

PALE, FEEBLE GIRLS

Weakness Generally Comes On as Womanhood Approaches.

Girls upon the threshold of womanhood often drift into a decline in spite of all care and attention. How often one sees girls who have been strong and lively become suddenly weak, depressed, irritable and listless. It is the dawn of womanhood—a crisis in the life of every girl—and prompt measures should be taken to keep the blood pure and rich with the red tint of health. If the blood is not healthy at this critical stage the body is weakened and grave disorders follow. Dr. Williams' Pink Pills have saved thousands of young girls from what might have been lifelong invalidism or an early death. They are a blood-builder of unequalled richness, strengthening weak nerves and producing a liberal supply of red, healthy blood which every girl needs to sustain her strength. Dr. Williams' Pink Pills have proved their great value over and over again to young women whose health was failing. Miss A. Sternburg, Haileybury Road, New Liskeard, Ont., says:—"I have much reason to be grateful to Dr. Williams' Pink Pills as they restored me to health, if, indeed, they did not save my life. In 1914 I began to feel run down, and the doctor who was called in said that mine was a bad case of anaemia. I lost flesh, always felt tired, and I got so nervous that I could scarcely hold a cup to take a drink. My heart would flutter alarmingly. The doctor did not seem to be able to help me at all and my family and friends all thought that I was in a decline and could not recover. I was in bed for some weeks when an aunt came to see me and urged that I try Dr. Williams' Pink Pills. My father got a supply, and by the time I had taken three boxes there was a noticeable improvement, and from that on I steadily progressed toward recovery. I continued using the pills for some time longer, and they restored me to my old time health and strength. I shall never cease to praise this medicine, and to urge all weak run-down girls to give it a fair trial as I have proved in my own case their great merit."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

WOMEN'S WORK IN WAR TIME.

In Britain and in France Women Serve in Freedom's Cause.

In England there are four hundred thousand women directly engaged in munitions work, and six hundred thousand in work connected with the war, not to mention those on street cars, etc. There is scarcely a position in England to-day filled by a man whose work could be done by a woman. In one munitions plant in England 13,000 women are working; in another 10,000. In one plant, where there are 5,080 workers, 4,400 are women. There was a prejudice at first against women working in manufacturing plants, but this prejudice has entirely disappeared, and manufacturers who objected now agree that the results have been highly satisfactory. In some sections the women did most of the harvesting. In France, in the harvest fields, no men were to be found, just women. Great Britain could never have successfully prosecuted the war but for the magnificent co-operation of the women, and also of the laboring men, who have co-operated with the Government in an admirable manner. The labor men have given themselves and their best vitality, and in the future nothing can be too good for them in Canada and the old country, for they had earned every consideration.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Wanted to Know.

"Who were Adam and Eve, grandma?"
 "They were the first man and woman, dear."
 "Were you 'quainted with 'em, grandma?"

ABOUT THE HOUSEHOLD

Dessert Recipes That Save Eggs.

When eggs are soaring in price try the eggless dessert. There are many excellent cakes and other fancy desserts that can be made without eggs and not suffer a loss in their taste or richness. Here are a few simple recipes that require no eggs and that make delicious cakes:

Eggless Spice Loaf.—One cupful of thick sour milk, one-half cupful of butter, one cupful of sugar, two cupfuls of flour, one cupful of chopped raisins, one teaspoonful of soda, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half teaspoonful of nutmeg, a pinch of salt. Stir the soda into the milk, add the melted butter, sugar, salt, and spices. Rub the raisins in the flour and then stir all together. Pour into a buttered cake tin in loaf shape, or if preferred, into small gem pans. This quantity makes one loaf or twelve small cakes.

Eggless White Cake.—One cupful of butter, two cupfuls of sugar, one cupful of milk, three and one-half cupfuls of flour, one teaspoonful of baking powder, one teaspoonful of vanilla, a pinch of salt. Mix the melted butter, milk and sugar, add salt and mix the baking powder with the flour and add to liquid mixture, finally vanilla. Stir well and bake in a loaf in a slow oven.

Eggless Apple Cake.—One cupful of brown sugar, one-half cupful of butter, one cupful of raisins, seedless; one cupful of apple sauce, unsweetened; one cupful of flour, one-fourth teaspoonful of salt, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one teaspoonful of baking soda, a pinch of nutmeg. Cream the sugar and the butter together, add the salt and spices and raisins. Mix the baking soda with the apple sauce. Add the flour to the sugar-and butter mixture, then add the sauce, and if the mixture is not thick enough add a trifle more flour. Mix well and pour into a buttered loaf tin, baking about one hour in a moderate oven.

Eggless Plum Cake.—One-half cupful of butter, one-half cupful of bread crumbs, two cupfuls of stewed prunes or cherries, four tablespoonfuls of chopped almonds, four tablespoonfuls of sugar, one-half cupful of milk, a dash of cinnamon and of cloves. Melt the butter in hot milk. Mix the chopped almonds with the bread crumbs, sugar, dash of cinnamon and of cloves. Pour the milk and butter mixture over this, stir well and add the chopped prunes. Pour into a shallow baking pan and bake in a moderate oven for one hour. This can be served with whipped cream if desired.

Have A Day For Repairs.

This is the time of year when the housewife should take a survey of the many small repairs about the house which should be attended to. It might be well to have a repair day when the handy man takes his time and tools and finishes these numerous odd jobs. Perhaps one or two window-panes are out, a cupboard door sticks, or a lock is out of order. The back steps that are worn out (and have been for some time) and are propped up with a rock or pile of bricks, might be repaired to lessen the danger of accidents. Little things out of order are a source of unnecessary worry to the busy housewife, and when repaired they mean much in comfort and convenience.

Some Cabbage Dishes.

Cabbage is one of the few winter vegetables whose possibilities are only half understood by many housekeepers. There are delicious ways of preparing this sturdy standby. In salad it can be eaten with benefit every day. Try cooking an onion with boiled cabbage; this prevents the strong cabbage odor that some fastidious folks object to. When cabbage seems rather "wilty" in winter, soak it for half an hour in cold water before cooking. Creamed cabbage has a delicate, delightful flavor and is more easily digested than boiled cabbage. Cut the cabbage fine and drop it in a stew-pan of boiling water; add a pinch of ground cloves and a small onion. Cook it ten minutes; drain and add a tablespoonful of butter, the same of sugar, enough salt and pepper to suit your taste, and three tablespoonfuls of thick cream. Heat well and serve.

Baked cabbage is fine. Boil it ten minutes and finish cooking in a covered baking-dish in the oven. Season with salt, pepper and fresh meat fryings.

Next time you cook sauerkraut put in plenty of water, enough pork to season, and add dumplings of rich biscuit dough rolled thin; thus you will have a toothsome dish.

The Care Of A Range.

The most important thing is to keep the range well cleaned out—top, sides and underneath—at the cleanout door. Familiarize yourself thoroughly with the uses and duties of the damper and different drafts, so you can obtain the



MURAD CIGARETTES

Everywhere Why?

The blending is exceptional



heat and different temperatures necessary to cook and bake.

A chimney that is open to rain and snow permits the moisture to run down the flue, mix with the soot, and get into the back-flue of the range; this results in a mixture of soot and moisture, which forms an acid that eats out the range flue, thus doing away with half its life.

A range is very often condemned because it will not draw well. As a rule, upon investigation, you will find the flue clogged up with soot; this is a job for the men folks, although the cleaning up, a not overly pleasant piece of work, generally falls upon the housewife. In some cases the soot may safely be burned out. Sometimes a tinner can correct the faulty draft, but not often.

Another common error in operating a range is the filling up of the fire-box to the top. This means wasting fuel, over-heating the range and burning the plates. This, in time, will warp the lids and make the top uneven. The best way is to use just enough fuel to keep the fire burning brightly—a fire-box about half full. The air is drawn up through the fire, and as it becomes heated it mixes with the fresh fuel-gas, and what would be a black smoke is immediately ignited to a bright flame. This flame is burned and utilized and gives the oven the best heat the fuel is capable of giving. Thus a little fuel given more frequently affords more heat, with a saving in many instances of at least one-third in the fuel bill. When you understand the relative value of the damper and each draft, you can keep the temperature of your oven to any degree desired and for an indefinite period.

Try not to poke the fire from the top; shake it with the shaker. See also that the ashes are not permitted to accumulate until they entirely fill the ash chamber, as they choke off the free circulation of air to the bottom of the grate.

It is safe to say that two or three minutes of time, now and then, in looking to the proper condition of the range, will save many a baking, not to speak of the housekeeper's valuable time and disposition.

Household Helps.

Without cleanliness and punctuality good cooking is impossible.

If new stockings are washed before wearing they will wear longer.

A good way to use up old stockings and woollens is to unrip the wool and use it as a stuffing for cushions.

When hanging short curtains it is a good plan to use picture wire. This can be drawn much tighter and will not break.

Rub lamps with cornstarch on the outside, to remove the oily look that so often characterizes them.

Croquettes should be in a warm place for an hour before frying. They will brown more quickly.

The furniture will be improved by being wiped off occasionally with a cloth dipped in linseed oil.

Cotton crepe in white and colors is a labor-saver when made up into children's underwear and dresses.

When a kettle is badly scorched, do not clean it at once, but fill it with water, after it is cool, put in a handful of washing soda and allow it to boil for an hour or two.

When making a steamed pudding put a piece of well-greased paper over the top before tying on the cloth. This

FOR A BAD COUGH

Here is a fine old-fashioned recipe for coughs, colds or catarrh trouble that has been used with great success. Get from your druggist 1 oz. of Parment (Double Strength) about 75c worth and add to it a pint of hot water and 4 oz. of granulated sugar. This will make full half a pint when mixed. Take one tablespoonful 4 times a day.

No more racking your whole body with a cough. Clogged nostrils should open, air passages of your head clear up so you can breathe freely. It is easy to prepare, costs little and is pleasant to take. Anyone who has a stubborn cough, or hard cold or catarrh in any form should give this prescription a trial.

Any druggist can supply you, or a bottle will be sent on receipt of 75c, postal note or money order. Address: International Laboratories, 74 St. Antoine St., Montreal, Canada.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturer guarantees it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Valmar Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

will prevent the cloths from becoming greasy, and they are no trouble to wash.

Don't oil the sewing machine with paraffin. It spoils the bearings. Instead, before putting the machine away, oil with best machine oil, and before using again wipe carefully with a paraffin rag.

If you have a cold, bake a lemon thoroughly until it is tender, cut it in half, sprinkle each half with sugar and eat while hot and just before going to bed.

Never put shoes near a fire to dry. When you come in, if they are damp, fill them with paper, and stand them in a warm room, but not anywhere near the fire.

BRITISH FOOD PRODUCTION.

Revival of Agriculture as Result of Ravages by Submarines.

The never-ending ravages by German submarines upon British and neutral shipping are interfering seriously with food supplies to the Motherland from overseas. In a recent three months' period 470 ships have been sunk, of which 187 were British. Most of the neutrals were carrying cargoes to Britain. It is, therefore, of the highest importance that the people of the United Kingdom take most radical measures to grow more food at home. In 1917 there will be an immense campaign to this end, to relieve pressure on diminished shipping resources, and save on foreign purchases. The Board of Agriculture, under Mr. Prothero, is undertaking radical measures to stimulate production on all sides.

The Food Controller, Lord Devonport, has fixed prices to farmers for wheat, oats and potatoes, assuring them high returns. But Mr. Prothero proposes the forming of committees in every county to supervise production. In villages every possible scrap of land is to be cultivated, pig clubs are to be formed, and seed furnished for garden production. The county committees are to make surveys, and to have the right to enter upon any farm to inspect cultivation, and take possession of it if not cultivated. The speeding up of agricultural labor is to be assisted by the War Office through the use of German prisoners, of interned aliens, of conscientious objectors exempt from army service, and, on special occasions, of soldiers in training. Corps of women are to be mobilized on a military system, paid as soldiers and billeted as required, to help on the land. Motor plows, steam cultivators, steam threshing and other machinery will be provided by the board, with men specially released from the army for their operation. Special imports of feeding stuffs have been arranged with the shipping authorities. In fact, almost as much attention is being given to farm production as to regular war organization.

The British people neglected agriculture considerably in recent years because with their large mercantile marine they could import foodstuffs from the United States, Canada, Russia, Australia, India and other big producing countries at a price as low as the domestic value in these countries, and by buying abroad, create a demand for British manufactures.

But the demands of war upon the merchant marine, both for British and Allied purposes, and the losses by submarine have forced the British to the conclusion that they must produce extensively for themselves. They grew, before the war, only one-fourth of their food. Now the endeavor must be to grow three-fourths of it. That would ensure independence of any submarine campaign that might be launched by Germany.

Revival of Jet Industry.

An industry in England that began a thousand years before the Christian era and was practically given up half a century ago has been revived since the war began. It is the making of ornaments out of jet. This material is believed to be wood that has gone through an age-long process, perhaps a slow burning. It is a cousin of coal, a second cousin of box oak. Sometimes the tracing of a primeval fern is ground in its grain. Jet rosaries are now, it is said, in special demand. Arthur Machen, an English writer, says that jet ornaments "passed out of popularity with horse hair sofas and crinolines, with the paintings of Landseer and Frith, with all those brave mid-Victorian things." The Victorians reveled in funerals with heavy plumes and hatbands and lavish crepe and jet, which is black, fitted with a scheme of things that has passed away. But it is coming into its own again, though where once 1,500 or 2,000 workmen were employed in cutting and polishing ornaments of jet there are now scarcely one-tenth of that number, and these are mostly men too old for service in the army.

A good reputation is the product of self-respect.



For Stiff Neck

Apply Sloan's Liniment *without rubbing* to the sore leaders and the pain will soon be relieved.

For rheumatic aches, neuralgia, gout, lumbago, bruises, strains, sprains and muscle stiffness, have a bottle handy.

Quickly penetrates and soothes, cleaner than musky plasters or ointments, does not stain the skin.

At all druggists, 25c, 50c, and \$1.00.

Sloan's Liniment

KILLS PAIN