

AFTER SUFFERING YEARS

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Fox Creek, N.B.—"I have always had pains in the loins and a weakness there, and often after my meals my food would distress me and cause soreness. Lydia E. Pinkham's Vegetable Compound has done me much good. I am stronger, digestion is better, and I can walk with ambition. I have encouraged many mothers of families to take it, as it is the best remedy in the world. You can publish this in the papers."—Mrs. WILLIAM BOURQUE, Fox Creek, N.B., Canada.

The above is only one of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, actually does cure these obstinate diseases of women after all other means have failed, and that every such suffering woman owes it to herself to at least give Lydia E. Pinkham's Vegetable Compound a trial before submitting to an operation, or giving up hope of recovery.

Mrs. Pinkham, of Lynn, Mass., invites all sick women to write her for advice. She has guided thousands to health and her advice is free.

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Ninety-five per cent. of the cases of deafness brought to our attention are the result of chronic catarrh of the throat and middle ear. The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed, relief is impossible.

The inner ear cannot be reached by probing or spraying hence the inability of specialists to always give relief. That there is a scientific treatment for most forms of deafness and catarrh is demonstrated every day by the "Actina" treatment. The vapor generated in the "Actina" passes through the Eustachian tubes into the middle ear, from which the catarrhal obstructions and loosens up the bones (hammer, anvil and stirrup) in the inner ear making them respond to the vibration of sound. Actina is also very successful in relieving head noises. We have known people afflicted with this distressing trouble for years to be completely relieved in a few weeks by this wonderful invention. Actina has also been very successful in the treatment of la grippe, a thum, bronchitis, sore throat, weak lungs, colds and headaches and other troubles that are directly or indirectly due to catarrh. Actina will be sent on trial post-paid. Write us about your case. Our advice will be free as well as a valuable book, Prof. Wilson's Treatise on Disease. Address: ACTINA APPLIANCE CO., Dept. 84c, 811 Walnut Street, Kansas City, Mo.

When writing advertisers, please mention The Western Home Monthly.

the W.H.M., especially the correspondence columns.

As I have not seen any letters from this part of B.C., I have ventured to write and give a short description of this part of the country. The Nechaco Valley, through which the Nechaco River flows, is a large valley in the northern interior of B.C. The land is mostly covered with small poplar, but there are numbers of large hay meadows. Oats, barley, potatoes and all kinds of vegetables have all been raised successfully. There are a number of lakes which are teeming with trout, while ducks and geese are plentiful in the fall. This valley is on the proposed line of the G.T.P., but at present being 350 miles from railroad transportation, makes progress rather slow.

I see it is usual to give a description of oneself. Well, I am 25 years of age, stand 5 ft. 8½ in. high, weigh 160 lbs.; have dark hair and grey eyes. I am fond of dancing, skating and football; also of horses. I would like to hear from Lily of the Valley, Melfort, Sask., and An Eastern Girl, Newark, N.J., also any others that care to write.

Wishing the W.H.M. every success, I will sign myself,

Pickings.

Another From The Doctor.

Meridian, Sask., July 7, 1911.

To the correspondence columns.—Have listened quietly to the many arguments put forward against my letters of recent issues, and, if Mr. Editor will allow the space, I will make one more strike for liberty. Many of the arguments were very strong, while others were of small concern.

I will confess that for the moneyless man the farm is the spot, but, could any of our readers tell me why the men of means nearly always go to the cities. He has lived on the farm for a great while, and has been that length of time in clearing himself of debts; then, when his pocket book is running over he goes to the city to live a life of luxury. There is no use anyone telling me that a person can make more money in the country than on the farm, because I have proved that it is not so.

How many men who are deeply sunk in debt secure a business in town, and from its proceeds turn off the mortgages on their farms, and in a few years you find them running for M.P.P.'s or justice of the peace—all because they had a little business in town to influence the people in their direction. Please bear in mind that I am speaking from a financial basis.

In this letter I am not going to argue my own cause very much, because it is a well known fact that "you can lead a mule to water, but you cannot make him drink." This is a free country, and we can always believe what we like, and, I for one, like the city better than the country. I wonder if those who criticised my letter did so merely because they were farmers, or because they had not enough business abilities in them to get on in the crowded city? Alas! let's stop this quarreling. Let's change the subject and speak of something more interesting to all. Would it interest your readers if I gave them a description of the community in which I live. It is in the pioneer district; some of the residents having arrived here as early as 1882. The buildings mark the progress which the people have made. The land is very heavy and produces very good crops, but being so far from a market it is a long tedious job to dispose of the produce. We are very close to "yankee town," but never infringe upon the laws of the land by smuggling. One side of the district is bordered by the Souris River.

A visitor to Meridian has to be careful how he speaks about the people, because we're all related. The school has an average attendance of about 25 pupils. This shows the attention which the parents pay to the education of their children. They have turned out some mighty smart ones, too! Most of the residents have the phone installed, but, of course, some who did not wish to become entangled with the worldly things have not got so far advanced.

Last, but not least, come the religious sentiments of the people. They nearly

all belong to a religious denomination known as the "Brethren." They are not of a sporty nature, but the Sabbath day is observed by them very closely. They do not like dancing, but feel that games and plays are essential to draw forth the qualities of the younger generation. The people are generally too busy to assist one another. The district is supported by a troop of red coats—officers and privates. So we rest assured that before we're bothered, the red coats will strike a hard blow. If you knew them you would be proud, because they are such noble looking chaps. They'll do wonders some day!

Well, Mr. Editor, is my letter growing too long? Could you allow me a little space later to give my opinions on another fact which has come to my notice? Hoping so, I remain, as ever,

The Doctor.

Great Friends.

Francis, Sask., Aug. 18, '11.

Dear Sir,—In case you may be able to find space in your correspondence column First and foremost, I must acknowledge my appreciation of the W.H.M. I just saw it a little over a year ago for the first time, and since then we have grown to be great friends. I am just repeating the rest of your correspondents when I say that it is an excellent magazine.

As to describing myself, I will leave that out. Suffice it to say that I am a young, medium-sized Canuck, and neither use tobacco, play cards, dance or use profane language, but don't mistake me for a model.

Would be pleased to answer all letters from either boys or girls.

Thanking you, Mr. Editor, and hoping to see this in print, I am

Westernized.

A Real Scotchman.

Plumbridge, Sask., Aug. 27, '11.

Dear Editor,—Would like to fall in line with the rest of the bunch of your correspondents. I am a Scotchman, and a real one at that. Good looking, especially when I am sleeping and dreaming of the sweet lassies (correspondents of the W.H.M.). I am a bachelor; been bacheling for two years. I am fair; age 26; weight about 170 pounds. I have got a nice little mare, weight about 1000 pounds—she's a real racer. I wish one of the lassie correspondents could come here so that I could give her a very fast ride.

I'm interested in Bud from Melfort, Sask.

Wishing you all the best of luck, I will sign,

Happy Holligan.

Town Girl Admires Bachelor's Pluck

Dayton, Ohio, U.S.A.,

August, 1911.

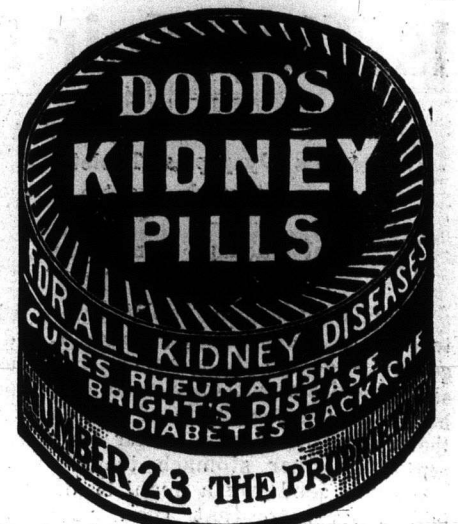
Dear Editor,—Although not a regular subscriber of your very wide-awake and instructive periodical, I obtain access to its pages through my sister, who receives it from a friend in Canada. I have read and heard so much about Canada, and especially the great north-west, that it would be most interesting to correspond with someone up there, so if some of those "poor lonely bachelors" want to while away some of their lonely moments by telling me their troubles I shall reward them with an early reply. I sympathize with them greatly, but am nevertheless a staunch admirer of their energy and determination in braving the hardships of a new country, and working out their own "salvation."

I live in a lively Ohio town of about 100,000, and, although a city girl, am exceedingly fond of outdoor sports and exercise. Once upon a time, a good many years back, I was a country girl myself.

As to personal appearance, that, I find, is a matter of individual taste; but, if my mirror doesn't flatter me, there are others worse to look upon.

If this isn't consigned to a much worse fate, I should be pleased to see it in print. Meanwhile I am wishing you and your paper the best success. Leaving my address with you, I am, yours respectfully,

A Buckeye Girl.



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Any person who is the sole head of a family or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties.—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre. Duties.—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3.00 per acre. Duties.—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY
Deputy of the Minister of the Interior.
N.B.—Unauthorized publication of this advertisement will not be paid for.