

BY The Wife's Lament.

I love that gallant man of mine,
I love him wondrous well;
That he returns my love he finds
A thousand ways to tell.
But yet sometimes I almost wish
We might half-strangers be,
So he would smile his sweetest smile
When looking straight at me.

No matter if his face be dark
With cares we share together,
No matter if our skies be spread
With clouds that bode ill weather;
Whenever we meet some friend, he'll greet
Her with a smile angelic,
But in a trice the smile has gone,
Nor left one little relic.

Of course I know; we would not show
The cares we bear, to others;
The crosses we endure must be
Kept hidden from our brothers.
I know that in his heart he smiles
For me always, God bless him;
And should I make my foolish plaint
'T would but the more distress him.

But O to have the smiles he gives
To others, though unmeaning,
Bestowed on me whenever I see
Our ship of joy careening—
'Tis thus sometimes I almost wish
We might half-strangers be,
So he would smile his sweetest smile
When looking straight at me.

Onion Cure for Pneumonia.

Medical Talks says: We not only believe the following to be a good application in cases of pneumonia, but in all other acute lung affections of winter, such as bronchitis, laryngitis, congestion of the lungs, and common colds that settle on the lungs, and catarrhal conditions of the lungs. It is a very excellent application. In addition to the use of the onions as an external application, they are excellent used internally. Cooked onions make a very good diet for lung diseases. Roasted onions are better than boiled onions, as they retain more of the juices of the onion.

This remedy, which is claimed to be infallible in pneumonia, was formulated many years ago by a well known physician in New England, who never lost a patient by this scourge. Take six or ten onions, according to size, and chop fine. Put in a large spider over a hot fire, adding about the same quantity of rye meal and vinegar to form a stiff paste. Stir thoroughly and simmer five or ten minutes. Put into a cotton bag large enough to cover the lungs and apply to the chest just as hot as the patient can bear it. In about ten minutes change the poultice, and thus continue reheating and applying, and in a few hours the patient will be out of danger.

"And just here another word of caution. In applying this or any other hot poultice care must be exercised not to let the patient get chilled during the changing process. Have the hot one already to go on before the cooling one is removed, and make the exchanges so swiftly and deftly that there is not a moment's exposure of the body surface, which becomes exceedingly sensitive to a chill."

The Woman of the West.

In a paper read by W. Fulton at a meeting of "Old Timers" in Portage la Prairie recently, the following tribute to the pioneer women of the West was deservedly paid and is worth publishing far and wide. It might be applied with equal truth to the pioneer women of today who are helping their husbands on lonely homesteads.

After speaking of the reasons for the wonderful progress of the country, Mr. Fulton said:

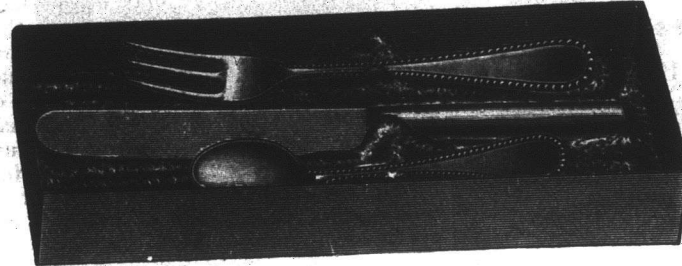
"I think there is one influence that has been overlooked. The social side of this great west has not been considered. We have all been so anxiously looking for results of a cash kind that even our pioneer women have not been given due credit for their share done in the founding and building of Canada's Western Empire. Women carried whatever culture you find here. Whatever is of the finer quality belongs to her in the West. The artistic is of her creating. She was the hostess when hospitality cost more than money count. She led the intellectual thoughts that followed after, and it matters not whether she was lettered or

dowered with what we call brains. She gave to the west all that is highest in intelligence. Her influence has been far reaching. She made the first home here. Man without her was but a tented animal living without joy, without intelligence and without reverence, in his quest for gold. Gold in the chase, in the field, in barter and trade, he thought only of that, but the woman thought of her children and that is why you find the domination of good in the West where many influences were against the good.

In the Canadian West woman dominates, not in numbers, it is true, but in moral force and that is because she has been the guiding star of our unlimited plains. Who was it that kept hearts from breaking in that early struggle and held out through failure, loss and disappointment but the woman of the home?

Who was it tramped the way west and tented in all sorts of weather, putting up with conditions not far removed from impossible, cheerful, encouraging, helping with superhuman strength and forgetting herself in her efforts to succeed? Who was it that was calm and ended the day with the prayer of cheering? Who attended the sick and visited the lonely and helped the more helpless ones? Without the woman of that early day how many men would have stayed and won? The clergyman has done his duty nobly to the

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west. The learned professor has given knowledge, and knowledge, we are told, is power, and merchants and settler have given numbers to fill. But above church and state help, there is still a greater power felt throughout the West today, and if you come to consider what it is you will know and understand as well as admit, it is—the influence of woman which has been both the survival of hope as it is the full tide of joy in this the noonday of our triumph.

Perhaps she is an old, worn, time-marked woman whom you, newcomer, owe the new home to. She may be sleeping beneath the prairie

sod, but she is none the less your benefactor and your friend.

Wherever you meet a pioneer woman in the prairie west, feel that you owe her a worship which is only second to that of your Maker, without her brave heart, without her strong hand and unswerving devotion to duty, what would the west be today?"

Pale sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes of suffering in children, and should be expelled from the system.

HAVE YOU ANY OF THESE SYMPTOMS?

A FEELING of Heaviness in the Limbs, Shortness of Breath, Loss of Memory, a Tired Feeling, with a Dragging, Heavy Feeling Across the Loins, Sciatica, a Scanty Flow of Urine, Failing or Indistinct Vision, Unusual Thirst, Bad Taste in the Mouth in the Morning, Loss of Weight and Strength, Cramps in the Muscles or Limbs, Insomnia, Severe Headaches, Nausea, After Eating, Sediment in Urine, Stiffness of Joints, Dry, Itching Skin, Drowsiness, Nightmare, Irritability, Neuralgia, Backache, Dizziness, Rheumatism, Lumbago.

If you have any of the above symptoms then you have some form of Kidney Disease in some stage of its progress.

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The greatest Kidney Pill in the world will be sent you absolutely free for the asking. Not a small sample box, but on the contrary the REGULAR FULL SIZE TWENTY-FIVE CENT Box, sold in drug stores for 25 cents all over the world.

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A Few Shredded Wheat

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