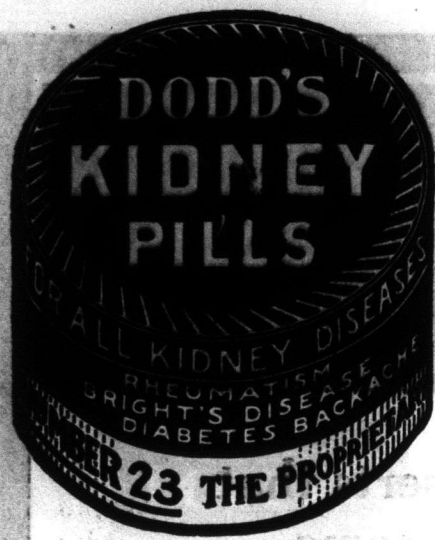


Correspondence



Help the muscles to come back!

One of the most remarkable things about the human body is its recuperative powers—but to come back it needs care, not neglect.

Tired and weary muscles, if given a good rub with Absorbine Jr. will be fresh and strong in the morning, ready for another strenuous day's work.

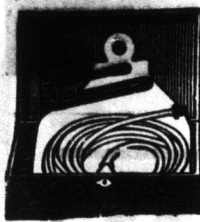
Absorbine Jr.
THE ANTISEPTIC LINIMENT

The very next time you over-exert yourself, or find an unaccountable lameness in your muscles, or stiffness in your joints, stop at your druggist's on the way home and get a bottle of Absorbine Jr.

Give the affected parts a good stiff rub, using a few drops of the liniment in the palm of the hand, and see how different you feel in the morning.

\$1.25 a bottle at your druggist's, or postpaid. Good-sized sample bottle sent on receipt of 10c in stamps.

W. F. YOUNG, Inc.
609 Lyman Bldg. Montreal



IF IT'S MADE OF RUBBER We Have It

Camera Supply Co.
P. O. Box 2704, Montreal



J. H. M. Carson

Manufacturer of
ARTIFICIAL LIMBS
338 Colony Street Winnipeg
Established 1900
The Latest in Slip Socket. Satisfaction Guaranteed.

AVOID COUGHS and COUGHERS!

Coughing Spreads Disease
SHILOH
30 DROPS STOP COUGHS
HALF THIS FOR CHILDREN



BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc.,
118 West 31st Street, New York

Goitre

Cured at home; worst cases. No pain. No cost if 15 cents. Successfully used for 15 years. Write for Free Book and testimonials. **GORTRE COMPANY,** 569 West 63rd Street, Chicago.

Speaks His Mind

Dear Editor and Friends,—It is hardly necessary for me to state the usual form of introducing myself, as I am an old-timer to your columns. Now, I want to discuss the women folk as usual, and the vote they now have, and how prepared are they to use it any more intelligently than the men, for I have several times recently been told by women, that the men have made a miserable failure of governing the world, and that women certainly could not do worse.

In the first place I do not think the women will ever get to that stage where they will be in the majority to govern. But if they are to do the right thing by themselves, and children, and men, and make a better showing than us poor, uneducated creatures, they have sure got to get busy and organize themselves in one solid body and study all the different questions of national importance, and educate themselves along progressive and Democratic lines so that if they do not get to parliament, they will be in a position to vote intelligently and make their's an envious position which, to-day, is not so, according to my views. I should like to state right here a few of the most important questions, that they should get acquainted with at once; but, seeing my letter is getting long, I will leave them over for the next letter (providing the editor sees fit).

I have just a very short item down on my chest, and would like to unload right now, so here goes.

I notice there are several girls under the age of twenty years, writing to this page, and I think that girls under that age should be "cut out," as they are not old enough to know their own mind, and think they should be more under the care of their mother, until they reach that age. Fancy young girls writing to the correspondence page, and asking that young bachelors should write to them. The mother of a girl who does so, should give her a good spanking, and keep her more occupied learning what a young girl ought to know. Also teach her not to flirt with every boy she meets. I have seen several such girls since living in the west, and I also notice that they usually have their face covered with some beastly powder and paint, and always has her dress smelling of some obnoxious perfume, to which I have the greatest objection. I am surprised that mother's supply money to purchase such trash, and would suggest that if the mothers have any spare cash, they should put it to something more lucrative, such as some good literature, or lessons in music.

Any reader wishing to correspond, I shall be most pleased to explain any of the above kicks more fully. Best wishes to the editor and readers.

Not a Crank.

For a Cosy Home

Dear Readers:—"What is so rare as a day in June?"—unless it is a day in May, or April, or any other of the beautiful spring and early summer months. May I join your circle, readers? I was a "cranky old schoolma'am" until a few short months ago, when I found the "real man," and now have a cosy little home of my own. May I share some of my plans for fitting it up? I frame many pictures cut from the covers or backs of magazines in the following manner: Obtain an oval piece of glass—any glazier will cut it for you—the size you want your picture when framed, and cut a piece of cardboard for the back, exactly the same size. The binding or frame should be of lace or mesh, any color, made in the form of insertion—that is, a straight strip. Gather it on one side and to the cardboard back on the other, the picture having first been placed, of course, between the two. I like gold-colored insertion drawn up with gold thread. The binding, made as directed, will hold glass and back together securely, and pictures thus framed are pretty as well as inexpensive. The passepartout binding, which may be purchased very cheaply, is also good for framing small

pictures, and this can be used on glass with square corners. Very attractive and interesting pictures are to be found in the pictorial sections of the papers, particularly such as give photogravures. A half dozen or more of such pictures, all relating to the same thing, may be framed with passepartout and grouped together on the wall very effectively, and cost "next to nothing," save the pleasant hours spent in framing and arranging them. It is a delight to make one's home attractive. And now may I ask a favor? Some time ago a remedy for ivy-poisoning was given in our paper; I have lost it and am anxious to get it again. I trust my hints may help some one and that I may come again. Happy Hopes.

Some Useful Hints

Dear Readers:—All the way from hilly old Vicksburg, where monuments erected in memory of dead Civil War heroes gleam in the southern sun, I have come, and now I am knocking at the door. Won't you let me in? Thanks; and now that I am seated I am going to express my opinion of The Western Home Monthly. It is rightly named, for during the many years that I have been its honored reader I have never had the misfortune to run across a story or anything other than good between its covers. Having rendered my meed of homage to our paper, I'll just take a squint around all the many friends collected together before I share my budget of hints. My, my! what a goodly crowd! And such bright, intelligent faces, too, that I wonder if anything I can say will be really worth while. Well, at any rate, I'll risk it having come so far, so gather round me, farmer sisters,—and all you other sisters who have a lot of outdoor work to do—and I'll tell you how to have a clear, healthy, rosy complexion (those of you who haven't already got one), or at least I will tell you how I care for mine. I live on a farm and have a lot of work outside to do, such as feeding and caring for poultry, milking, gardening, etc., so I have a gingham splint-bonnet, with wide front and long cape, also a pair of three-quarter mittens, made of old woolen pants-cloth. These I keep in a convenient place, with the gloves inside the bonnet, so whenever I want to step outside for anything I have them right where I can get them without any trouble, and am thus protected from sun and wind. Upon arising in the morning I drink a cup of hot water as regularly as I bathe my face. I call it my "inside bath," for it certainly does clean the stomach of all impurities and waste matter left from the day before, thus indirectly aiding to clear the skin by aiding digestion. About ten o'clock, after I have put dinner on to cook (these are my first minutes of leisure), I heat a pan of water as hot as can be borne and bathe my face and neck in it, using a good pure soap and rubbing well with a coarse cloth; then I rinse it in clear, cold water, dry thoroughly and powder with a good talcum powder. I never use massage cream, for I believe it has a tendency to promote the growth of hair on face and neck. After supper I bathe my face in clear, cold water, and before retiring take a fresh drink. I sleep with plenty of air coming into the room through an open window. I am sure if you will all follow these simple rules, not spasmodically but regularly and patiently each day, you will find no further cause to grumble about tan, pimples, blackheads, or freckles. I hope I have not made so long a stay that I shall lose that "standing invitation" to come again!

The Busy Bees

Dear Readers:—How many of you have ever tried keeping a few bees in order to add to the home-raised food? It is really a simple matter to raise one's own honey, for a hive or two of bees can be kept in any backyard. Many people lost them last year because of not giving them proper protection. If you are an amateur beekeeper, put a box around your hive and fill in the space between it and the hive with dry

SICK HEADACHES AND CONSTIPATION.

When the bowels do not perform their functions properly the liver is sure to become affected and the inactive condition of the liver will cause constipation, sick or bilious headaches, heartburn, water brash, specks floating before the eyes, the tongue becomes coated, the breath foul, and the eyes have a dull, yellow glassy appearance.

Milburn's Laxa-Liver Pills will regulate any irregularity of the bowels and stimulate the sluggish liver into action. Mrs. Malcolm McDermid, Cranston Section, N.S., writes:—"I have been sick for a number of years with sick headaches and constipation. I tried all kinds of doctor's medicines but none did me any good. I tried Milburn's Laxa-Liver Pills, and after using four vials I am completely cured. I would heartily recommend them to all sufferers."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

RHEUMATISM

A HOME CURE GIVEN BY ONE WHO HAD IT

In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden Rheumatism, and it effected a cure in every case.

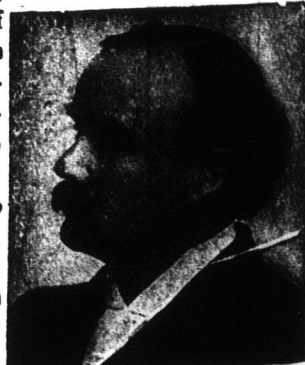
I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your rheumatism, you may send the price of it, one dollar, but understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write to-day.

Mark H. Jackson, No. 316E Gurney Bldg., Syracuse, N.Y.

Mr. Jackson is responsible. Above statement true.

CANCER

R. D. Evans, discoverer of the famous Evans' Cancer Cure, desires all who suffer with Cancer to write to him. The treatment cures external or internal Cancer.



R. D. EVANS Brandon Man.

CHILDREN NEED HELP

Spanking doesn't cure bed-wetting—the trouble is due to weakness of the internal organs. My successful home treatment will be found helpful. Send no money, but write me today. My treatment is equally successful for adults, troubled with urinary difficulties. MRS. M. SUMMERS, Box 86 Windsor, Ont.

FREE Lavalliere or Rose Bud Ring. Ring set with Rose Bud. Lavalliere set with rex stone, green gold leaves. Your choice for 12 cents. Both for 22 cents. Warranted for three years. Rex Jewelry Co., Dept. , Battle Creek, Mich.