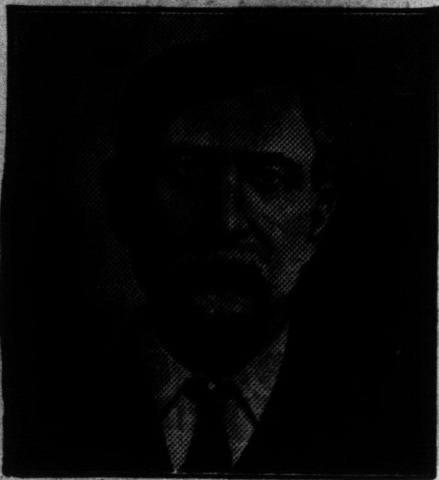


FRIENDS THOUGHT HE WOULD DIE

"FRUIT-A-TIVES" Conquered
Dyspepsia and Restored His Health.



MR. ROBERT NEWTON.

Little Bras d'Or, C. B.

"I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches, and did not sleep well at night. I lost so much weight—going from 185 pounds to 146 pounds—that I became alarmed and saw several doctors who, however, did me no good. Finally, a friend told me to try 'Fruit-a-tives'.

In a week, there was improvement. The constipation was corrected; and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's
Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZE, 608 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

Correspondence

Will readers kindly note that it is strictly against our rules to give the name and address of any writer to the Correspondence page. Stamped letters, however, sent to the Editor, will be forwarded to the desired party.

Will Answer Letters

Dear Editor:—Here goes for my luck for the Correspondence page. Will you let me in? I hope so. I found some of the back numbers of The Western Home Monthly, and spied the Correspondence page, and decided to write.

I will describe myself, if it is necessary. I have light green eyes, dark brown hair, weigh 125 pounds, and am five feet six inches high. If anyone cares to know, I am less than twenty years of age. If some pretty chick cares to write I will be glad to answer.

As for dancing and card playing, I think it is all right, if it is not carried on too far. I do not believe in smoking and chewing, but am not a crank. I hope that the Editor finds a place, besides the waste paper basket, for this. My address is with the Editor. I will sign myself, Kandy Kid.

A Letter from Mabel

Dear Editor:—I am a very enthusiastic reader of your paper, particularly the Correspondence column. Am living at present in Winnipeg, but would love to go West if the right call came along. Perhaps some nice young homesteader will care to write to me. I am twenty-three years of age, fair hair, blue eyes and of an affectionate disposition. Will be very glad indeed to answer all letters. My address is with the Editor.

Mabel.

Disagrees with "Phyllis"

Dear Editor:—Would you kindly admit another reader in your Correspondence Circle? I am a new subscriber, and like the magazine from cover to cover. Just as soon as I finish reading it, I send it to my soldier brother overseas, who is now in a hospital in England recovering from wounds. While in France he received The Western Home Monthly I sent him, and they were so appreciated they went the round of the regiment before he had a chance to see them himself, and a call for more short story magazines came back to me. He says we have no idea the pleasure the boys get out of a book in their spare time. What tempted me to write was a letter in the September number signed "Phyllis." She says she would "blush for shame" were she to dance in any other than a private house party, and disagrees on dances for patriotic and Red Cross purposes. I don't dance, but do favor such for any good purpose. I am sorry for "Phyllis." I am thinking the proceeds of an "at home" or dance, in aid of anything towards the comforts of our boys that are so dear to us would be mighty small, if we all held the same opinion as "Phyllis." Put your pride in your pocket, "Phyllis," and sail forth. I could go on and tell of the wonderful doings that have taken place all towards that ever good cause, the Red Cross, and dancing helped to swell the funds, but I don't want to take up too much time, so will close. Would like a few correspondents between the age of 25 and 30. My address is with the Editor.

Marie.

Has Great Time Skating

Dear Editor:—I am a very interested reader of your magazine, and have now taken courage to write, although I am bashful. I am clerking in a grocery store, and am the whole "cheese." I am also an editor's daughter, but do not like the job of setting type very much. I received my entrance at school, but that is as far as I have gone or will go, because I do not like school.

We are now having great times on the river. A large crowd was down the last night, and the ice certainly did crack. We were playing "crack the whip," and a bunch of big boys swung us, and we certainly did fly. Once I was on the end and the person next to me let go and I just went flying over the ice, and gave it a nice sweep. I love out-door sports, and am always amongst the on-goings out-doors. I was very much pleased with

the letter of "Gunshot Bill," and would like to correspond with him. I am now weary of writing and will sign myself, Weary Willie.

A Race for Life

Dear Editor:—Not until lately have I become an interested reader of your paper, and I am now on the "job" to join the Correspondence page. I am "chief cook and bottle washer" at a bakery here, and it takes the baker all his time buying dishes. I go out visiting every afternoon, and often go for a glide on the river, but once I made a mistake and took a cold bath. It certainly was a race for life that time. Feet and hands flying to get out of the water, and I succeeded, but how I cannot tell.

We had a very exciting day when the armistice was signed. An effigy of the Kaiser was made and we soaked him with coal oil and sent him blazing.

I like horseback riding, but as I am a resident of the town I do not get the chance very often.

I do not agree with such topics as "Does Love Grow Less After Marriage" being discussed in The Western Home Monthly. By reading this letter you will not know whether I am a boy or a girl, so I will enlighten you. I am a girl of seventeen years of age. I agree with "Gunshot Bill" that all men are not slackers, not when they have an old mother and father to provide for or when they are the only help on the farm. I was out haying this summer, but did not have the chance to wear overalls like most girls, for the simple reason I couldn't find any. I would like to correspond with anyone who cares to write. It is bed time and I am tired.

Tired Tim.

A Word from U. S.

Dear Editor:—I read your valuable paper every month, and I certainly enjoy the Correspondence page. There are so many interesting letters. I was very interested in "Observer's" letter. He has been observing by appearances. I was raised in Alberta and certainly like it there, and I long for the day when I can get back. I am attending business college here now, and hope to be through in the spring, then "Canada for mine." I like riding, skating, sleighing, tennis and all kinds of sports. I also enjoy the good Old Country dances. We have quite a few of them at home. I would be very pleased if "Tommy Bings" would write. Wishing The Western Home Monthly every success,

Canadian Lover.

The Change from "Over There"

Dear Editor:—Having just recently returned from "over there," I chanced to read some of your magazines, and immediately became very interested in the Correspondence portion.

Being so greatly bored with this quiet western life, after four years activity "over there," I promptly determined to "advance on the 'Western' front" by forwarding a little epistle of my own.

I became so greatly accustomed to the great sociability of army life that I cannot refrain from taking any steps possible, however unconventional, to endeavor to form some lady friends. I expect many of the returned soldiers will do likewise! Perhaps this step on my part is because a part of my service was in the R-otten F-lirting C-rowd!

As I am very musically inclined, even being a composer, I should very much like some of your musical young lady readers to correspond with me to help me overcome the boredom and depression this lonely farm life gives me. Trusting to be the recipient of many letters from the lady readers of your excellent publication, I remain,

A Lonely Lieut.

Late 10th London Regt. and R.F.C.

Bought Victory Bonds

Dear Editor:—I have been an interested but silent reader of The Western Home Monthly for a long time, and think it a fine paper. I like to see the different views of the correspondents. Isn't it great that the war is over? Oh! how glad we all are. I have no brothers, so none are in this war, but I have lots of cousins in it, and two have made the supreme

TOOK SEVERE COLD SETTLED ON CHEST.

Bad Cough for Weeks.

The cold starts with a little running of the nose, the head becomes stuffed up, but little attention is paid to it, thinking perhaps it will go away in a day or two.

You neglect it, and then it gets down into the throat and from there to the lungs, and it is a case of cough, cough, morning, noon and night.

However slight a cold you have you should never neglect it. In all possibility, if you do not treat it in time, it will develop into bronchitis, pneumonia, or some other serious throat or lung trouble.

Dr. Wood's Norway Pine Syrup is a universal remedy for those who suffer from any bronchial trouble. It stimulates the weakened bronchial organs, soothes and heals the irritated parts, loosens the phlegm and mucous, and aids nature to clear away the morbid accumulations.

Mrs. Wm. Kaye, Talmage, Sask., writes:—"Last winter I took a severe cold which settled on my chest. I had a bad cough for weeks. I got some medicine from our doctor but it did me no good. At last a friend advised me to try Dr. Wood's Norway Pine Syrup, which I did, and after using one bottle I found that my cold was better. I have recommended it to my neighbors, and they say they would not be without it."

Dr. Wood's Norway Pine Syrup is for sale by all dealers. Price 25c. and 50c. a bottle.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it 'Mother Seigel's Carative Syrup'—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles. At drug stores.

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 to-day. My treatment is equally successful for adults, troubled with urinary difficulties.

MRS. M. SUMMERS, Box 86, Windsor, Ont.

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Madame Thora's French Corset System of Bust Development is a simple home treatment and is guaranteed to enlarge the bust six inches; also fills hollow places in neck and chest. It has been used by leading actresses and society ladies for twenty years. Book giving full particulars sent free. Letters sacredly confidential. Write to-day.

Madame Thora Toilet Co., Dept. M, Toronto, Ont.

FREE Lavalliere or Rose Bud Ring. Ring set with Rose Bud. Lavalliere set with rose stone, green gold leaves. Your choice for 12 cents. Both for 22 cents. Warranted for three years. Rex Jewelry Co., Dept. 3, Battle Creek, Mich.