

Heart Trouble

Caused Dizziness, Weakness and Smothering Spells.

Through one cause or another a large majority of the people are troubled, more or less, with some form of heart trouble. Wherever there are sickly people with weak hearts, Milburn's Heart and Nerve Pills will be found to be the most effective medicine on the market.

Mrs. F. Leslie Craig, 114 Erie Ave., Brantford, Ont., writes:—"It is with the greatest of pleasure I write you stating the benefit I have received by using Milburn's Heart and Nerve Pills. I suffered greatly from heart trouble which caused dizziness, weakness and smothering spells. I used a great deal of Dr.'s medicine but received no benefit. A friend advised me to buy a box of your pills, which I did, and before I had finished one box I felt so much better I continued their use by taking two boxes. I highly recommend these pills to any one suffering from heart and nerve trouble."

Milburn's Heart and Nerve Pills are 50 cents per box, or 3 for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

Dominion Express Money Orders and Foreign Cheques

are payable all over the World.

Absolutely the best way to remit money by mail.

Travellers' Cheques Issued

Money sent by Telegraph and Cable. Foreign Money bought and sold

Rates for Money Orders

\$5 and under	-	-	3 cents
Over 5 to \$10	-	-	6 "
" 10 to 30	-	-	10 "
" 30 to 50	-	-	15 "

On Sale in all Can. Pac. Ry. Stations.

Music Lessons Free

AT YOUR 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 Bldg., Chicago, Ills.**



BIG VALUE FOR 10 CENTS. 20 Popular Songs with words and music, 50 Stories of Adventure, 25 Pictures of Pretty Girls, 50 new Games for young folks, 50 Pictures of the Presidents, 50 Ways to Make Money, 1 great Joke Book, 1 Book on Love and Courtship, 1 Book on Magic, 1 Book on Letter Writing, 1 Dream Book and Fortune Teller, 1 Cook Book, 1 Base Ball Book, gives rules for all popular games, 100 Conundrums, 50 Verses for Autograph Albums. Out this out and return to us with ten cents and we will send all the above by mail at once. No stamps taken. George Gratton, New Glasgow, Que., Can.

\$3 a Day Sure

Send us your address and we will show you how to make \$3 a day absolutely sure. We furnish the work and teach you free, you work in the locality where you live. Send us your address and we will explain the business fully, remember we guarantee a clear profit of \$3 for every day's work, absolutely sure. Write at once. **ROYAL MANUFACTURING CO., Box 1036, Windsor, Ont.**

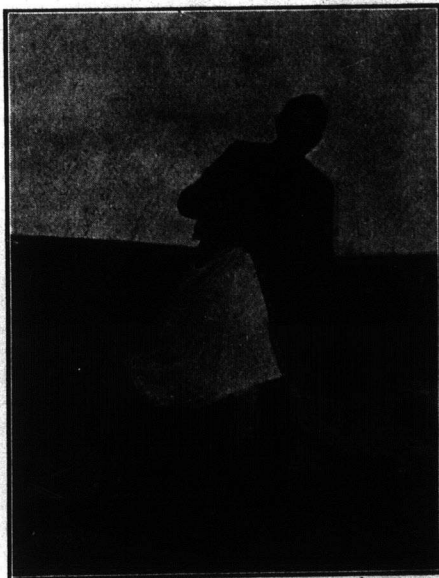


Watches FREE We give all grades of Watches for selling our fine Art Post Cards at 10c per pkg. Order 20 pkgs. today. When sold, send us the \$2.00 and we will send you an elegant 5 YEAR GUARANTEED WATCH, also a FINE SIGNET RING and a CHAIN, postpaid, as per our premium list. IT COSTS YOU NOTHING. Write us today. **BELMONT MFG. CO., Dept. 63, CHICAGO**

above mentioned habits, he is not a "habitless creature," any more than is a woman without them. He is not a "perfect" man; there are enough other shortcomings to distinguish him from an angel, that make him very human. No girl need be afraid, when she demands that her prospective husband be free from the tobacco and liquor habit, that she is asking too much; indeed not. It is ever her duty to demand it, in addition to honesty, uprightness and chastity. It is her duty, because she exerts a great influence over his character and conduct. On the other hand, to demand less than that is setting a double standard. We men do not tolerate those habits in women, and it is wrong that women tolerate them in men. To say that a man cannot be equally free from them is under-estimating his ability.

Furthermore, there is nothing manly about being a smoker, chewer, drinker or gambler; there is nothing manly in being addicted to any bad habit. In fact, such as are, are weaklings to the extent that they are unable to overcome them, and are often morally deficient in other ways. This is being more and more recognized everywhere to-day. It is being insisted upon that young men in the most responsible places in banks, stores or offices be free from any and all of the objectionable habits mentioned.

Now, is it asking too much, then, when a girl insists that the young man, be he farmer, laborer or business man,



Harvesting his First Alberta Crop.

whom she expects to put in an even more responsible place—at the head of the family—be free from them? No; and in doing so she is laying the foundation for a healthier and happier home, for a stronger race and a more enduring nation.

Now, if there is among the readers of the W.H.M. a sweet-tempered, sensible, healthy, Christian girl, fairly well educated, a lover of home and children, dark haired and light complexioned, medium height and weight, 21 to 26 years of age, who appreciates and knows the value of clean, temperate habits in young men, I would like to correspond with her. I am 28 years of age, dark haired, light complexioned, 5 feet 7 1/2 inches tall, and weight about 150 lbs. My address I leave with the editor.

Only a Mere Boy.

Another Interested Farmer.

Harris, Sask.

Sir,—I have been an interested reader of the W.H.M. for the past three years, and I am pleased to see the progressive stages it has made during that time. The interesting and instructive articles to be found within its pages makes it a valuable family paper for old and young alike. The correspondence columns also add additional interest to the paper. It would be a good idea—and I would like to see it—that is, for your numerous correspondents to open up a general discussion on various topics, which would be both educational and instructive. I note the most discussed subject at present is the "chore" question, which affects the fairer sex. I, like the majority of your correspondents, think a woman's place is in the house; but at the same time there are occasions aris-

"Sovereign" Sheathing Felt

(Trade Mark Registered)

Cuts Down Coal Bills

The house whose walls, ceilings and floors are interlined with "SOVEREIGN" Sheathing Felt is draftproof, easily heated and comfortable in the severest weather.

"SOVEREIGN" Sheathing Felt is really light-weight Ruberoid—the same fabric with Wool, saturated and coated with the same Ruberoid Gum. It contains no paper, oil or tar; is clean, odorless, waterproof, vermin-proof, fire-resisting and will not rot or become mouldy.

Its slight extra cost is returned to you with interest in lower coal bills and greater comfort.

Get a sample of "SOVEREIGN" Felt from the nearest Ruberoid Dealer, or write us direct for sample and Booklet M.

The Standard Paint Co. of Canada, Limited

Sole Canadian makers of Ruberoid Roofing

286 St. James St., Montreal
179 Bannatyne Ave. East, Winnipeg
25 Pender St., Vancouver

DEALERS
EVERYWHERE

Get the kidneys well and avoid most ills

NEARLY two-thirds of the diseases that afflict mankind can be traced to kidney troubles and faulty action of the urinary organs. Naturally, for the kidneys are the body's blood-filter. It is their function to strain from the blood all poisonous or waste matter. This dangerous stuff must be carried off by the urinary system—and it cannot be unless the kidneys work freely, actively, healthily. Unless they do work so, the kidney's solvent secretion—uric acid—gets into the blood—and then beware of rheumatism, backaches, headaches, and worse—even dread and deadly Bright's disease or diabetes. Then avoid clogged kidneys—keep them clean—flush them and tone them regularly with Dr. Clark's Sweet Nitre Pills—the harmless, direct-acting, certain remedy that will keep your kidneys and bladder healthy IF YOU TAKE THEM IN TIME.

SOLD
EVERYWHERE

OR MAILED
DIRECT



The box is
twice as big
as this picture

The
Martin, Bole
& Wynne Co.,
Winnipeg, Canada

These pills are a specific—not a "shot-gun" hit-or-miss remedy. They act directly upon the kidneys, and keep them and the urinary tract in perfect health and vigor. They are purely vegetable; quick to act; sure to benefit. You should never be without them in the house or when travelling. Especially beneficial to women.

Home Decorations

NOTHING MORE ARTISTIC THAN

"GALT" Ceilings and Side Walls

DESIGNS are most suitable for all classes of rooms

"GALT" Steel Sidings

Represent Pressed Brick, Rough Brick and Stone.

DUNN BROTHERS WINNIPEG REGINA