

FELL AWAY TO A SHADOW.

All Her People Thought She Had CONSUMPTION.

Mrs. Wm. Martin, Lower Ship Harbor East, N.S., writes:—"I am sending you a testimonial of my cure by Dr. Wood's Norway Pine Syrup. Last May I took a cold, and it settled on my lungs. I got so bad I could not rest at night. I had two doctors to treat me but got no relief. "All of my people thought I had Consumption. I had fallen away to a shadow. I had given up all hopes of ever getting better again until my daughter went to a store one day and bought me a bottle of Dr. Wood's Norway Pine Syrup. After taking half of it I felt better, so I got two more, and thanks to them I am well to-day, and able to do my house work. I cannot say too much in its praise, and I shall always keep it in the house."

Dr. Wood's Norway Pine Syrup contains all the lung healing virtues of the famous Norway Pine tree which makes it the very best preparation for Coughs, Colds and all Throat and Lung Troubles. See that you get "Dr. Wood's" when you ask for it. There are many imitations on the market.

Price, 25 and 50 cents.

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Correspondence

WE invite our readers to make use of these columns, and an effort will be made to publish all the interesting letters received. The large amount of correspondence which is sent us has, hitherto, made it impossible for every letter to appear in print, and, in future, letters received from subscribers will receive first consideration. A friend of the magazine, offering a kindly criticism, writes that the correspondence column has at times an air of monotony, as one writer after another follows the same phraseology. We wish to warn our correspondents against this common error. A little independent thought will help mental development, and readers of The Monthly will find valuable aid in the study of the many instructive articles by eminent men that appear from month to month.

A Lover of Nature

Saskatchewan, November, 1912.
Dear Editor: Having just read through the Correspondence column in your precious paper I was struck by the beauty of the letters written by the corresponding club. It certainly is a good plan for exchanging ideas and in this manner even strangers can be of great help to one another. May this club live and prosper for ever. I am deeply interested in The Western Home Monthly, and the pages have, I must say, afforded me many moments of real pleasure as well as interesting instruction. I am a solitary child of the bluff country, having landed here in the sunny month of June. This is my first experience in Canada, and I can say I like it fine. This country here appeals to me from the standpoint of beauty. Its rustic beauty is certainly without comparison. The little bluffs are adorned by the beautiful curves and the graceful windings of the Carrot River, and, dear reader, what can be more ideal than a mossy seat under the birch trees which lean gracefully over the rolling banks with the murmuring water below and the singing birds above. This is nature's sweet lullaby. It is surely the place for the poet and nature lover. Stockraising is the chief industry in this locality, second comes farming on a small scale. The soil and climate are certainly suited for wheat raising, and I expect in the near future this will be one of the famous wheat-raising districts in Saskatchewan, but at present the country is so newly settled and as it takes a considerable amount of time, labor and money to clear away the bush, the patient homesteader earns his bread by selling butter and eggs. I am an interested reader of your excellent paper, and if, dear Editor, you could find a space for my letter in your columns I would be delighted. Also I should like to correspond with any of the boys and girls of this club, especially our own "Critic" and "Yankee Stenographer" as I am a Yankee girl myself about the age of 18. I will close wishing The Western Home Monthly every success, I am,
Uncle Sam's Lassie.

Who Will Guess?

Manitoba, November, 1912.
Dear Editor: Have you room for two poor, destitute, forlorn, forsaken maids? We, having heard and read so much about the Correspondence column of the W.H.M. have at last screwed up our courage to the sticking point, and, although neither of us is an artist in the epistolary art we have decided to try our luck and fervently hope our letter will escape an ignominious ending in the waste paper basket. The subject of dancing must be worn almost threadbare as nearly all the correspondents have something to say about it. Ontario Girl's letter in the November issue refers the subject of dancing to the Bible. The Bible was written many centuries ago and conditions have changed. Doubtless the dances mentioned in the bible are not the modern dances. Here's our dancing creed. We believe dancing lies with one's conscience. If a person honestly thinks there is no harm in

dancing then it is not wrong to do it. Any form of amusement carried to excess is injurious to morals, and dancing if not carried to excess is a good form of recreation. How do some of our readers account for dancing being taught in some of the best schools? Surely if the effects of dancing were so demoralizing modern educators would not approve of it. How old do you suppose we are? Won't some one take a guess at it? By our profound discussion of the terpsichorean art some of our readers might be led to think we were nearing the century mark. Yet, we are not too old to enjoy good sport of any kind. We believe everybody should try and have the best kind of time and be as happy as possible. What poet says "The world is so full of a number of things we should all be as happy as kings." Isn't it true? We think so. Among our accomplishments are music, skating, dancing, cooking, fancy work, and others too numerous to mention. Jeff is short like the original Mutt and Mutt is tall. I guess that is because Mutt has a couple of years' start of Jeff. Both have black hair and blue eyes. Neither have been kidnapped yet, but we don't expect to remain long in this condition after becoming acquainted with some of the W.H.M. correspondents through the medium of the pen. We always read the W.H.M. and think it a most interesting and valuable paper. Don't know how large this letter will look in print, but it looks awfully long in writing. Wishing the W.H.M. and our patient Editor every success, we sign ourselves,
Mutt and Jeff.

Two Jolly Bachelors

Burdette, Alta., November, 1912.
Dear Sir: Would you please let a couple of jolly bachelors join your merry circle, and express their views on the amusement question. We think the outdoor sports very beneficial to health, and as to dancing, we just love a long dreamy waltz. We quite agree with "Constance" of the September issue, that a few simple recipes for cooking would not come amiss. Something we bachelor boys are pretty apt to have that does not start with six eggs or seven lemons. Send something easy like velvet hot cakes are. We can do the spuds and flapjack stunt, but when it comes to pie we have to go to the neighbors and praise up the baby. As to our dispositions they are fine when our previous named velvet cakes do not burn. We wish the W.H.M. every success, and would like to hear from the fair sex.
Jolly Joe and Funny Bill.

From One who is Interested

Rainy River District, November, 1912.
Dear Editor: I have just been reading a copy of your magazine which was sent as a specimen. I think it is a very interesting paper so will enclose an order for a year's subscription, and as you invite correspondents I would like to say a few words re the letters in the Correspondence column. I admire Ontario Girl's subject, also the one of the Hired Help. I have had considerable experience of the same myself; being a hired man I have often been subjected to abuse, especially from the farmer's wife. Some think that the hired man should do their house work as well as the outside work. Now I would like to say a few words about myself. I am a young man of English descent, inclined to be musical. My age is 26. I expect to homestead in the West next year. I do not use tobacco or intoxicating liquors. I enjoy all kinds of amusement, but do not profess to be a dancer. I would like to hear from Ontario Girl and others, my address being with the Editor. I will sign myself,
The Traveller.

From Beautiful Ontario.

Hornings Mills, Ont., December, 1912.
Dear Editor: Since I have had your magazine sent to me I have been greatly interested in the Correspondence column, and thought I would write a letter as I have not seen any from this part of the country. I like to read the letters that come from different parts of the world,

Exhausted Nerves Sleepless Nights

Continually Grew Worse Until Dr.
Chase's Nerve Food Restored
Vigor and Strength.



Mrs. Campbell.

What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day.

This symptom of sleeplessness is one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble, wasted nerves back to health and strength. In a few days you obtain the natural, restful sleep which helps so materially in restoring vitality to the nerves and strength to the whole body.

Mrs. Sarah Campbell, 108 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse."

"I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well."

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