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THE LEAST EXCITEMENT.

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We advise our readers to turn at once to this offer on page 43 of this paper and we urge them to read every word of it and send to-day for that valuable medical advice. Remember, this advice is free. Address Specialist Sproule at his office, 117 Trade Building, Boston, Mass.

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The Young Woman and Her Problem

Pearl Richmond Hamilton.

Our Guests

During the past month two distinguished women have visited Winnipeg—Miss Findley—a young Scotch woman, straight from the "firing line" and Ruth Kedzie Wood—an American woman of considerable prominence in the tourist world.

Miss Findley is a woman of rare charm and manner. She is a prominent journalist, and is associated with "Every Man's" publication. With Dr. Sarolea she came to Canada in the interest of Belgium's needs. She is a personal friend of the Queen of Belgium, and brought with her many beautiful stories of the queen's unselfish interest in her people. Miss Findley emphasized the amazing cheerfulness of the Red Cross nurses and other workers living in the zone of terror. Unmindful of all danger they work and cheer the soldiers, and spread the optimistic spirit everywhere. She cited instances of British women giving all their means to help the soldiers. One had given so much that she had not enough money to take her from France to England when she was ill. Miss Findley's visit to Canada infused genuine patriotic

came upon the announcement of a \$10,000 prize offered for the best solution of the final part of the play.

She had an idea, and her idea won the prize.

Miss Damon left school when she was thirteen, and went to work at sixteen. Her first work was behind a cash register in a clothing store. She went to night school, and learned to become a stenographer. She worked hard and studied. She has supported her parents in a little four-room house.

Perhaps you will think the winning of the ten thousand dollar prize was luck.

When the messenger sent to acquaint her with the news of the prize, asked her parents for her address, this is what they said: "She says never to call her up unless it is something of greatest importance. She doesn't like to be interrupted with personal affairs while in the office."

How many girls acquire ten thousand dollar ideas?

The Bride

During the past year some beautiful prayers have appeared in magazines.



Boys of the Canadian force who made the heroic stand before St. Julien, in the beautiful hospital at Clifden Hall.

inspiration and admiration for the brave men and women at the front, and her tender touches of pathos in relating the real atrocities in Belgium fired every woman who heard her with determination to work and sacrifice in all possible ways to help in the fight for Justice and Honor.

Miss Ruth Kedzie Wood is a woman whose broad experience in travel has given her the power to impart knowledge of peoples and countries in most interesting and instructive description. Personal touches add to the charm of her stories and acquaint one with the life of men and women of other lands. At a luncheon given in her honor she spoke of her experiences in Russia, and emphasized the standing of educated women in Russia. They are equal with man, and in many cases regarded as superior. They are professional women, and are strong in personality and influence.

Miss Ruth Kedzie Wood has written several books of travel, and is now touring Canada for the purpose of writing a book on Canada. At this time it will interest people in our great country, and will no doubt direct tourists our way. Ruth Kedzie Wood is really Mrs. Thompson, and says without the help of her companionable husband she could do nothing—a fine tribute to the love of a good man.

An Idea

Ideas, not money, rule the world. Last summer a St. Louis stenographer went to Chicago for a little vacation. While there she saw a moving picture film—the first part of "The Million Dollar Mystery." Later, after returning to her work, she

How many remember the wonderful prayer by Dr. MacIntyre in our Christmas number of The Western Home Monthly? I have it framed in my room, for I am a mother, and it has helped me. I am sure the readers of this page, especially the brides-to-be, will be glad to learn this prayer by Miss A. R. Clark:

"A Bride's Prayer"

"O Father, my heart is filled with a happiness so wonderful that I am almost afraid. This is my wedding day, and I pray Thee that the beautiful joy of this morning may never grow dim with years of regret for the step I am about to take. Rather, may its memories become more sweet and tender with each passing anniversary.

"Thou has sent to me one who seems all worthy of my deepest regard. Grant unto me the power to keep him ever true and loving as now. May I prove indeed a helpmeet, a sweetheart, a friend, a steadfast guiding star among all the temptations that beset the impulsive hearts of men. Give me skill to make home the best loved place of all. Help me to make its lights shine farther than any glow that would dim its radiance. Let me, I pray Thee, meet the little misunderstandings and cares of my new life bravely. Be with me as I start on my mission of womanhood, and stay Thou my path from failure all the way. Walk Thou with us even to the end of our journey.

"O Father, bless my wedding day, bless my marriage night, safeguard my motherhood, if Thou seest fit to grant me that privilege.

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"And when all my youthful harms are faded, and the cares and lessons of life have left their touches, let physical fascination give way to the greater charm of companionship, and so may we walk hand in hand down the highway to the Valley of Final Shadow, which we will then be able to lighten with the sunshine of good and happy lives.

"O, Father, this is my prayer. "Amen."

Mrs. Hemans

I have been reading an old book lately, and feel disgusted with myself for neglecting these old treasures, so full of splendid inspirational ideas. Mrs. Hemans wrote a poem on "The call to battle" that is especially helpful just now. I quote four verses from it:—"Then the father gave his son the sword, Which a hundred fights had seen— 'Away! and bear it back my boy! All that it still hath been.'

"Then the mother kissed her son with tears That o'er his dark locks fell; 'I bless, I bless thee o'er and o'er, Yet I stay thee not—Farewell!'"

"And a maidens' fond adieu was heard, Though deep, yet brief and low: 'In the vigil, in the conflict, love! My prayer shall with thee go.'"

"There were sad hearts in a darkened home, When the brave had left their bower; But the strength of prayer and sacrifice Was with them in that hour."

When a young girl, Mrs. Hemans wrote this prayer: Oh! God my Father and my Friend, Ever Thy blessings to me send; Let me have Virtue for my guide, And Wisdom always at my side; Thus cheerfully through life I'll go, Nor ever feel the sting of woe; Contented with the humblest lot, Happy, though in the meanest cot."

Indiscriminate Candor

There is nothing that girls need in this big world of ours so much as sympathy. I know girls who make friends every place they go. I know others who wonder why they are not popular. The first are kind—the others are unkind. Indiscriminate candor is brutal. It crushes friendship.

Scientists have not explained the mysterious law of attraction that make people gravitate to the girl or woman who says kind things. This person has