

Could Not Lie On His Left Side Heart Would Stop.

Hundreds of people go about their daily work on the verge of death, and yet do not know it. It is only when the shock comes that the unsuspected weakness of the heart is apparent. There is only one cure, and that is

MILBURN'S HEART and NERVE PILLS Try Them and Be Convinced.

Mr. Paul Poull, Cascapedia, Que., writes:—"About five years ago I gave up all hope of getting better of heart trouble. I would nearly choke, and then my heart would stop beating. I could not lie on my left side, and became so nervous and weak I could not work. A friend told me to try Milburn's Heart and Nerve Pills, and before the first box was taken I was almost well, and the second box completed the cure. I have advised many others to try them, and they have all been cured of the same trouble. I have offered to pay for a box for anybody they do not cure."

Milburn's Heart and Nerve Pills are 50c. 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.

WAIT'S Homoeopathic Specifics

Cures effected by them are radical and certain. They do not cure one disease and produce another. They will cure a larger percentage of cases, and in less time than any medicine known.

NO.	CURSES	PRICE
1	Fever, Congestion, Inflammation.....	25
2	Neuralgia, Toothache, Faceache.....	25
3	Crying Calf, or Teething of Infants.....	25
4	Sore Mouth or Canker.....	25
5	Dyspepsia, Bilious Stomach, Costiveness.....	25
6	Effects of eating Rich Food.....	25
7	Piles, blind or bleeding, internal or external.....	25
8	Cholera Morbus, Nausea Vomiting.....	25
9	Headaches, Sick Headaches, Vertigo.....	25
10	Inflammatory Affections of the Windpipe.....	25
11	Diarrhoea, of Children or Adults.....	25
12	Rheumatism, Rheumatic Pains.....	25
13	Worms, Worm Fevers, Worm Colic.....	25
14	Diseases of Infants or Young Children.....	25
15	Diphtheria or Ulcerated Sore Throat.....	25
16	Asthma Oppressed, Difficult Breathing.....	25
17	Coughs, Colds, Hoarseness and Bronchitis.....	25
18	White too Profuse Periods, Bearing Down.....	25
19	Croup, Hoarse Cough, Difficult Breathing.....	25
20	Salt Rheum, Erysipelas, Eruptions.....	25
21	Fever and Ague, Chill Fever, Agues.....	25
22	Ophthalmia, Weak or Inflamed Eyes.....	25
23	Whooping Cough, Violent Cough.....	25
24	Scrofula, Swellings and Ulcers.....	25
25	Prosy, Fistula Accumulations.....	25
26	Sore Sickness, Nausea, Vomiting.....	25
27	Kidney Disease, Gravel, Renal Calculi.....	25
28	Nervous Debility, Seminal Weakness, Spermatorrhoea.....	\$1.00
29	Urinary Weakness, Wetting the Bed.....	25
30	Suppressed or Painful Menses, Pruritus.....	25
31	Epilepsy and Spasms, St. Vitus' Dance.....	25
32	Dysentery, Gripping Bilious Colic.....	25
33	Female Irregularities.....	25
34	Catarrah, Acute or Chronic, Influenza.....	25
35	Ear Discharges, Hardness of Hearing.....	25
36	Disease of the Heart, Palpitation, Change of Life.....	25
37	General Debility, Physical Weakness.....	25
38	Wait's Homoeopathic Rheumatic Cure.....	\$1.00

Any number will be sent by mail on receipt of Price. Send for Manual (free). Address DEPT. W.H.

WAIT HOMOEOPATHIC MEDICINE MANUFACTORY
JOHN T. WAIT, Proprietor, ARNPRIOR, ONT

SEND \$6.75

Receive this Beautiful Fall and Winter Style Tailored Suit

The Skirt is made in nine gores, welted seams.



The Coat is made semi fitted, back lined in excellent quality merzerized sateen, tailor padded and stitched, and made just like the picture.

The cloth is heavy all wool, French Panama, in black, navy, dark green, brown and red. If preferred, we can supply this suit in heavy vicuna cloth which has a smooth hard finish like broadcloth, in same shades as above.

The regular price of these suits is \$12.00. We are overstocked, and until disposed of, offer them at the extremely low price of \$6.75.

Cive number of inches around largest part of bust and hips, also around smallest part of waist; also length of sleeve, under seam, and length down front from belt to length desired.

Order Suit No. x10. Order to-day.

STANDARD GARMENT CO., LONDON, ONT.

NO MONEY

just ask for a generous trial bottle: "3-in-One" cleans and polishes all veneered and varnished surfaces; saves old furniture. Write "3-IN-ONE OIL Co.", 29 Broadway, New York.

The Eye, the Ear and the Nose.

The eye is the perfect photographer's camera. The retina is the dry plate upon which are focussed all objects by means of the crystalline lens. The cavity behind this lens is the camera. The iris and pupil are the diaphragm. The eyelid is the drop shutter. The draping of the optical dark room is the only black membrane in the entire body. This miniature camera is self-focusing, self-loading and self-developing, and takes millions of pictures every day, in colors, and enlarged to life size.

Charts have been prepared showing that the eye has seven hundred and twenty-nine distinct expressions, conveying as many different shades of meaning. The eye is subject to forty-eight diseases—more than any other organ. There are 300,000 fibres in a single optic nerve.

The retina of the eye, a continuation of the optic nerve, though it is no thicker than a piece of paper, consists of nine distinct layers, the innermost composed of rods and cones. These are supposed to be the immediate recipients of the undulations of light, and are so numerous that in each eye the cones are estimated at over three million and the rods at over thirty million.

The power of color perception is overwhelming. To perceive red the retina and ninety-five million million vibrations in a second; for violet it must respond to seven hundred and ninety million million vibrations in a second. In our waking moments our eyes are bombarded every second by at least six hundred million million vibrations.

Each ear contains a perfect miniature piano of about three thousand double fibres or strings of unequal thickness and length, and stretched or relaxed in unison with exterior sounds. The longest cord of this marvelous instrument is about one-fiftieth of an inch; the shortest about one-five-hundredth of an inch. The three thousand strings are distributed through a register of seven octaves, each octave corresponding to about four hundred fibres, every half-tone being subdivided again into thirty-two others. The deepest or gravest tone that it is possible for us to hear has thirty-two vibrations per second; the highest, the shrillest, has about seventy thousand.

The delicacy of the sense of smell almost surpasses belief. A single grain of musk has been known to perfume a room for twenty years. At the lowest computation that grain of musk must have been divided into three hundred and twenty million million particles, each individually capable of affecting the organs of smell.

Hints on Clothing.

There has been a strong tend during the past two years towards lightness combined with warmth in the baby's clothing, and nowadays all heavy, cumbersome garments are very generally taboo; in the present season, more than ever before, we find woolly garments the prevailing fashion for the newly-arrived little stranger, and for the youngster that trots off daily to school.

When I say wool, I must be understood to mean "woollies"; even flannel, that standby of an earlier generation, and other woollen goods, take only secondary rank today; everything gives place to the soft, fleecy, knitted or crocheted article, which need not even be of home manufacture, as was once the case; all up-to-date shops supply these goods at most moderate prices.

The Value of Wool.

But the outdoor as well as the indoor garments are composed of wool. It may be the woolly shawl, or it may be the more elaborate crocheted cloak, which envelops baby when he first takes his airings. After this comes the short woolly pelisse, a delightful creation, which in turn gives place to the little woolly costume suitable for children of both sexes. Then later on we find the useful jersey, which—let me give you a valuable hint—should fasten up both shoulders, as this does away with the irritating dragging over the head which some youngsters so bitterly resent. With this knitted jersey, of course, go the little woolly knickers for the boy; while the girl has her knitted skirt.

Baby's Headgear.

And as with the dress, so with the

headgear. The soft, seductive, crocheted baby bonnet today replaces the stiff and fearful structure that was considered quite correct only a few short years ago; while later on the knitted cap or tam-o'-shanter make a healthy and suitable head covering for boys and girls alike. Such commonsense innovations, too, as high necks and long sleeves are now almost universally adopted for children of all ages. When we think of the sudden changes to which we in this climate are constantly subjected, we cannot but be thankful that such necessary precautions have become the fashion among all grades of society.

Knitted Garments.

The one drawback to knitted garments is that they shrink so much if not washed with care, and she is a wise mother who superintends the operation herself. For those who are quite inexperienced in the gentle art of washing, a few hints may not be out of place. Put the articles into warm—on no account hot—soapsuds and squeeze gently with the hands; then lift them out, suds and all, into another basin of water of equal temperature, and rinse in the same way, by squeezing. Squeeze as dry as possible, and then place in a clean dry towel and squeeze again; shake, and hang up to dry. While drying (this should be a slow process) they must be carefully pulled into shape and shaken frequently.

Strength Gained in fasting.

Fast and be a Samson. G. Low, an English physiculturist, has been able to raise a million pounds—100 pounds a thousand times—in less than thirty-five minutes. Less than one meal a day is Low's habit when in training. Besides being wonderfully endowed by nature with muscle and nerve force, Low trains with walking and deep breathing combined with light gymnasium work and keeps out of doors as much as possible. During the two months he was in special training for the million pound lift he lived on one meal a day for the first five weeks. This meal consisted of three eggs, half a loaf of whole wheat bread, fresh fruit, cereals, and nuts, with one glass of milk taken afterwards. As an experiment he ate meat twice in this period, but found it detrimental and ceased using it. The last three weeks he ate but four meals a week, made up of the same menu as before. The feat was accomplished as a scientific test before more than fifty experts, including physicians, food specialists, university professors, teachers of physical culture, and well known athletes. Low lost in actual weight five and three-quarter pounds during the half-hour he was performing. Immediately after the 800,000 pound mark had been reached his pulse registered only 85, an increase of 13 beats, showing a wonderful condition of heart and circulation. His respiration had increased only in volume and not in velocity. A further evidence of his superb condition was seen when he increased the speed as the lift progressed.

THE MAJOR AND I.

Continued from Page 8.

myself with the thought that if I did the major could live with us.

Shall I ever forget that day? It stands out in my memory like a ray of sunshine in a world of gloom. And as it wore on I felt that the widow and I were drawing nearer to each other all the time. And then at ten o'clock that evening in the gloomiest corner of the piazza—I won her.

It was some two hours later that I went up to the major. He was waiting for me, puffing one of our cigars in deep reverie. He rose with his old affectionate manner to greet me. It was hard—harder than I ever dreamed. But I saw the best way was to tell the truth—after all, we were both men.

"Major," I said solemnly, "it's all over. The widow has accepted me."

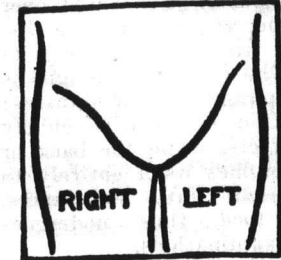
"When?" said the major.

"Tonight—an hour ago."

The major smiled a peculiar smile I had never seen before.

"That's nothing, my boy," he said dryly; "she did the same thing to me—last night."

FREE to the RUPTURED A Quick New Cure



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

DR. W. S. RICE, 743 Main Street, Adams, N. Y.

Age..... Time Ruptured.....

Name.....

Address.....

Does rupture pain?..... Do you wear a Truss?.....

Free! 14 Karats Solid Gold Shell Rings

We will give you your choice of one of those beautiful rings, guaranteed 14 karats solid gold shell, plain, engraved, or set with elegant simulated jewels, for the sale of 4 boxes only, at 25c. a box, of Dr. Maturin's Famous Vegetable Pills. They are the greatest remedy for indigestion, constipation, rheumatism, weak or impure blood, catarrh, diseases of the liver and kidneys. When you have sold these 4 boxes of pills, send us the money \$1 and the size of the ring desired and we will send you, your choice of one of those handsome rings, plain engraved or set with precious stones. Send your name and address immediately and we will send you, post-paid, the Pills and fancy pins which are to give away to purchasers of the pills. We do not ask any money before the pills are sold and we take back what you cannot sell.

Address The Dr. Maturin Medicine Co., Ring Dept. 223 Toronto, Ont.

SYNOPSIS OF CANADIAN NORTH-WEST HOMESTEAD REGULATIONS.

ANY person who is the sole head of a family or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

DUFFIN & Co.

Importers and Dealers in

PHOTO SUPPLIES

Both Professional and Amateur

208 Bannatyne Ave. Cor. Main Street

WINNIPEG.

Write for illustrated catalogue and prices. Mention Western Home Monthly.