RICH, RED BLOOD MEANS HEALTH

Pale Cheeks and Bloodless Lips Are a Danger Signal.

To be pale is no longer the fashion; to be languid is an affliction. To-day the most winsome girl is the one with the pink tinge of health in her cheeks, lips naturally red, and eyes sparkling with life. Add to this a quick, active step and everyone can tell the girl whose veins are full of the pure, rich blood of health. How different she appears from her ailing sisters, whose aching limbs and weak backs make them pale and dejected. Anaemia is the cause of so much suffering among girls and women that it cannot be too widely known that Dr. Williams' Pink Pills have transformed thousands of delicate, anaemic invalids into happy, healthy women. These pills help to put rich, red blood into the veins, and this blood reaches every part of the body, giving strength, rosy cheeks and brightness in place of weakness, prostrating headaches and a wretched state of half-health. Miss Edna E. Weaver, R.R. No. 1, Chippewa, Ont., says: "I was very much run down, weak, nervous and troubled with pains in the side. I tried different medicines but without any benefit until I began the use of Dr. Williams' Pink Pills. Under the use of this medicine I gained strength, had better appetite, slept better and the pain in my side disappeared. My health has since remained excellent and I advise any one troubled with anaemia, or weakness, to give Dr. Williams' Pink Pills a fair trial."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia and nervousness. Build up your blood and note how the purer and richer blood fights your battles against disease. Take Dr. Williams' Pink Pills as a tonic if you are not in the best physical condition and cultivate a resistance that with the observance of ordinary rules of health will keep you well and strong. Get a box from the nearest drug store and begin the treatment now, or send to The Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you postpaid at 50 cents a box or six boxes for \$2.50.

If there is anything the average woman will not stand for, it is to hear her husband praise her neighbor's bread.

A constituency that returns a spinster to Parliament is sure to be missrepresented.

A full wood box is a sign of a full heart.

Good home made bread is

the finest food on earth, and

the wife that is a good bread

maker is a real helpmate to

the bread winner. Bread is

the one food that perfectly

combines in itself all the ele-

ments that give strength to

the body. Children who eat

lots of good home made bread

thrive the best-they never

get sick from eating good

bread. Bread making is a

simple operation. Bread

made in the home with Royal

Yeast Cakes possesses a

greater degree of nourish-

ment, and will keep fresh

longer than that made with

Scientists highly recommend yeast as a

food and as a corrective agent for certain

functional disarrangements, attributed to poor blood conditions. Soak a cake of

Royal Yeast for half an hour in a cup of

luke-warm water with one teaspoon

sugar. Then stir well and strain once or

twice through muslin and drink the

liquid. BETTER results will be obtained

by allowing it to soak over night and

drinking half an hour before breakfast.

Repeat as often as desired. Send name

and address for free booklet entitled

E. W. Gillett Company Limited

Toronto, Canada

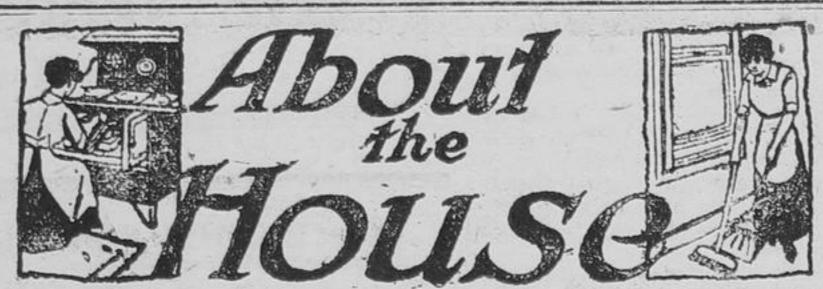
Made in Canada

"Roya! Yeast for Better Health."

any other.

and the worst is yet to come





Why I Like to Be My Own Boss.

First let me say that what I earn is my own to do as I like with. My husband does not dictate-"it's just understood"-and yet he knows he could have every cent if he really needed it. We have lived on the "ranch" three years, after years of town life, nine miles out and with few neighbors. I thought at first that my chance to make money away out here would be limited to poultryraising. I have always raised enough for our own use and a few for sale, but have never tried it on a large scale. In town I did dressmaking, raised vegetables and flowers, and always managed to keep myself in pinmoney.

more and like the work better here article on the washboard, rub laundry than in town, by raising lambs, and soap on the brush, and brush the soilpigs, and sometimes a calf.

in a large litter of pigs, there will be on clothing as well.-M. E. G. one or more small ones-"runts" he

calf I sold for a veal at seven weeks, back into the tick.-Mrs. I. W. J. and got \$15.30 for it. Another from good stock I am keeping. She is a ed washing very badly, but I was fine heifer, six months old.

Next spring I mean to take all the orphan lambs I can get, and buy as many others as I can care for. I wi'll keep the best ones to add to my small flock, kept from last spring, and will soon have a real flock of sheep of my own.

One month last autumn I earned \$78 in cooking for a threshing crew. I helped out a neighbor in distress, as well as adding a neat sum to my purse. I did not seriously neglect my home or my husband, as I was home nights and part of every afternoon. I would not care to do that for long, however, as keeping two houses going is not easy.

I am forty-seven years old, and have two lovely children—a son, married, and our daughter, "the baby," though past nineteen, is always in a position. I have a piano and numerous other things for the house which I have paid for myself; I also paid about half on our car. Husband is paying for the ranch, while I add the "trimmin's."

My outdoor work makes for better health, and does not interfere with household duties as sewing for others did. I am my own boss, with no one to find fault with my work. I can go calling or to town with no one's gown to finish up by a certain time.

Short Cuts Other Women Use.

I have always enjoyed candlelight, but have neither the money to purchase "dripless" varieties nor the time to clean my candlesticks every time I use them. I was delighted when I found that by painting the. ordinary candle with varnish it would burn without even a suggestion of a drip. The varnish is both colorless and odorless .- Miss J. L. K.

When cleaning woodwork, there is ever present the danger of soiling the wall paper with the cleaning cloth. This is especially true when washing the mopboard. A good way to avoid the somewhat unsightly streak on the paper at the top of the board is to use a stiff piece of cardboard. Hold the cardboard flat against the wall and tight against the mopboard. The

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The grocer who recom= mends to you Red Rose Tea, onwhichhemakeslessprofit than he does on other teas, can be trusted when he re= commends other goods.

ease.-Mrs. C. H.

M. S.

My home-made medicine cabinet is very convenient. In it all the house- when slightly damp .- C. S. hold remedies are assembled, within reach of the older members of the family and out of the reach of youngsters. We partitioned off an ordinary box, and then gave it three coats, inside and out, of white enamel paint. To improve the appearance I stenciled a small design in blue on the out- reading about Canaan, the "land flowside, and hung a little blue curtain ing with milk and honey." in front. In the back of the cabinet "Now," she said to the class, "what are two gimlet holes for hanging do you think of a land flowing with upon nails driven in the wall. In the milk and honey would be like?" different partitions I keep different things-boxes of pellets in the small- reply, "sticky!" er top partition, boxes of salves in the other. In the shorter of the two lower partitions I keep short bottles, tall ones in the other.-Mrs. F. E. H.

A small scrub brush as a part of my laundry equipment has been found of great value in washing overalls and badly soiled collars and cuffs of I find, however, that I can make men's work shirts. I lay the wet ed article vigorously, often dipping My husband makes hog-raising a the brush in water. This is much side issue with farming, and often, easier than scrubbing, and saves wear

In emptying the pilrow ticks to be calls them-that would probably die laundered this spring, try my way of if left with the others. I rescue them. keeping the feathers from wasting raise them by hand, and by giving it and flying all over the house. I take extra feed and care the runt is often a flour sack (one with the starch still the best hog in the lot at selling time. in it is best), turn it wrong side out, I have three now, two months old, out then rip an opening in the end of the of a litter of twelve, that cannot be pillow tick, and sew this opening to classed as runts by any means. I sold the mouth of the flour sack with a one last year for \$10 at nine weeks strong thread. Invert the tick, and shake the feathers into the sack; tie Sometimes I raise a calf. If I hear securely, and rip the sack loose. After of one that I can have for taking it laundering, sew it and the tick toaway, I surely go get it. One such gether again, and shake the feathers

I had a georgette waist that need-

wall will be protected and the card- afraid to attempt to wash it for fear board will receive the streak. It is it might fade. It was made of tworeally much easier to use this pre- colored georgette, and embroidered caution than not. The strain of pre- in a different shade. One day I made venting the damp cloth from touch- suds of warm soft water and white ing the wall, is removed, and one soap shavings, and added a large works with greater freedom and tablespoon of salt. I soused the waist until all of the dirt disappeared, then When preparing cornmeal mush to rinsed it several times in warm soft fry, I pour it into jelly glasses, first water to which salt was added. I then wetting the glasses in cold water to squeezed it as dry as possible, and, prevent sticking. The mush cools taking Turkish towels, "wiped" it quickly, and is in good shape to fry until it was much drier. Next I took when sliced, as there are no corners a piece of clean blotting paper and to break off. Before frying I dip absorbed all of the moisture where each slice in flour, and find that it the two colors of materials joined, fries quicker and browner-Mrs. T. and about the embroidered place. I then hung it in the shade to dry, and pressed it with a warm (not hot) iron

Try flouring your cake tins after having thoroughly greased them, and you will have no more trouble with your cakes sticking .- Mrs. P. H. W.

What They Thought.

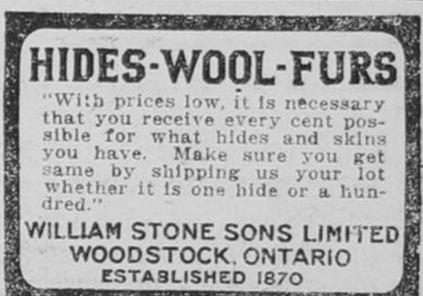
The Sunday-school teacher had been

"Please, teacher," was the instant

A boil on the neck will humble most any man.

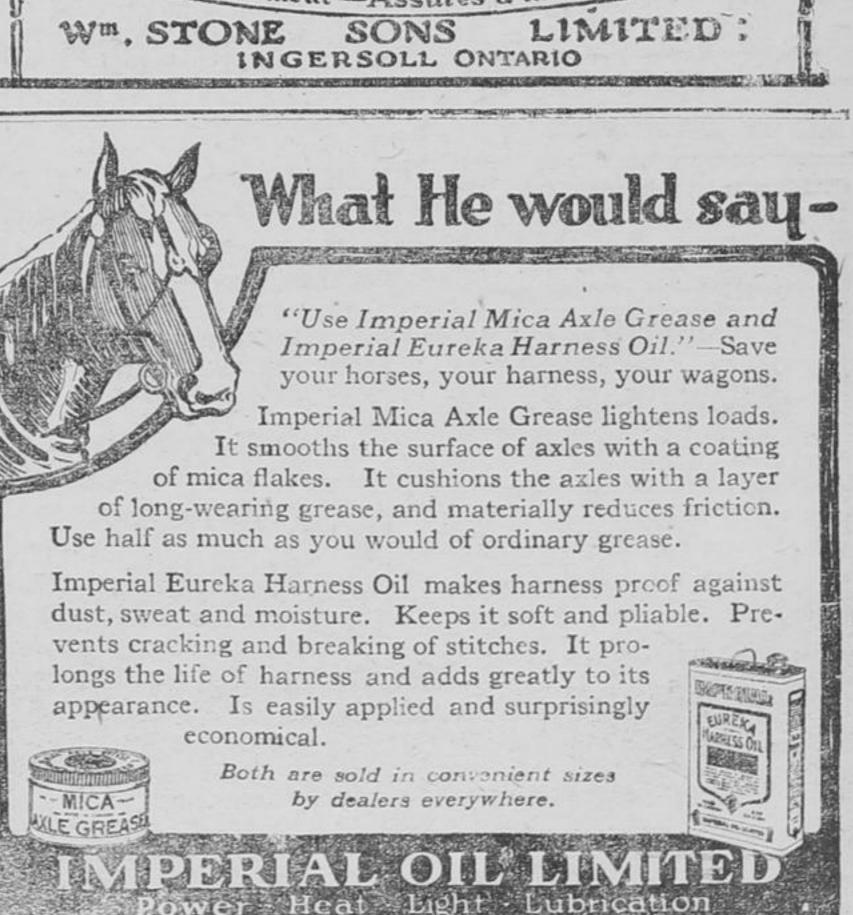
Lake Superior is the world's largest freshwater lake, part being within Canada's boundaries.

Two thousand and forty-eight aliens were naturalized in Canada in 1919, representing 27 different coun-









Branches in all Cities: