



**Her Baby Wakes up Laughing and Cooing**

"I started using Eagle Brand for my five months old baby two months ago. Now she wakes up laughing and cooing and is more than satisfied. No more getting up nights, as she gets only one bottle, going to bed, and no more till 7 a.m. She won a third prize at a recent baby show and I know Eagle Brand helped her to win. She weighed 6 lbs. at birth but is now over 13 lbs. If any mother would like me to tell her about Eagle Brand I would be pleased to do so. I only wish I had known about it sooner as it cannot be too highly recommended".

Mrs. W. J. P. Ontario.  
(Original letter on file)

**EAGLE BRAND**  
CONDENSED MILK

THE BORDEN CO. LIMITED, MONTREAL  
Please send FREE Baby Books to

NAME.....  
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**THIS MILK IS ENTIRELY A MARITIME PROVINCE PRODUCT**  
CONDENSARY TRURO, N.S.

## A TRAVELLING SCHOOL USED IN THE WEST

Winnipeg, Oct. 9.—If the children cannot go to school the school must go to the children. The latest development in educational institutions is the school car which is today roving up and down the line of the Canadian National Railways in Ontario. Completed recently in the Canadian National shops at Fort Rouge, converted from an old coach into a school room and teacher's home, the car is now bringing reading and writing and arithmetic and a few of the other amenities of the twentieth century to the youngsters who live in the wilderness and have never heard the sound of the bell. The school car travels a distance of 120 miles, in what are known as the Raith and Quorn Subdivisions, between Port Arthur and Superior Junction.

The travelling school was originated by Dr. J. B. Macdougall, Assistant Chief Inspector of Schools, Toronto, and made a reality by the co-operative work of the Ontario Government and the National System. It brings education to the children of sheffling section men and to other boys and girls handicapped by dwelling in sparsely settled districts. The car is stationed at one place for two or three days and it receives pupils from several miles around. Before leaving for the next point, the teacher gives the children lessons to be worked over at home ready for his return.

The car is divided into four compartments, the schoolroom, equipped with twelve desks, the teacher's bedroom, dining room and kitchen. Book-cases, blackboards and maps are stowed away conveniently; one of the most interesting features of the car is its compactness. The car and fixtures are supplied by the railway, and the teacher and teaching materials by the Government. The pupils are supplied free with all their schoolroom needs.

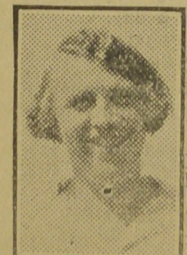
"We have four cars now operating in Ontario," Dr. Macdougall said, "and within a few years I expect to see many more. The scheme is proving decidedly worth while and it is the splendid co-operation of the Government and the Railways that we owe its success."

## WOMAN SO SICK COULD NOT WORK

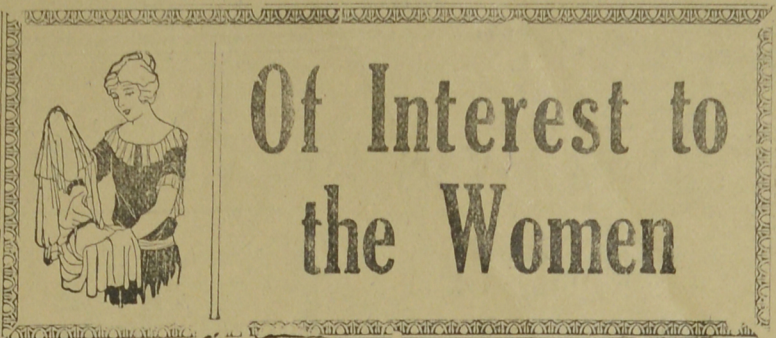
Helped by Taking Lydia E. Pinkham's Vegetable Compound

Grainland, Sask.—"I am glad that I heard of that good Lydia E. Pinkham's medicine and I will not be without it again. I was so sick that I could not work at all and could not sew on the machine. My aunt told me of Lydia E. Pinkham's Vegetable Compound and now I am telling all of my friends how good it is and I will answer all letters I get from women."

MRS. MARY SCHULTZ, Grainland, Sask.



MRS. MARY SCHULTZ, Grainland, Sask.



## Of Interest to the Women

### PINEAPPLE SPONGE

2 tablespoons gelatin  
1-2 cup cold water  
1 cup juice canned pineapple sugar to taste.  
1 cup hot water  
Juice of one half lemon  
3 egg whites, beaten stiff  
Soak gelatin in cold water and dissolve in hot water, add lemon juice, pineapple juice and sugar; cool when thick beat until frothy, fold in egg whites. Chill and serve with whipped cream.

### CAULIFLOWER AU GRATIN

1 quart boiled cauliflower  
3 cups milk  
3 tablespoons butter  
2 tablespoons flour  
Salt and pepper  
Buttered crumbs  
Make a white sauce of the milk, butter and flour. Season and put in a pudding dish with alternate layers of cauliflower; sprinkle bread crumbs and bits of butter on top and bake in a hot oven (450 degrees Fahrenheit) fifteen minutes.

### APRICOT AND PINEAPPLE TAPIOCA

1-2 cup dried apricots  
2 1-2 cups boiling water  
1-2 cup granulated tapioca  
2-4 cup sugar  
1-2 teaspoon salt  
2 slices canned pineapple  
Wash the apricots and soak in enough cold water to cover. Drain the water from the fruit and add enough boiling water to the apricot water to make two and one half cups pour into a saucepan. Gradually add the tapioca and cook the mixture for fifteen minutes stirring occasionally. Pour this into a baking dish, add the soaked apricots, sugar and salt. Cut the pineapple into pieces and add it to the other ingredients. Cover and bake in a moderate oven (350 degrees Fahrenheit) for thirty minutes.

### ORANGEADE

Juice of 4 oranges, rind of 1 lemon juice of 1 lemon, 1-3 cup sugar, 1 quart water. Boil orange peel with 1-2 pint water and sugar for 5 minutes. To extracted orange juice, add strained syrup and remainder of water. Serve with crushed ice and garnish with wedged shape pieces of sliced oranges. Makes 6 large glasses.

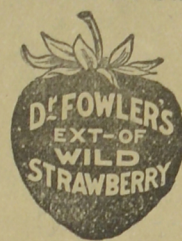
### RED-LIPPED AUTUMN

Red lipped autumn gypsy queen  
Stealing from us summer's green  
Ripened apples scent the breeze  
Carried far from apple trees  
Beauty too comes with the frost  
Making up for roses lost  
Bluebirds leaving black crows caws  
Soon we'll find the ripe paw-paws  
Crisp leaves scamper with the wind  
Somersaulting end o'er end.  
While the creek its gorgeous boats  
On its placid surface floats  
Flowers beside the garden fence  
Put on colors most intense  
Butterflies are languid still  
To warmer climes goes whippoorwill  
Blushing autumn; dew bepearled  
Blows her hair by breezes twirled  
Crickets' chirping now is shrill  
In grass grown sere below the hill  
Chestnuts bursting; velvet brown  
Each wind brings a few more down  
Red-lipped autumn gypsy queen  
Stealing from us summer's green.  
PEARL ADORNE RAWLING in  
Detroit News.

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Vapors inhaled quickly clear head  
**VICKS**  
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His Lordship the Bishop and Mrs. Richardson have returned from a trip to Ontario.

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Dentist

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A safe, reliable, regulating medicine for women. Sold in three doses: No. 1, \$1; No. 2, \$2; No. 3, \$5. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. THE COOK MEDICINE CO. Toronto (formerly Windsor) The Proprietary and Patent Medicine Act Registered 1907.

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A. J. HANLON, 83 Regent Street.  
RAY BARKER, Corner Carleton and King Streets.

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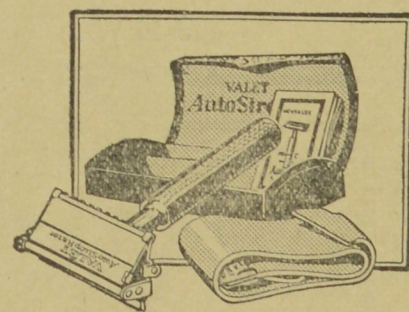
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Valet Auto Strop Safety Razor at Less Than Cost!

30<sup>c.</sup>



30<sup>c.</sup>

(25 Cents if no Postage is required)

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Enclosed find the sum THIRTY CENTS for which please send me A Valet Auto Strop Safety Razor and case.

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AND SEND IT TO

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