## THE BLESSING OF HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



MR. MARRIOTT 78 Lees Ave., Ottawa, Ont., August 9th, 1915.

"I think it my duty to tell you what "Fruit-a-tives" has done for me. Three years ago, I began to feel rundown and tired, and suffered very much from Liver and Kidney Trouble. Having read of "Fruit-a-tives", I thought I would try them. The result was surprising. During the 31 years past, I have taken them regularly and would not change for anything. I have not had an hour's sickness since I commenced using "Fruit-a-tives", and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain".

WALTER J. MARRIOTT.

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are necessities, not luxuries. So are Watches Clocks, Fountain Pens, etc. These, and a great many other useful and pretty articles, are illustrated in our handsome Catalogue. You will find the illustrations exceptionally clear and exact, and that the prices will compare favorably with any Eastern house.

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Herald Bldg. Calgary, Alta. in them. They are just O.K., and you can have all the fun you want in them, and they are not always tearing. They are just all right when you go for a horseback ride. I would rather wear overalls than some of the dresses the city girls wear. And they look a sight nicer, into the bargain.

I am very fond of skating, but I never dance. Will some of the members write to me? My address is with the Editor. of the ocean. May that be my excuse.

"Gipsy." I must stop for this time. I am,
"A Soldier's Friend."

#### Plucky Female Farmer

Nov. 12th, 1916. Dear Mr. Editor,-Allow me, as a new subscriber of your excellent magazine, to join your correspondence club. I am a "female farmer," and even if many of your farming members might smile and think, "that woman surely has got a nerve." I wouldn't be afraid to take a man's joh on a ranch and to till it properly, coo.

I admit that things like olowing, cut-

I am neutral, and will write and tell about customs from my own little country; but if any of the readers of The Western Home Monthly will write to me, I am willing to take up discussions on anything from art embroidery to chicken-hatching, and letters from either sex will be welcome. The language might contain some queer mistakes, but I have only been four years on this side

#### Agrees with Starlight

Dec. 11th, 1916.

Dear Editor,—I have been a silent reader of your paper for some time, especially the correspondence column.
The Western Home Monthly is certainly a fine paper. We have taken it for a long time, and I often wish it would come more often.

I think it is amusing to read some of the letters, others again are good and real interesting. The general topic is "Love" and "Matrimony." Many of the ting the hay and grain, and the very "Love" and "Matrimony." Many of the hard work, is all right for women who girls who specialize on this subject, I do

**BRONCHITIS** WAS SO BAD Coughed Every Few Minutes. DR. WOOD'S NORWAY PINE SYRUP CURED HER.

Bronchitis starts with a short, painful. dry cough, accompanied with a rapid wheezing, and a feeling of oppression or tightness through the chest. At first the expectoration is a light color but as the trouble progresses the phlegm arising from the bronchial tubes becomes of a vellowish or greenish color, and is very often of a stringy nature.

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It cures where others fail.

Mrs. Geo. Lotton, Uxbridge, Ont., writes: "I have had bronchitis so bad I could not lie down at night; and had to cough every few minutes to get my breath. I had a doctor out to see me, but his medicine seemed to do me no good. I sent to the druggist for some good cough mixture, and got Dr. Wood's Norway Pine Syrup. One bottle helped me wonderfully. I stopped coughing, and could lie down, and rest well at night. I cannot praise it too much."

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

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Touch me if you dare!

are raised on a farm and have been not think know much about it. I notice trained from childhood, but as I have only two years' farm experience, and am too old to train my body to the roughest part of the farm work, I have proved that I can handle the fork and drive the hay-rake, clean a horse, hitch him up and clean out both horse, cow and chicken barns as well as I can keep house (of course, people who don't know me, don't know what kind of a housekeeper I am), but being able to show some fine recommendations, ought to prove enough. But let me tell you right now, that I feel just O.K. when I am right amongst all my pets in the barnyard, and feel much healthier all through by working in the fresh air than when I am standing in front of a hot cookstove.

I would like to tell about my farm life this summer from April to October, but as it might be too long the Editor would kick about publishing epistles that might take up a whole page, I'll wait and see if the Editor will be good enough to give this, my first letter, a humble place on the correspondence page.

some of our boys write on it, too, and then sign themselves "Old Bachelor" or something similar; previous to this they have told us that they are eighteen or perhaps nineteen years old. I think their letters are silly. What do they know about the topic they are not only expressing their opinion on, but explaining to the other readers? They have never been truly in love. Again, why do they sign themselves "Bachelor" at that age. The first time a boy really ever takes a girl out or "goes with a girl" for the first time, is almost always after he is eighteen or shortly before. Therefore what do they know (mere school boys) about "Girls," "Love," and "Marriage." However, this old subject is talked out,

Miller's Worm Powders will eradicate the worm evil that bears so heavily on children and is believed to cause many fatalities. They are an acceptable mel' sine to children and can be fully relied upon to clear the food channels thoroughly of these destructive parasites and record the inflamed and painful surfaces to he hipfulness. They are excellent remedy for these evils.

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