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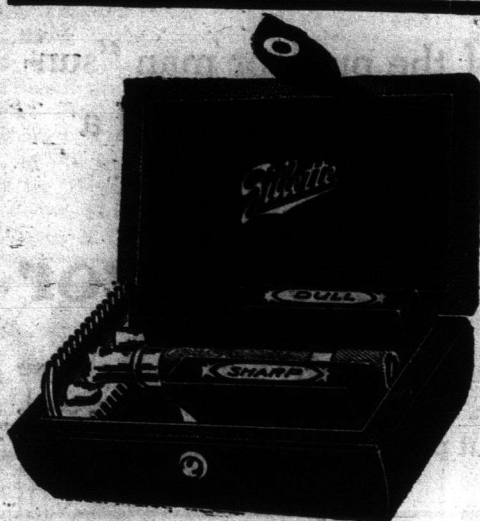
We furnish a guarantee certificate with every Diamond and allow the full purchase price on all exchanges. We will send express prepaid any Diamond or other article, for examination and approval, you to be the sole judge as to whether you keep it or return it at our expense.

We have been in business since 1885 and have thousands of satisfied customers who have been buying from us for the past 25 years.

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Gillette Safety Razor



and Twelve Blades

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For 6 New Subscriptions

Our Premiums, which can be obtained under such easy conditions, are winning for us many friends, and we believe that the

Gillette Safety Razor, of world-wide renown, will prove a big incentive to our readers. Every man needs this razor, while every lady has a splendid opportunity of being able to obtain free a magnificent gift for her husband, father, brother or sweetheart.

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The blade used is thin as paper with two opposite sharp edges hardened and tempered by special process, and will shave from ten to twenty times with absolute comfort and satisfaction.

Gillette Blades are intended to be used without stropping or honing, and when dulled are taken out of the holder, thrown away and a new blade substituted. The safety guard or holder is of solid metal, triple silver plated, and is so fashioned that in combination with the blade, it cannot be put together in any way except the right way. The blade is concaved, and both edges are brought to exactly the same angle and position in their relation to the guards. All Gillette Razors are thoroughly sterilized before leaving the factory.

This offer is limited to August 31st, 1914, so start getting subscriptions at once.

For any further particulars address:

The Western Home Monthly

Winnipeg



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The Home Doctor

Toes Out of Joint

The great-toe joint is often a sad disturber of comfort. It is the favorite seat of gout, is often enlarged and painful, and the misery may be increased by the formation of a bunion over its rounded convexity; or there may be a dislocation.

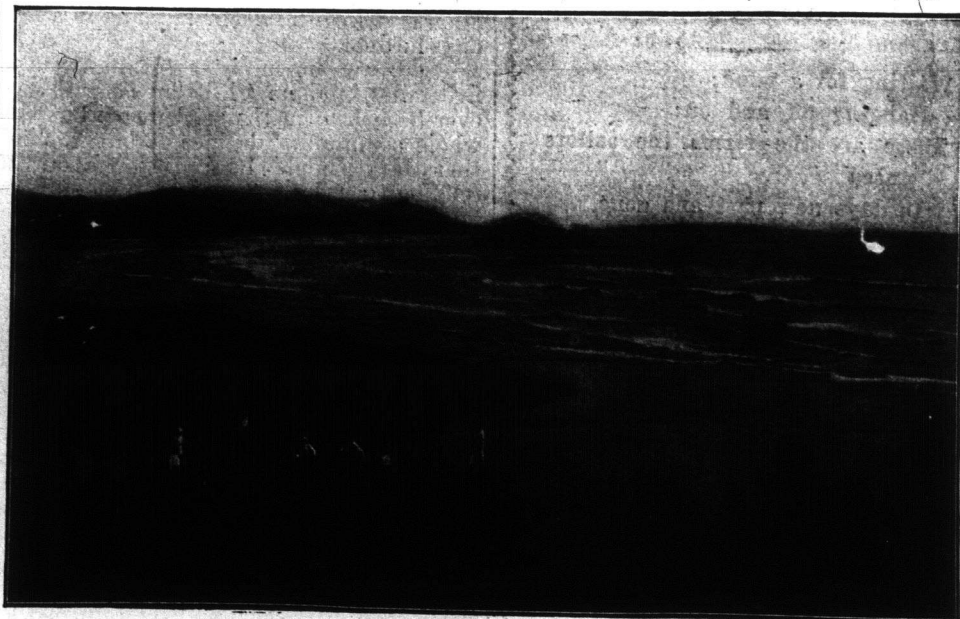
These conditions are all distinct. One may exist without the other, although it is the rule to find two or, leaving gout out of consideration, all three present at the same time.

Dislocation of the great toe may occur in any direction, but usually it is lateral, the toe pointing toward the outer edge of the foot and lying over or beneath its neighbor. This creates the deformity known to the surgeon as *Hallux valgus*. It calls for little imagination to realize how painful and crippling this deformity may be. While it is coming on, the constant irritation due to the mal-adjustment of the opposing surfaces of the joint causes extreme tenderness and an aching pain, which, like most joint pains, is worse in cold and damp weather. As the tip of the toe is thrown more and more toward the

who must needs be told the place and time that I caught my cold. When my old head aches till it nearly splits, and I'd sell myself for a brace of bits, when my windpipe's plugged and I have catarrh, and they dope me up from the cold-cure car, with oil of turps and with liquid glue, when they soak my head and my feet they stew, I always slaughter the varlet bold who comes and asks me where I caught my cold, I seize him, spite of his shrieks and groans, and I kill him deadlier than Davy Jones, yet I fear no Judge in the whole broad land—they've all had colds and they understand.

A Perfect Body

What constitutes a perfect form, is largely a matter of personal opinion. Certainly, however, the old hourglass shape is entirely out of date, and what a blessing it is. Recently the following figures were given out by a group of artists, as being those of a perfect figure: Height, 5 ft. 8 in.; weight, 140 lbs.; neck, 13 in.; chest, 33 in.; bust, 36 in.; waist, 26 in.; hips, 36 in.; thighs, 24



Playing Football on B.C. Sands

outer edge of the foot, its joint becomes more and more prominent, and then the rubbing of the shoe, especially of an ill-fitting shoe, excites the bursa over the joint to inflammation, and there is formed a bunion, the misery of which can be fully realized only by the unhappy possessor. Finally the encroachment of the big toe upon the space which belongs to its neighbor forces the latter out of place, either up or down.

If the second toe rides up over the other its prominent mid-joint is soon the site of a hard corn, and the wretchedness which a corn in an exposed place can produce, few people are privileged not to know.

The cause of this toe dislocation is almost always mechanical—the wearing of shoes with pointed toes, especially if the heels are high and the instep not sufficiently snug to prevent a slipping forward of the foot, or (and this is almost as bad) the wearing of stockings with narrow toes. There is nothing in the belief that the trouble is hereditary, except that possibly a certain weakness in the joints, which makes them less able to withstand abuse, may run in a family. There are several things that can be done in the way of treatment of this condition. They will be considered in a later article.

Down With a Cold

My old head aches and my chest feels queer and there's something wrong with my breathing-gear; my ribs are sore and my wishbone throbs, and I fill the house with my wails and sobs. I have rheumatiz in my legs and feet, and I'm twice as hot as the prickly heat; I bark and roar and I cough and sneeze, and I sniff and snort and I whoop and wheeze. But I still have strength in my tortured frame to slay and otherwise hurt and maim the foolish chap

in.; calf, 15 in.; upper arm, 11 in.; forearm, 9 in. However, as I have stated before, there are many who would not deem this their ideal in many respects. Of course, if you are shorter or taller, the proportions of your body will vary from these somewhat, and your present state will reflect the habits and training of past years.

The proportions should be observed, as nearly as possible, if milady would appear up to date in the newest dresses. The same hip as bust measurement, with a ten-inch decrease in the waist line, are the lines recommended by the high-grade corsetiers of to-day for the woman who would be strictly modish.—"The Beauty Seeker, in Woman's World for March.

Make Us Over

By Virginia Woodward Cloud

Make us over, make us over,
Maid or madcap, child or lover,
Let us leave old Time behind us for a day!
Let life hold the gift to gladden,
Memory lose its power to sadden,
Let the heart of youth still find us for a day!

There are long years of forgetting,
There are dark nights for regretting,—
Something calleth to remember, on the way.

'Tis the red bloom of the holly,
And the tinkling bell of Folly,
And the kindling of love's ember for a day!

Aye, we pay our dole to sorrow,
With cure's coin we trade and borrow.
Let a little laughter blind us for a day,
And while there's a heart to love us,
Or a star in heaven above us,
Oh, then Christmas still shall find us in the good old way!