

## Heart Trouble Cured.

Through one cause or another a large majority of the people are troubled with some form of heart trouble.

The system becomes run down, the heart palpitates. You have weak and dizzy spells, a smothering feeling, cold clammy hands and feet, shortness of breath, sensation of pins and needles, rush of blood to the head, etc.

Wherever there are sickly people with weak hearts Milburn's Heart and Nerve Pills will be found an effectual medicine.

Mrs. Wm. Elliott, Angus, Ont., writes:—"It is with the greatest of pleasure I write you stating the benefit I have received by using Milburn's Heart and Nerve Pills. I suffered greatly from heart trouble, weakness and smothering spells. I used a great deal of doctor's medicines but received no benefit. A friend advised me to buy a box of your pills, which I did, and soon found great relief. I highly recommend these pills to anyone suffering from heart trouble."

Price 50 cents per box, or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

## A \$20 Watch

For \$10

These figures tell exactly what we are doing—selling a \$20 watch for \$10. This in itself should be a sufficient "Reason Why" argument to send us your order.

We don't claim this is a \$40 watch or a \$50 watch, but it is a \$20 watch—actually built to sell at \$20. It is made in a range of beautiful hand-engraved designs, and fitted with a very special adjusted non-magnetic lever movement, exposed running wheels, cup settings, expansion balance, brequet hair-spring, patent regulator and antique bow and pendant. It is a counterpart of the Waltham, and a magnificent timepiece. Each watch is thoroughly timed, tested and regulated before it leaves our hands, and we stand behind every case and movement.

HOW TO ORDER—Clip out this advertisement and mail it to us to-day, with your name, postoffice address and nearest express office. Specify as to lady or gents' size, and same will be sent to your express office at once. You have the privilege of examination, and if satisfied pay the agent \$5.00 and the watch is yours subject to payment of the balance in 30 days. If not accepted you are at liberty to return watch at our expense.

SPECIAL—To the first 300 customers we will send a handsome chain or guard absolutely free. First come, first served. The number is limited. Don't wait. Order at once or it may be too late.

PEOPLE'S SUPPLY COMPANY

(Mail orders exclusively),  
Drawer 843, Toronto, Station F.



### DRUGLESS HEALING OR SUGGESTIVE THERAPEUTICS

I find so much Rheumatism and Chronic Constipation in this northern country. Constipation is a dangerous thing—will lead to Rheumatism, Appendicitis and all kinds of serious Chronic Troubles. This system of treatment will surely cure Constipation and Rheumatism of all kinds. I want every man and woman that is afflicted with these complaints or any other serious Chronic Trouble, to write me, stating your case, and I will prove to you the remarkable cures I have lately made. By arousing the "Latent Forces" in the body and working through God's natural laws disease and troubles get fast out of the body. I can heal you in your home. We give personal and absent treatment. This is the cheapest and quickest healing science the world knows. Plenty of references. Prof. H. W. Banton, Institution of Healing, office 232 13th Ave. East, Calgary, Alta. Tel. 197.

## Marriage, Annulment, Domicile

gives law and time governing these subjects in all of the States and Territories of the United States. Postpaid, One Dollar. Jos. Mitchell Donovan, Attorney, Sioux Falls, South Dakota, U.S.A.

When Purchasing from Western Home Monthly Advertisers, be sure and mention the paper.

is anything so good as hardships tempered with a little disappointment (kept within limits of course) to strengthen the body, to enlarge the mind, to deepen the heart's well of love and sympathy.

"Have you suffered, starved and triumphed, grovelled down, yet grasped at glory, Grown bigger in the bigness of the whole?"

"Done things" just for the doing, letting babblers tell the story, Seeing through the nice veneer the naked soul?

Have you seen God in his splendors, heard the text that nature renders? (You'll never hear it in the family pew.) The simple things, the true things, the silent men who do things—Then listen to the Wild, it's calling you."

Yes! of course girls we miss you, very, very much, but what is the use of lamenting anyway there's too much to do to allow it to disturb our minds to any great extent. You would not want anything to interfere with our progress anyway, would you? Don't think that I am cranky, old and selfish, because I am not any one of the three. I agree with what "Modesty's Purest Gem" had to say about women governing us. You do. Girls govern all our actions, it is thoughts of you first, last, and always. As it has been said women are the cause of all the trouble in life, but it is women who make life worth all the trouble. I should be happy to hear from any of the correspondents or any who should care to write. I am 27 years of age, all other

home and if she thought enough of me to milk a cow or two, well and good. Now, as to accomplishments such as playing the piano and being a good dancer wouldn't matter a rap with me so long as she was a good neat housekeeper and cook. I must admit some women have an up-hill time with a man who is an excessive drinker. I would like to get some correspondents of about my own age.

"A Yankee Boy."

### Two Jolly Lassies

Dauphin, Man., April 15, 1910.

Sir.—We have been reading your valuable paper for some time past and are especially delighted with the correspondence. To begin with we live in a small town and have heaps of fun going to dances, card parties and skating. We think it much nicer to live in the country than in the city. At our literary club we had a debate on the matter and country side won. By correspondence we do not believe that a happy marriage could ever be made. I would like to see the man I was going to marry before he bought the license. A person might get the ugliest old man or a miser and our idea is that those who have to advertise to get a husband or wife cannot be up to much. For why advertise? Surely there are enough of either sex around them. First, we are cousins and look much alike. Both tall, dark hair with deep blue eyes, fair complexion; while one weighs 136 pounds the other 128 pounds and we are twenty-one and twenty-three years old respectively.



Jamie's Letter.

good qualities kept a secret for the time being.

### Laughing Joe on the Battlefield.

Brandon, Man., April 15, 1910.

Sir.—I have been a subscriber to the W. H. M. for some months past, and I am very much interested in reading it, specially the correspondence columns. I am 19 years of age, 5 ft. 10 in. and weigh 155 lbs., as for good looking some say I am but as I do not believe in self praise, all I will say is, that I do not remember of having ever scared anybody so far. Would like to correspond with some young girls who would answer all letters promptly, and for my part, I will be glad to answer. Now, girls, wake up and drop a line to me; my address will be with the editor. Wishing the Western Home Monthly every success possible, I will sign "Laughing Joe."

### Has a Loving Disposition.

Carman, Man., April 1st, 1910.

Sir.—I greatly enjoy reading your paper and get amusement reading the correspondence columns. I really think some of the boys and girls write nice letters and it is very kind of you to give them space to air their views. I should like to correspond with some nice young girl for pastime only. Am 5 ft. 10 in. tall, black hair, grey eyes, and weigh 150 pounds; am 19 years old, am of a very loving disposition and should I ever get a wife the best will be none too good for her providing she is a nice sensible girl. I should try my best to give her a good

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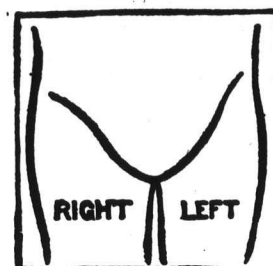
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should write at once for Julia C. Richard's book, "Women in Health and Disease." It tells you why you suffer and how to avoid further suffering. It is a treasury of information for women, simply written, well illustrated and intended to start them on the high way to health. It deals with every phase and stage of woman's physical life. Thousands have benefited as thousands of testimonials declare. Write today enclosing 10 cents to pay cost of mailing and this valuable book with valuable advice will be sent you.

Julia C. Richard, Box 996, Montreal.

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I have made new and important discoveries in the cure of Rupture and for the next 30 days I will give every ruptured person who follows these directions a chance to try this remarkable Home Cure, FREE.

Mark on the diagram the location of the rupture. Answer the questions and mail this to:

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Name \_\_\_\_\_

Address \_\_\_\_\_

Does rupture pain? \_\_\_\_\_ Do you wear a Truss? \_\_\_\_\_

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Your choice of these hair goods sent on 10 days approval. Natural real hair wavy switch 20 in. \$1.50, 22 in. \$2.00, 24 in. \$3.00. Coronet braid 27 in. long \$3.00, lengths up to 36 in. in proportion. New fashion turban caps 35c. Extra large all over invisible hair net 10c. Send lock of your hair, 5c for postage and if goods satisfactory remit within ten days.

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