

Benger's Food, prepared with fresh new milk forms a dainty and delicious cream, rich in all the necessary food elements.

If half Benger's Food so prepared, is mixed with half freshly made tea or coffee, cocoa or chocolate, its highly nourishing and digestive advantages are added with great success to the refreshing qualities of the beverage.



also mixes agreeably with stimulants when these may be medically recommended.

A sample of Benger's Food, with Instructive Booklet on the feeding of Infants, Invalids, and the Aged,

post free from
BENGER'S FOOD, LTD.,
Otter Works, Manchester, England.
or from their Wholesale Agents in Canada:—
The National Brug & Chemical Co. of Ganada, Ltd.,
Montreal, or any of their Branches at Halifay, N. S.



Brilliant Light ON YOUR TABLE

Five times more powerful than largest circular coal oil lamp, this clear soft white light makes reading a pleasure.

Cheaper than coal oil. Costs less than ½c. per hour. Always ready. Generates itself. Burns its own gas with mantle same as city gas. No chimney. No odor.

as city gas. No chimney. No odor.

Beautiful ornament to any table. Art dome of rich amber glass with 2½ inch beaded fringe.

Write to-day for descriptive circular and card B showing lamp in natural colors

RICE-KNIGHT Ltd. Regina Toronto

ATYOUR HOME. Write today for our Booklet. It tells how to learn to play any instrument Piano, Organ, Violin, etc. Address American School of Music, 1 Lakeside Building, Chicago Ill.



BECOME **NURSE**

"No nurse can afford to be without the course. -Martha E. Bare (portrait)

WOULD you adopt the most attractive profession open to women today—a profession that will be of advantage to you, whether you practice it or not? Then let us teach you to become a

Thousands of our graduates, without previous experience, are today earning \$10 to \$25 a week. Write for "How I Became a Nurse" and our Year Book, explaining our correspondence and home practice method; 370 pages with the experiences of our graduates.

The Chautauqua School of Nursing

48 specimen lesson pages sent free to all enquirers

209 Main St. Eleventh Year Jamestown, N.Y.

for the discomforts of the farm? The business man in the city works for a few hours a day and makes as much as the farmers can in a month of hard work. The city man has his auto, his club and the theatre, while the farmer has hard work and dirt. For my part, I can see no reason why the city man would leave the city for the country. The farmer works the hardest and is the poorest paid of any man on earth. He has nothing to say about the price of what he buys or sells, and is the prey of the middleman on every hand. He has to pay unreasonable prices for hired help and receives the poorest prices for his produce. He has to work long hours, wear old clothes, and sell his grain for what he can get after the frost, hail, dry and wet weather get through with it. In most cases he makes a bare living and that's all. Take the present price of flax, for instance. Flax is \$1.07 at the e'vator. It costs 23c to get it threshed besides the board of the crew and hired help. With a crop of 15 bus, which is a good average, how much has he left after taking a year's expenses out of the crop? Not much, I am sure. But did the price of linseed oil go down with the price of flax? No chance. Who gets the rake off? I leave it with you. After paying three dollars a day for hired help and the fancy prices we have to pay for machinery, there is nothing left. I am a farmer and have been farming in Saskatchewan for six years and think I know something about it. I am on a farm at the present time and, like a good many others I know, will have to stay until I can make enough to get away, so will probably be here for some time to come. Wishing the W.H.M. every success I sign my

Many Thanks

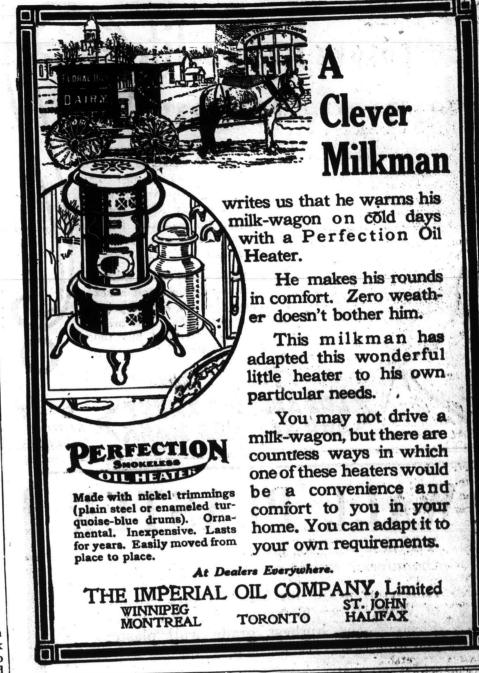
Manitoba, September, 1912.

Dear Editor: Kindly let me, through the aid of your valuable paper, thank the many correspondents who wrote to me in reply to my letter which appeared in your July number. I received such a number that I find it impossible to answer all, but I'll do the best I can. Harvest will soon be over in this part and threshing will be general. I shall now close. Wishing both Editor and now close. Wishing both Editor and homesteaders every success, especially those who wrote to me, I remain, "The Old Home's Joy."

The Best in Canada

Mission City, B.C., Oct 9, 1912. Dear Editor,—Some time ago I wrote a letter to The Western Home Monthly Correspondence column, but it must have found its way into the w.p.b, so I will try again and hope that it will be printed and escape the fate of the last We take The Western Home Monthly and like it very much. the best paper in Canada that I know of in every way. I see that a number of your correspondents are discussing dancing. Now, I am a dancer and have been for some years, and, for the life of me, I cannot see what harm there is in it. I live near a town of about a thousand inhabitants, and during the winter there is a great deal of dancing done, and if it was not for these dances I do not know how we would pass away the evenings. Of course, we do not dance every evening, but once or twice a week. Some critics of the dance object to the way a fellow takes hold of a I admit that some girl in a dance. dances don't look nice, such as the Turkey Trot, Grizzly Bear, Bunny Hug, etc., but out in the small towns these dances are very seldom seen. I cannot see any harm in the way a fellow holds his partner in a waltz or two-step, and I think, as "Bonne Soir" in your last issue does, "Charity thinketh no evil." I think I will bring my letter to a close with a little description of myself. I am twenty years of age, five feet eight inches in height, complexion fair, brown hair, weight, 160 lbs. I have never bust a looking glass or camera yet to my knowledge. I smoke, but do not chew or drink. Would like to hear from any of The Western Home Monthly Correspondents (girls preferred).

"Two-Stepper."





What Canada is doing for the Empire, to preserve the Sloves.

It's a joy to every woman who takes pride in her home. Quick, clean, 10c.—STOVE POLISH—10c on the maket for toe.

Thousands of readers are missing our offer to send FREE our large range of patterns of OUR FAMOUS SUITS or OVERCOATS TO MEASURE (Carriage and Duty Paid) at \$8.60 (valued by our customers at \$20). Together with patterns we will also send a tape measure, fashion plate, and full instructions how to measure yourself, ALL FREE. You have only to read our book of testimonials and you will be convinced that no other firm in the world can approach us for value. Money returned if you are not satisfied.

Address for Patterns: CURZON BROS., Glougher Syndicate, (Dept. 103), 449 Spadina Avenue, TORONTO, ONTARIO.

Please mention this Advertisement.

When writing advertisers please mention The Western Home Monthly.