

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 misrepresented.

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

—and the worst is yet to come



About the House

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 poultry-raising. 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 pin-money.

I find, however, that I can make more and like the work better here than in town, by raising lambs, and pigs, and sometimes a calf.

My husband makes hog-raising a side issue with farming, and often, in a large litter of pigs, there will be one or more small ones—"runts" he calls them—that would probably die if left with the others. I rescue them, raise them by hand, and by giving it extra feed and care the runt is often the best hog in the lot at selling time. I have three now, two months old, out of a litter of twelve, that cannot be classed as runts by any means. I sold one last year for \$10 at nine weeks old.

Sometimes I raise a calf. If I hear of one that I can have for taking it away, I surely go get it. One such calf I sold for a veal at seven weeks, and got \$15.30 for it. Another from good stock I am keeping. She is a 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 will 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

The grocer who recommends to you Red Rose Tea, on which he makes less profit than he does on other teas, can be trusted when he recommends other goods.

wall will be protected and the cardboard will receive the streak. It is really much easier to use this precaution than not. The strain of preventing the damp cloth from touching the wall is removed, and one works with greater freedom and ease.—Mrs. C. H.

When preparing cornmeal mush to fry, I pour it into jelly glasses, first wetting the glasses in cold water to prevent sticking. The mush cools quickly, and is in good shape to fry when sliced, as there are no corners to break off. Before frying I dip each slice in flour, and find that it fries quicker and browner.—Mrs. T. M. S.

My home-made medicine cabinet is very convenient. In it all the household 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 outside, and hung a little blue curtain in front. In the back of the cabinet are two gimlet holes for hanging upon nails driven in the wall. In the different partitions I keep different things—boxes of pellets in the smaller 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 men's work shirts. I lay the wet article on the washboard, rub laundry soap on the brush, and brush the soiled article vigorously, often dipping the brush in water. This is much easier than scrubbing, and saves wear on clothing as well.—M. E. G.

In emptying the pillow ticks to be laundered this spring, try my way of keeping the feathers from wasting and flying all over the house. I take a flour sack (one with the starch still in it is best), turn it wrong side out, then rip an opening in the end of the pillow tick, and sew this opening to the mouth of the flour sack with a strong thread. Invert the tick, and shake the feathers into the sack; tie securely, and rip the sack loose. After laundering, sew it and the tick together again, and shake the feathers back into the tick.—Mrs. I. W. J.

I had a georgette waist that needed washing very badly, but I was

afraid to attempt to wash it for fear it might fade. It was made of two-colored georgette, and embroidered in a different shade. One day I made suds of warm soft water and white soap shavings, and added a large tablespoon of salt. I soured the waist until all of the dirt disappeared, then rinsed it several times in warm soft water to which salt was added. I then squeezed it as dry as possible, and, taking Turkish towels, "wiped" it until it was much drier. Next I took a piece of clean blotting paper and absorbed all of the moisture where the two colors of materials joined, and about the embroidered place. I then hung it in the shade to dry, and pressed it with a warm (not hot) iron when slightly damp.—C. S.

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 reading about Canaan, the "land flowing with milk and honey."

"Now," she said to the class, "what do you think of a land flowing with milk and honey would be like?"

"Please, teacher," was the instant reply, "stickly!"

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 countries.

HIDES-WOOL-FURS

"With prices low, it is necessary that you receive every cent possible for what hides and skins you have. Make sure you get same by shipping us your lot whether it is one hide or a hundred."

WILLIAM STONE SONS LIMITED
WOODSTOCK, ONTARIO
ESTABLISHED 1870

SEEDS

Vegetable, Farm, Flower,
New Improved Strains
All tested, sure to grow!
Send for Catalog

DUPUY & FERGUSON
30, 32, Jacques Cartier Square

ROYAL YEAST CAKES

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 elements 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 nourishment, and will keep fresh longer than that made with any other.

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 "Royal Yeast for Better Health."

E. W. Gillett Company Limited
Toronto, Canada

Made in Canada

FOR BIGGER & BETTER CROPS
USE
STONE'S FERTILIZER
Your Best Investment—Assures a more Profitable Yield
Wm. Stone Sons Limited
INGERSOLL ONTARIO

What He would say—
"Use Imperial Mica Axle Grease and Imperial Eureka Harness Oil."—Save your horses, your harness, your wagons.
Imperial Mica Axle Grease lightens loads. It smooths the surface of axles with a coating of mica flakes. It cushions the axles with a layer of long-wearing grease, and materially reduces friction. Use half as much as you would of ordinary grease.
Imperial Eureka Harness Oil makes harness proof against dust, sweat and moisture. Keeps it soft and pliable. Prevents cracking and breaking of stitches. It prolongs the life of harness and adds greatly to its appearance. Is easily applied and surprisingly economical.
Both are sold in convenient sizes by dealers everywhere.
IMPERIAL OIL LIMITED
Power Heat Light Lubrication
Branches in all Cities