

The best time to take

"Wincarnis" is whenever you feel below your usual standard of health and fitness, but for those requiring a course of treatment, there are certain times of the day when there is an extra need for

WINGARNIS



Many people, especially those with a poor appetite for breakfast, find it necessary to take a "pick-me-up" during the morning. A glass of "Wincarnis" at eleven o'clock will dispel faintness, brace you up, and give you renewed strength for the morning's work.

One glass of "Wincarnis" during the afternoon will banish headache or fatigue brought on through exertion whilst shopping, travelling, walking, or through household work. "Wincarnis" not only gives permanent energy for the rest of the day, but also refreshes and invigorates.

These are particular times when thousands of people take "Wincarnis" regularly with the best possible results, but you can take "Wincarnis" at any time, in any circumstances, with safety and benefit.

"Wincarnis" can be obtained from all leading Stores, Chemists and Wine Merchants.



NURSE KNOWS

that in SEQUARINE the public are offered all the body building properties of a Meat extract; and all the vitality restoring elements of a Tonic.

Sequarine is therefore a food and medicine "par excellence." Its purity is assured by the conditions under which it is prepared—the supervision of medical men in the famous Richter Laboratories at Kreuzlingen, Switzerland.

SEQUARINE

is invaluable in a wide range of diseases as shown in the Sequarine book which is sent gratis to the public. The appreciation of the Medical Profession is recorded in L. H. GOIZET'S (M.D.) work "The Prolongation of Life"—a book issued only to Practitioners. Either can be had free on application to C. RICHTER & Co., 59-61, New Oxford Street, London, England.



Sequarine is prepared in two forms—the ampoule (for injection by medical men) and the bottle form (for the general public).

Price of Sequarine \$1.75 per bottle (6 or more bottles can be had cheaper). Injection Form for Doctors \$2.00 per box of 4 Ampoules from Lyman Bros. and Co. Ltd., Toronto. Sold at all High-class Stores and Druggists. The Lyman Bros. & Co., Ltd., Toronto. GRATIS TO DOCTORS: A copy of "The Transfusion of Life," by Dr. Goizet, of the Paris Faculty of Medicine, gratis and post free to members of the Medical Profession. GRATIS TO THE PUBLIC: "The Sequarine Book" will be sent gratis and post free on application to C. Richter & Co., Mfg. Chemists (Est. 1782), 59 and 61 New Oxford Street, London, England.

CANCER

R. D. EVANS, Discoverer of the famous Evans' Cancer Cure, desires all who suffer with Cancer to write to him. Two days' treatment cures external or internal cancer. Write to R. D. EVANS, Brandon, Manitoba, Canada

family. He said all the money was made in the barns, not in the house, but I don't quite agree with him there because I believe if it was not for the good wife lots would not have their beautiful barns. The wife has stayed with them through thick and thin, ever ready to help and sacrifice that she might help her husband along, but I am pleased to say in this district the majority have nice homes for the wife first, and let the cattle and horses take second place. Wishing your valuable paper every success I will call myself,

Wellwisher.

"P. S.—Enclosed will find money for 3 years subscription."

Light Biscuits

Manitoba, Jan. 13, 1913.

Dear Editor: The Western Home Monthly is the most popular magazine in our home. I quite agree with Mora, I think the letters could be more helpful and interesting. A number of the correspondents object to dancing and

in the October number, and since then I have enjoyed some very encouraging correspondence. This time I am not courting personal correspondents, but just wish to drop a line of approval to the Editor. The W.H.M. is getting better. Re the tobacco habit—I have used it and quit. It's dirty, quit it, boys; you'll never be sorry, neither will your lady friends; and young men if you are inclined to take liquor, take a middle aged man's advice and drop it. Too many women and children suffer from the use (or rather the abuse of it) and then later in life you might be left alone as I am, and if you ever had an appetite for it, it's hard to fight it alone. As for dancing and card playing for amusement, do as your conscience dictates. Helen says in December number, imagine anyone getting married through correspondence, and says none of that for hers. Now Helen, if your letter in W.H.M. should appeal to me (or rather some young man) and he should write to you, you surely would be courteous enough to reply.



The Afternoon Rest in an English Mansion

cards. Well, I am an all round sport as I both dance and play cards and see no harm in it. There are some people who could not go out for a healthful walk without walking themselves to death. As this is my first letter I will close wishing the W.H.M. every success. Light Biscuits for the Bachelors:—

1 quart flour, 1 tablespoonful of baking powder, mix with flour. 1 tablespoonful of butter, 1 tablespoonful lard, 1 cup sweet milk (good measure) 1 egg, beat separately and mix with milk. Bake twenty minutes in quick oven. I'll welcome all correspondents.

Then that young man makes his way into your company and who knows what may happen. Why should not this introduction through the W.H.M. be just as good as that of some other friend? The question "What shall a man do for his wife" is too broad for me to express my opinion on here, but, husbands, love your wives and don't let anything hinder you from letting them know it. Wishing you all a happy New Year, I remain,

A Reader.

A Little Late

Ont., Jan. 7, 1913.

Dear Editor: Here comes another Easterner to your group. I have been a silent reader of your valuable magazine for some time, but after reading so many interesting letters I have found it impossible to keep silent any longer. I suppose if I had not been so slow I might have stood a chance of getting the "Barefoot Boy's Pony." That was a pretty good offer and I like riding too. In fact I am fond of all kinds of sport,

Sport.

Good Reasoning

Sask., Jan. 1, 1913.

Dear Editor: Your letter received and I will renew now. The paper is worth the price. I was in arrears and being an old subscriber did not think it looked just right so paid up, and at the same time wrote a line to the Correspondence column. My letter was published