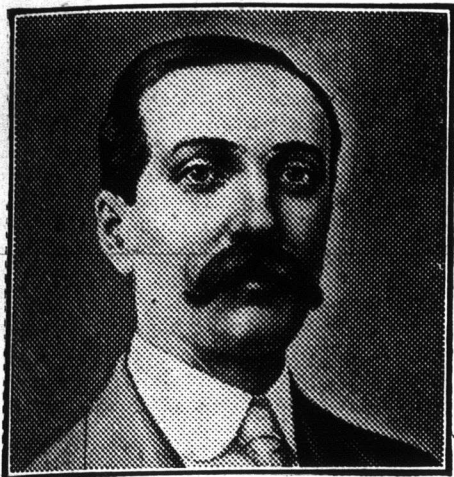


LIFE THREATENED BY KIDNEY DISEASE

His Health in A Terrible State Until
He Took "Fruit-a-tives"



B. A. KELLY, Esq.

HAGERSVILLE, ONT., Aug. 26th, 1913.

"About two years ago, I found my health in a very bad state. My kidneys were not doing their work, and I was all run down in condition. I felt the need of some good remedy, and having seen 'Fruit-a-tives' advertised, I decided to try them. Their effect I found more than satisfactory. Their action was mild and the result all that could be expected. 'My kidneys resumed their normal action after I had taken upwards of a dozen boxes and I regained my old-time vitality. Today, I am as well as ever, the best health I have ever had'."

B. A. KELLY

"Fruit-a-tives" is the greatest Kidney remedy in the world. It acts on the bowels and the skin as well as the Kidneys and thereby soothes and cures any Kidney soreness.

"Fruit-a-tives" is sold by all dealers at 50c a box, 6 for \$2.50, trial size 25c, or will be sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Improve Your Eyesight

Eyeglasses May Be Abandoned

A Wonderful Treatment That Corrects
Afflictions of the Eye Without
Cutting or Drugging

There is no need of cutting, drugging or probing the eye for the relief of most forms of eye trouble, for the wonderfully successful "Actina" treatment, based upon correct principles, has been discovered which eliminates the necessity of such methods. There is no risk or necessity of experiment as many people report having been cured of failing eyesight, cataracts, granulated lids, and other afflictions of the eye after other treatment failed.

Miss Susie Swartz, Berlin, Ont., writes: "I cannot say enough for what 'Actina' has done for my eyesight. When I was eight years old I had to start to wear glasses. The doctor said I could never expect to go without glasses. I have used 'Actina' only six months and can now see and do all my work without glasses. I had worn glasses for seventeen years."

Hugh G. McKenna, 14 Hawthorne Ave., Ottawa, Ont., writes: "I have found 'Actina' invaluable for the eyes."

Mrs. A. Hindle, Vancouver, B.C., writes: "I have found very great benefit from the use of 'Actina'. My eyes had troubled very much, but they are now much stronger. 'Actina' can be used with perfect safety by every member of the family for afflictions of the eye, ear, throat or head. A Free Trial of the 'Actina' is given in every case."

Send for our FREE TRIAL offer and valuable FREE BOOK. Address, Actina Appliance Co., Dept 84V, 811 Walnut St., Kansas City, Mo.

SHILOH
quickly stops coughs, cures colds, and heals the throat and lungs. :: :: 25 cents.

and I will be prompt in answering. I leave my address with the Editor and sign myself,

Thirty-two.

Back Again

Glen Valley, B.C., Dec., 1913.

Dear Editor—It is a long time since I wrote to the W.H.M., and as I have been travelling around since then I have been unfortunate enough to lose all my old-time correspondents, although I still kept on getting the paper. I am settled down now on a farm of my own in one of the most beautiful spots of B.C., with mountains all around me, in a cabin built in the foothills beside a spring. I have no time to get lonely as I have a chum batching with me, and neighbors on both sides of me. Well, I am all alone to-day, at least for a couple of hours, as the boys are all out hunting and it is my turn to cook dinner, and it will be a dinner to remember, as I cleaned three grouse, tore them to pieces and put them in a pot with lots of spuds and carrots. It makes me hungry to sit here and smell them, cooking, but I s'pose I will have to wait till the boys get back from the hunt. There is a lot of game here, grouse and duck in the valley, and deer and bear in the hills. We have venison all the time here. This certainly is a fine country although the land is a bit dear to start with. I began homesteading in Alberta in 1905, but soon got tired of the cold winter, and came to B.C. Since then I have gone right ahead. I now have two good farms with stock and machinery, so am considered quite independent as far as worldly goods are concerned. I would be pleased to hear from some of the fair sex with some recipes, as I am not much of a cook.

Golden Ears Rancher.

From the Emerald Isle

Ulster, December, 1913.

Dear Editor—Although I live in the little green isle in the east I have been an interested reader of the correspondence column in your magazine for almost four years. My brother, who is out West, sends it to me every month. And I do not think there could be a better magazine published than The Western Home Monthly. When I have finished with it I lend it to friends, and they are delighted with it—their only fault is like my own, that it does not come often enough. It is with deep interest that we all look forward to its arrival, with its enjoyable and instructive reading. I take a number of English and Irish papers but I must say it is my special favorite. I am a farmer's daughter living on a farm near a small town in the north, and as I feel rather lonely I thought I would join this circle in the hope of corresponding with some Canadians. Those wishing to correspond will find my address with the Editor. Wishing the W.H.M. every success that it deserves.

Irish Nellie.

Perhaps there are no merchants who see more of the stinginess of human nature than those who keep a drugstore. Whether you are run down by an automobile and wish to wait for the ambulance, whether you are in need of the city directory, a postage stamp, or merely wish to know the time, the long-suffering druggist is the man to supply your needs.

A man of this useful calling recently told of a farmer who came into the former's shop in an Ontario town and spent a pensive ten minutes inhaling the fragrance of a new and expensive French perfume.

"That's pretty swell," ejaculated the shopper. "How much is it?"

"A dollar an ounce."

"Gimme five cents' worth."

"You've smelled five cents' worth already," snapped the other, whose patience had ultimately given way.

A second druggist told of a woman who had bought a box of pills and who returned for a second supply, bringing with her the small pasteboard box which had held the original purchase.

"What's that for?" asked the druggist.

"I thought perhaps you'd take something off the price if I brought back the box," was the ingenious reply.

That Weak Back

accompanied by pain here or there—extreme nervousness—sleeplessness—may be faint spells—or spasms—all are signals of distress for a woman. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many wrecks of women. At any or all of these periods of a woman's life she should take a tonic and nerve prescribed for just such cases by a physician of vast experience in the diseases of women.



DR. PIERCE'S Favorite Prescription

has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elizabeth Lordahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health, I was aching and had pains all over my body and was so nervous that I could scarcely if anyone talked to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—I am in excellent health."

Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules

Book of Personal Advice FREE TO ANY ONE

MY DEAR READER:

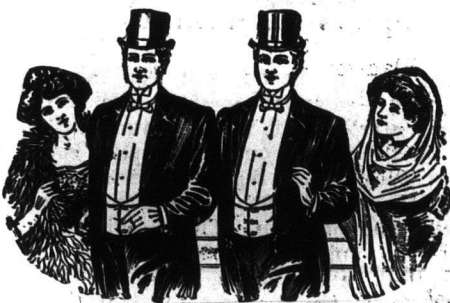
In the handsomely printed little book or private pocket compendium for men (containing 8,000 words and 40 half-tone photo-reproductions), which I publish and gladly forward by mail, free, sealed to any man anywhere in the world who sends me the free coupon below, I have included certain parts that contain some very important advice or suggestions of a strictly personal nature which, I believe, cannot be found in any of the Private Hygiene books for men, that are now sold at high prices all over the country. It will thus be seen I have endeavored, through the medium of my free book, to give my readers absolutely free of cost really MORE, in some respects, than others offer and make a large charge for. All you have to do to get this free book of mine is to use the coupon below, or, if in my neighborhood, I extend an invitation to you to call at my office. Please remember that this free offer involves absolutely no obligation on your part, and there is nothing whatsoever for you to pay, and nothing whatsoever for you to buy in any way, unless you should decide at some time in the future that you would like to try one of my mechanical VITALIZERS (described below), but that rests entirely with yourself. Over a million of these little free books have now been sent to men who wrote for them, as I want you to do, and who live in all quarters of the globe. I publish this free book in English, Swedish, Danish, Finnish, German, French and Bohemian, but I always send the English edition, of course, unless otherwise instructed. Kindly use the little coupon.

In reference to manly strength, I believe it is now more generally acknowledged than ever before that the manly man stands back of all that makes for progress, development and achievement in the world, a truth which any of us can easily verify if we but look about us with impartial eyes.

As a matter of fact, the man who is debilitated, unstrung and enervated cannot, for perfectly obvious reasons, expect to approach those real and masterful attainments which seem but a natural and easy accomplishment for him whose nerve force, brain power and manly strength are perfectly normal.

Hence while we acknowledge the debilitated, weakened man to be handicapped in every walk of life where real manhood counts, yet it would indeed be cruel of me to here so state the fact in public print, were I not of the honest opinion that there is every hope for the unmanly man to restore himself to a state of health and vigor, if he but clear his mind of abnormal fear, and then make a fair, square effort to redeem himself.

There are two specimens of humanity for which I have no earthly use. One is the man who, though now strong and vital, yet plunges into dissipation and excess with the certain knowledge of his



MANLY, VIGOROUS MEN RULE THE WORLD

unmanly fate. The other is the man who, though knowingly debilitated and enervated, makes no effort to get away from his life of dissipation and wrong practices. As a matter of fact there is no hope for either of these unfortunates. But for him who acknowledges his errors, who may come to me and say: "I have paid the penalty of my past follies, but I am THROUGH with my life of dissipation, and I am going to make a manly effort to restore myself," to such a man, I care not what his physical condition may be, I can say in all truthfulness, "You, my friend, are on the right road to new strength and new manhood," for he really is, and there is no doubt about it.

I make a little appliance that I call a VITALIZER, which I designed to aid just such men who seek manly strength. I am not offering this VITALIZER here for sale, but merely suggest that you, reader, take the opportunity to learn all about what this little appliance is doing to-day everywhere throughout the world; then, if in the future you want to use one yourself and will so write me I will gladly make some liberal proposition whereby you may have one to try. The VITALIZER is fully described in one section of the free book which the coupon below entitles you to.

The VITALIZER is made up in a very light form weighing only several ounces, and you wear it on your body all night. It generates a great, soft, pleasant FORCE which I call VIGOR, and which flows in a continuous stream into your nerves, organs, blood and muscles while you sleep. I am satisfied in my own mind that I have access to a great POWER in this little VITALIZER which in the future will be more and more relied upon all over the world in the treatment of debilities and nerve weaknesses.

With special attachments which carry the FORCE of the VITALIZER to any part of the body, it may be used by women as well as men for the treatment of rheumatism, kidney, liver, stomach, bladder disorders, nervousness, lack of energy, etc. Therefore, please send for the book to-day, or, if you happen to live in or near this city, I should be very glad to see you in person.

What the Free Book Teaches You

The little free illustrated book of special private information, referred to above, is meant really to be a self guide for all men through the years before and after marriage and onward to a ripe old age. It is written in perfectly plain language, entirely free from technical terms, so that any one may easily grasp the full power of its good advice from two or three careful readings. It attempts to point out a safe road to new manhood or new manly strength, and as such is dedicated to mankind generally. One part of this book fully describes my little VITALIZER referred to above.

Remember, as soon as the coupon below is received I agree to forward to you one copy of this illustrated booklet, absolutely free of charge and in a plain, sealed envelope, so that it will come to you privately, just as you receive any sealed mail.

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Dear Sirs,—Please forward me your Book as advertised, free, sealed.

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