

WAS WEAK and RUN DOWN SUFFERED WITH "NERVES."

Many women become run down and worn out by their household cares and duties never ending, and sooner or later find themselves with shattered nerves and weak hearts.

When the heart becomes weak and the nerves unstrung it is impossible for a woman to look after her household or social duties.

On the first sign of any weakness of either the heart or nerves, take Milburn's Heart and Nerve Pills, and you will find that in a very short time you will become strong and well again.

Mrs. J. A. Williams, Tillsonburg, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered greatly with my nerves. I was so weak and run down, I could not stand the least excitement of any kind. I believe your Heart and Nerve Pills to be a valuable remedy for all sufferers from nervous trouble."

Milburn's Heart and Nerve Pills are 50c. per box, 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.



Vapo-Cresolene
(ESTABLISHED 1875)

Used While You Sleep For Whooping Cough, and Spasmodic Croup, Asthma, Sore Throat, Coughs, Bronchitis, Colds, Catarrh.

A simple, safe and effective treatment, avoiding drugs.

Vaporized Cresolene stops the paroxysms of Whooping Cough and relieves the spasmodic Croup at once.

It is a BOON to sufferers from asthma. The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy, soothes the sore throat and stops the cough, assuring restful nights.

Cresolene relieves the bronchial complications of Scarlet Fever and Measles and is a valuable aid in the treatment of Diphtheria.

Cresolene's best recommendation is its 30 years of successful use. Send us postal for Descriptive Booklet.

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STUART'S PLAPAO-PADS are different from the truss, being medicine applicators made self-adhesive purpose to hold the parts securely in place. No straps or buckles attached—no obnoxious springs. Cannot slip, so cannot chafe or press against the bone. Thousands have successfully treated themselves at home without hindrance from work and reported most obstinate cases cured. Soft as velvet—easy to apply—expensive. Awarded Gold Medal. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending you Trial of Plapao absolutely free. Write today, PLAPAO LABORATORIES, 211 St. Louis, Mo.

CANCER

R. D. Evans, discoverer of the famous Evans' Cancer Cure, desires all who suffer with Cancer to write to him. The treatment cures external or internal Cancer.



R. D. EVANS Brandon Man.

PILES DON'T BE CUT

Until You Try This Wonderful Treatment. The internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, suppositories and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bless the day that you read this. Write today. E. R. Page, 330 Main St., Marshall, Michigan

Correspondence

Who Will Accept His Invitation

Dear Editor,—I am a new subscriber to your paper, the W.H.M., and like it fine.

I see that Lonesome Brown Eyes is talking about bachelors. She said that she was teaching last year in a new settlement where there were a number of bachelors and very few girls. The bachelors, she said, were not as polite as they might have been. But some were better than the nice smiling boys you meet in the city. For my part I think that the young boy off the farm to-day is just as polite as the city boy. I live in a settlement where there are twenty or twenty-four bachelors—and not one girl. But I can say that they are all as polite and gentlemanly as city boys. I wish if Lonesome Brown Eyes is still a teacher she would come to our school and teach for one summer. The only girl who was here last summer was the school teacher and she had a good time—for first one bachelor would take her to town in his car, then another; one would take her another night and so on.

I see that none of you girls speak about dancing. I am a dancer from my little toe to the top of my head and that is 6 feet 4 inches. We have dances in our school every two weeks, and the last one was a good one. There were over 100 people and half of them were girls. These girls all come from the towns and say we have a good time too.

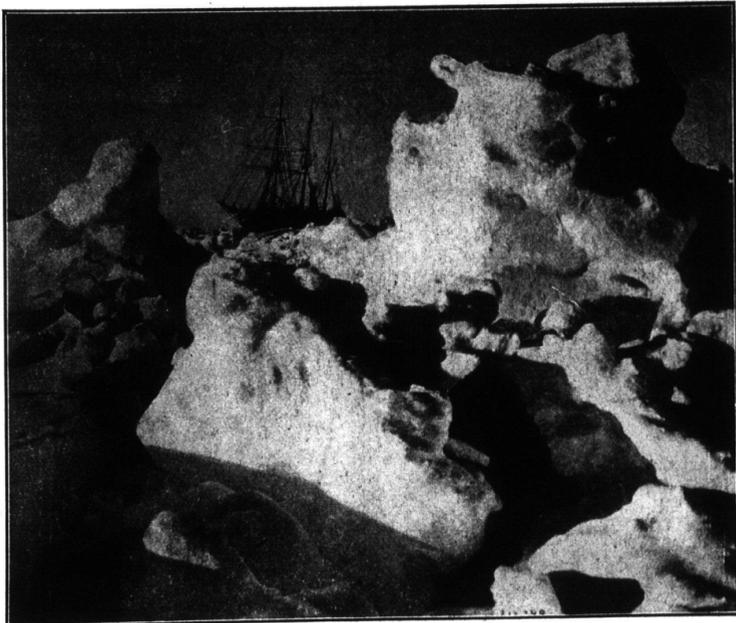
gleaming whiteness. Nor is it a less lovely sight when the prairie is covered with a blanket of snow, stretching away in one vast, undulating plain.

Did you ever think what an influence mountains, or scenery of any kind, exert upon one's character. I believe one who lives among the mountains or thickly wooded countries have not the same scope for their thoughts, but have a strong mind and more determination to overcome difficulties than we who live on the prairie. Then again we have to contend with many things that requires all the energy we can put forth, which the mountain people do not realize. But, like the prairie chickens, which you are pleased to call us, there is nothing to hinder us from going where we wish at any time. While you, like the mountain sheep, have to contest every inch of the way, until you get to the mountain top, when you cast your eager eyes upon—another mountain.

If I offend any, please excuse me. I must defend the Prairie Chicken.

Before closing, I wish to congratulate "Morganrodnaden," through this page, on the outcome of his courageous enterprise, and hope they will both enjoy a long and happy married life.

Thanking the Editor for this space and wishing him and the readers, happiness and prosperity during the year, I remain, "Farmer Girl."



Shackleton's South Pole Expedition. The ice in the foreground of this picture was at first an even plane. At the end of August, 1915, in the words of the photographer, "It became a nightmare." Huge blocks of ice weighing up to 50 tons were cast up round the "Endurance" in indescribable confusion.

Very Much Alike

Dear Editor,—We have taken The Western Home Monthly for a number of years, and always look forward to the correspondence page. This is the first time we have ever written, and hope to see our letter in print.

We are a couple of country lasses. We are both dark, and about the same height, and are often taken for twins.

We are very fond of amusements, such as skating, riding horseback, dancing and are musically inclined.

What do the readers think of farmers enlisting? My friend and I think that the farmers are doing their bit by staying at home and helping feed those who have gone. What would the country do if all the help was taken from the farms? We each have relations and friends at the front. Many from our home town have gone.

Some of the girls seem to be awfully hard on the bachelors. Poor fellows, they must lead a very lonely life, and we certainly sympathize with them.

As this is our first attempt at writing to your page we will not take up any more of your valuable space. We hope to see our letter in print and to receive correspondence from any who care to write, as we will answer all letters gladly. Wishing you all success, "Two Manitoba Girls."

Many mothers have reason to bless Mother Graves' Worm Exterminator, because it has relieved the little ones of suffering and made them healthy.

WHOOPIING COUGH The Infant's Most Dangerous Disease.

Whooping Cough, although specially a disease of childhood, is by no means confined to that period but may occur at any time of life. It is one of the most dangerous diseases of infancy, and yearly causes more deaths than scarlet fever, typhoid or diphtheria, and is more common in female than in male children.

Whooping Cough starts with sneezing, watering of the eyes, irritation of the throat, feverishness and cough. The coughing attacks occur frequently but are generally more severe at night.

On the first sign of a "whoop," Dr. Wood's Norway Pine Syrup should be administered, and weeks of suffering prevented, as it helps to clear the bronchial tubes of the collected mucous and phlegm.

Mrs. Nellie Barley, Amherst, N.S., writes: "I have much pleasure in saying that there is no cough syrup like Dr. Wood's Norway Pine Syrup. My little girl took whooping cough from a little girl who has since died with it. I tried lots of things but found 'Dr. Wood's' to give the greatest relief. It helped her to raise the phlegm, and she is now better."

My young brother is also taking the cough, and I am getting 'Dr. Wood's' to work again."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; 3 pine trees the trade-mark; price 25c. and 50c. Refuse substitutes.

Manufactured only by THE T. MILBURN CO., LIMITED, Toronto, Ont.

Rheumatism

Remarkable Home Cure Given by One Who Had It—He Wants Every Sufferer to Benefit

Send No Money—Just Your Address.

Years of awful suffering and misery have taught this man, Mark H. Jackson of Syracuse, New York, how terrible an enemy to human happiness rheumatism is, and have given him sympathy with all unfortunates who are within its grasp. He wants every rheumatic victim to know how he was cured. Read what he says:



"I Had Sharp Pains Like Lightning Flashes Shooting Through My Joints."

"In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted, and even bed-ridden with Rheumatism, and it effected a cure in every case."

"I want every sufferer from any form of Rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address, and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write to-day. MARK H. JACKSON, No. 803C Gurney Bldg., Syracuse, N.Y."

Mr. Jackson is responsible. Above statement true.—Pub.



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