.
 DR. HAMILTON'S PILLS ARE OF A MILD AND PLEASANT TASTE, AND ARE GUARANTEED TO BE A RELIABLE FAMILY REMEDY AND GUARANTEED SATISFACTORY.
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 PROPRIETARY MEDICINE ACT 155.

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 DR. HAMILTON'S OINTMENT
 The greatest healing agent known. Directions for use, read carefully detailed instructions for use on pamphlet contained in the box.
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N. C. POLSON & CO.
 ESTABLISHED 1877
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 CURES QUICKLY
NEURALGIA,
 TOOTH ACHE,
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GOLDS,
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CHOLERA
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 AND ALL PAIN
 EXTERNAL OR INTERNAL
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CORN EXTRACTOR
 A PAINLESS AND RADICAL REMEDY FOR
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