Winnipeg, April, 1915

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# **Kidney Disease in Every Symptom**

### Why Mrs. Mark Found Quick **Relief in Dodd's Kidney** Pills.

New Brunswick Lady who Suffered for Six Years Tells How She Found a Speedy Cure.

Miscou Harbor, Gloucester Co., N.B.--(Special)-"For some five or six years I was troubled with backache. I tried many tonics, but kept growing steadily worse, until I decided to try Dodd's Kidney Pills. They gave me almost immediate relief."

This is the statement of Mrs. A. Mark, well known and highly respected here. Asked to give more particulars in regard to her case, Mrs. Mark said:

"My trouble started with a cold, and gradually grew worse. I had stiffness in my joints and cramps in my muscles and suffered from neuralgia. I had heart flutterings and headaches, my sleep was broken and unrefreshing and I was always tired and nervous. I had dark circles under my eyes, I was irritable and often dizzy and had a bitter taste in my mouth in the mornings. I also had attacks of rheumatism.

"It just took three boxes of Dodd's

Kidney Pills to fix me up." Every symptom Mrs. Mark mentions spells kidney disease. That's why she found such quick relief in Dodd's Kidney Pills.

# Correspondence

E invite readers to make use of these columns, and an effort will be made to publish all in-

teresting letters received. The large amount of correspondence which is sent us has, hitherto, made it impossible for every letter to appear in print, and, in future, letters received from subscribers will receive first consideration. Kindly note we cannot send any correspondents the names and addresses of the writers of the letters published. Persons wishing to correspond with others should send letters in stamped, plain envelopes under cover to the Correspondence Department and they will immediately be forwarded to the right parties.

#### Quite a Traveller.

Smiley, Sask., Jan. 4, 1915. Dear Editor-I am a reader of The Western Home Monthly and like the paper very much. I enjoy reading the letters written by the young people. I noticed a letter from a Nova Scotian girl in the November number. I was glad to see a letter from so far east as Nova Scotia, it used to be my home, but it is several years since we left there. Since then I have travelled a great deal.

### The Housekeeper's Creed

Sask., Feb., 1915. Dear Editor-It is with great pleasure I come again to your valuable columns. Freda wished to know if the bachelors of the West really do get lonesome. Well, yes, some of them do, especially at this time of the year when they begin thinking of the friends back home. Am I not right, bachelors?

I see some give their opinions of what an ideal girl is; I will now try to spin mine. An ideal girl should be a fair size and height, fairly good looking at least, lead a good Christian life, be a good housekeeper and always ready to make the best of things. I will now pen a copy of "The Housekeeper's Creed," which I have found in a valuable book we have and which I think "hits the nail on the head."

"I believe that marriage is a life partnership with mutual interests as well as love; a partnership of square dealing and equally shared responsibilities, and should not be entered into from any other motive.

"I believe before marriage every woman should show to the man she is to marry that she thoroughly understands the work of making and keeping the

## If You Wish to Be Well You

#### Must Keep the Bowels Regular.

If the bowels do not move regularly they will, sooner or later, become con-stipated, and constipation is productive of more ill health than almost any other trouble.

The sole cause of constipation is an mactive liver, and unless the liver is kept active you may rest assured that headaches, jaundice, heartburn, piles, doating specks before the eyes, a feeling as if you were going to faint, or catarrh of the stomach will follow the wrong action of this, one of the most important organs of the body.

Keep the liver active and working properly by the use of Milburn's Laza-Liver Pills.

Mrs. Elijah A. Ayer, Fawcett Hill, N.B., writes: "I was troubled with constipation for many years, and about three years ago my husband wanted me to try Milburn's Laxa-Liver Pills, as they had cured him. I got a vial and took them, and by the time I had taken three vials I was cured. I always keep them on hand, and when I need a mild laxative I take one.'

Milburn's Laxa-Liver Pills are 25c a vial, 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto. Ont.



# Catalogue Notice

Send 10c in silver or stamps for our up-to-date 1914-1915 Spring & Summer Catalogue, containing over 400 designs of Ladies', Misses' and Children's Patterns, also a concise and comprehensive article on Dressmaking, giving valuable hints to the home dressmaker.

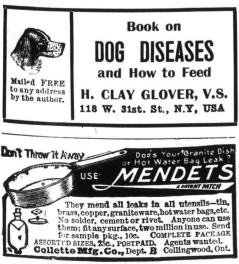
Western Home Monthly Winnipeg

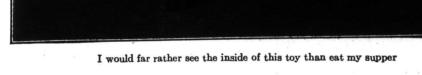
### The Western Home Monthly

### GET YOUR FARM HOME From the CANADIAN PACIFIC

An immense area of the most fertile land in Western Canada for sale at low prices and easy terms, ranging from \$11.00 to \$30.00 for farm lands with ample rainfall—irrigated lands from \$35.00. Terms—One-Twentieth down, balance within twenty years. In irrigation districts, loan for farm buildings, etc., up to \$2.000, also repayable in twenty years—interest only 6 per cent Here is your opportunity to increase your farm holdings by getting adjoining land, or secure your friends as neighbors. For literature and nerticulars apply to

For literature and particulars apply to F. W. RUSSELL, Land Agent, Desk 15, Department of Natural Resources C.P.R., Winnipeg





nipeg for four years and Saskatoon a year, then we homesteaded in Kindersley four years and now we are living in Smiley. When my father was living he was a sea captain.

Smiley is a new t wn, so is not very large. We have a dance hall and a nice school, but there is no church to attend. I stay at home and take care of a sick mother. I like to do housework and am a fairly good cook. It is very quiet here and sometimes I get lonesome for a chum. There are three other girls in the place, besides myself. I like lots of fun. I do not dance, but I am very fond of skating. I don't get much time for fancy work. This is my first letter and I hope I will see it in print. I would be glad if any of the members would write to me. My address is with the editor. Wish best wishes to all and wishing The Western Home Monthly every success. Yours sincerely, Estrella.

Complete in itself, Mother Graves' Worm Exterminator does not require the assistance of any other medicine to make it effective. It does not fail to do its work.

years in Virginia, then we lived in Win- home on a perfectly systematic and business basis, as much as the man has shown her that he has a profession or business capable of providing the income for the maintenance of home and family.

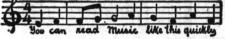
> "It is reasonable to suppose that the young woman should be able and willing to keep house as conscientiously as she has taught school, or music, or used the typewriter.

> "Can you use the salary of the young man wisely, economically and so that each of you may live comfortably, besides saving a little for the proverbial 'rainy day?' This question should be answered before marriage.

> "I believe home-making, housekeeping and all that goes with it, is not drudgery, is not a narrow sphere for the woman, but that it is the very highest type of living."

"I believe housekeeping and cooking is and should be interesting and worthy work and that the majority of women would enjoy it if they had the opportunity to know more of its science; that it must be considered elevating-the highest art-and not a menial and brainless

# **Real Music** TAUGHT FREE IN YOUR OWN HOME By the oldest and most Reliable School of Music in America.—Established 1895.



Norder to introduce our Home Study Music Course in your locality, we offer you, absolutely free, 96 lessons for either After you have learned to play we are positive that you will recommend the lessons of the American School of Music for either beginners or advanced pupils. Our lessons are suited to your needs. It matters not if you do not know one port from another, our lessons are so simple and easy that any person who can read English can learn to play. We send out lessons to you weekly, and with our free tuition offer, your only expense is for postage and music you use, which averages write-"Wish I had known of your wonderful school before." Write to day for our convincing free booklet which explains everything in full. Write now to the

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