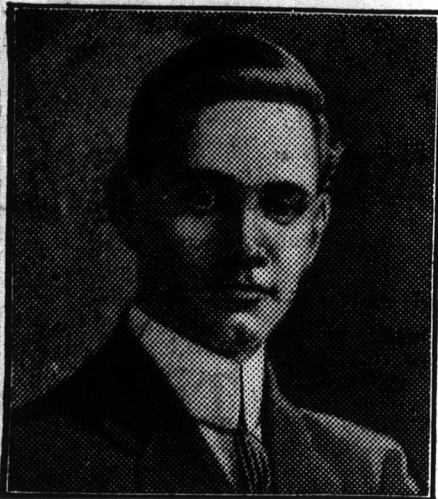


TOOK THE ADVICE OF HIS FRIEND

Stomach Trouble and Rheumatism
Relieved By "Fruit-a-tives"



MR. L. LABRIE

594 Champlain St., Montreal.

"I have been restored to health by taking 'Fruit-a-tives'. For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I became very weak, had frequent dizzy spells and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints and my hands swollen.

A friend advised me to try 'Fruit-a-tives' and from the outset, they did me good. After I had started the second box, I felt I was getting well and I persevered in the treatment. I can truthfully say that 'Fruit-a-tives' is the only medicine that helped me.

LOUIS LABRIE.

"FRUIT-A-TIVES" is the famous medicine made from fruit juices. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

FRECKLES

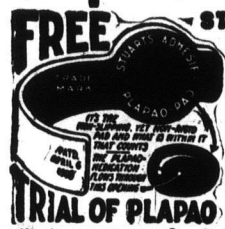
Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it fails to remove freckles.

Stop Using a Truss



FREE TRIAL OF PLAPAO

STUART'S PLAPAO-PADS are different from the truss, being medicine applicators made self-adhesive purpose to hold the pads securely in place. No straps or buckles attached—no obnoxious springs. Cannot slip, so cannot chafe or press against the bone. Thousands have successfully treated themselves at home without hindrance from work and reported most obstinate cases cured. Soft as velvet—easy to apply—responsive. Awarded Gold Medal. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending you Trial of Plapao absolutely free. Write today, PLAPAO LABORATORIES, Box 119 St. Louis, Mo.

BLACK LEG

LOSSES SURELY PREVENTED

by Cutter's Blackleg Pills. Low-priced, fresh, reliable; preferred by Western stockmen, because they protect where other vaccines fail. Write for booklet and testimonials. 10-dose pkg. Blackleg Pills \$1.00 50-dose pkg. Blackleg Pills \$4.00 Cutter's Blackleg Pill Injector 1.50 Discount: 250 doses, 10 p. ct.; 500 doses, 20 p. ct. Use any injector, but Cutter's simplest and strongest. Every package dated, unused pills exchangeable for fresh after date on package. Do not use old vaccine (ours or any other), as it affords less protection than fresh. Inlet on Cutter's. If unobtainable, order direct. Send check or M. O. we pay charges and ship promptly. Vaccine and injectors pass duty free. THE CUTTER LABORATORY, Berkeley, California.

Correspondence

What is your community doing to help the Empire? At this period of national crisis, The Western Home Monthly desires to encourage the formation of local societies whose aim and objects are the furtherance of Imperial ideas and the helping of the boys in the trenches. Everyone cannot go on active service but we can all do our bit in other ways and thereby help win a war, which is Canada's, to the finish. The appended letter shows that some country points are already engaged in this praiseworthy work, but every town and village should have a well-organized society capable of providing War Relief Work for all the inhabitants of the place. The Western Home Monthly would like to hear what is being done in this respect in other parts of the Prairie Provinces.

Morden, R.R.1, Man.,

February 12th, 1916.

Dear Sirs,—I have been a reader of your paper for many years and have always found something in each paper that was very helpful and now I would very much like to have you tell us more ways to make money for the Willing Worker or the Red Cross Work.

We are the Dunston Willing Workers with thirty members, and having only organized five months ago, we have done very well, for out in the country, but if it is possible we would like to have other

number, the thought came "Am I of use?" and I decided to pen these lines and maybe they could be used for His service. One Willing to Serve,

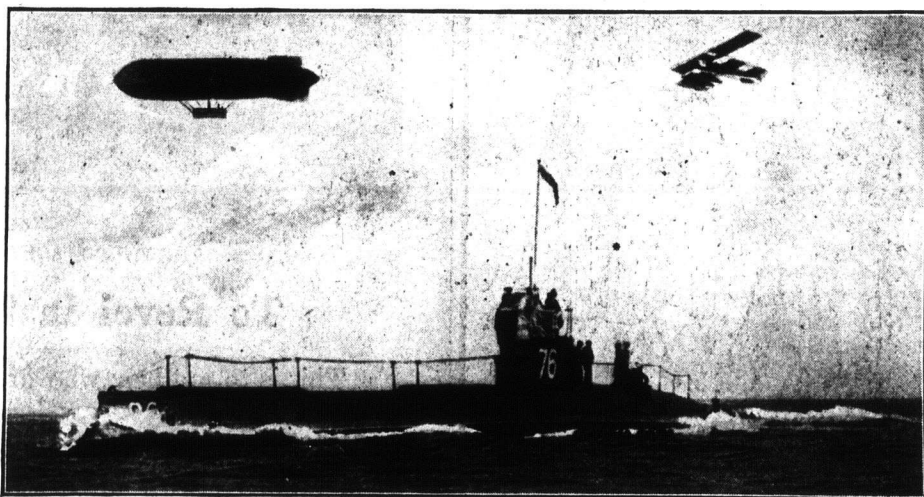
Think of the Lonely Soldiers

B. C., Feb. 1916.

Dear Editor,—May I come in for a chat? It seems a long time since I made my bow to the page, but reading the letters tempted me to write. The Western Home Monthly is improving every month. I still think it the best.

I see the bachelors are still stoutly proclaiming their independence and bewailing their loneliness in the same breath, but there are others more lonely than they. A short time ago I read an account telling how much the men in the trenches long for a letter from home. One soldier told of sharing his home letters with some of his comrades who had no one to write to them, or whose people were careless in writing. So you girls and boys who read this paper, if you have friends in the trenches, don't forget to write, and write often. I have no one there and no one to go, but if I had, I believe I would write to them every day. The least little bit of home news is welcome and it is so little to do for the dear brave chaps who are doing so much for us.

Now, I am going to indulge in a growl. Where are all the correspondents of mature



England has added 1,000,000 tons to her navy since war began

At the outbreak of the war the British naval tonnage was 2,714,106. To-day it is 3,714,106. This statement was made by Mr. A. J. Balfour, First Lord of the Admiralty, in the House of Commons. The photo shows the British submarine No. 76 tearing through the seas while a British airship hovers over it, while protecting the two there soars an aeroplane high above in the air

places tell us what they have done and where they got the best satisfaction sending their money and sewing and knitting.

We all think it would be very helpful to know what more country places are doing, as we can always find out what they are doing in the city. Yours faithfully,

Ella Boulton.

The Higher Ideals

Sask., Feb. 1916.

Dear Editor,—We surely enjoy The Western Home Monthly, and it is read from cover to cover, especially by the writer, who is somewhat of an invalid. I am pleased to see some of the writers urging the readers to a higher life and aim than just talking frivolous nothings. Dear readers, life is all too short to be spent in just having a "good time". Some day the Death Angel will knock at the door and we will have to give an account of the deeds done in the body. Let us be up and doing while it is day, and may our lives be pure and holy, and may our aim be, not how many beaux we can have on the string, but how many we can win to a higher and better life. So many say they see no harm in smoking, and girls I tell you as long as we say that, men will smoke and use tobacco. Some say there isn't anything in the Bible about tobacco. Well, there are plenty of other things that are not mentioned that we know are wrong. The Bible is a Book of Principles and God expects us to be honest enough to apply those principles. Now, dear readers, get your Bibles and turn up these passages and see what you think of them in regard to tobacco: Isaiah 55:2; Ezekiel 36: 25, 29; Zachariah 9: 7; 1 Corinthians 6: 19; 1 Corinthians 3: 17; 2 Corinthians 7: 1; 1 Corinthians 10: 31.

Now, I suppose, someone will say: "She is a religious, fanatic, long-faced old maid," but no, dear readers, I am just a humble follower of Jesus, and as I read the letter from "One of Them," in the February

age gone? Have they forgotten to write, or have they felt like me, that the young folk have crowded us "young oldsters" out? I would like correspondents from Alberta and Manitoba and if they would like news of snow-bound British Columbia, I will be pleased to give it if I can. I will answer all letters. Wishing the Western Home Monthly every success.

Yours very truly,

Eileen Alannah.

Talk About Red Cross

Nova Scotia, Feb. 16.

Dear Editor,—I have been an interested reader of The Western Home Monthly for some time but this is my first attempt to send a letter to the Correspondence Page.

I do not see many letters in the Monthly from Nova Scotia, so I have some hope of seeing this epistle in print.

This is a lonesome place at least for me. I live almost by myself. My sister left for Boston a short time ago and I had to leave school and help my mother at home for the present.

Several of the boys around here have enlisted and some are at the front, but neither of my two brothers have enlisted yet.

I would like for correspondents to talk about what the Red Cross, and other societies are doing to help our men in the war, instead of such "piffle" as the "City Girl" calls it.

If any of the girls or boys will write to me, I will be very thankful and promise to answer them all. Wishing the Monthly every success.

A Nova Scotian.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions permit them to. To be rid of them and spare the child suffering, use Miller's Worm Powders. They will correct the digestive irregularities by destroying the worms, conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

Suffered Awfully FROM BILIOUS HEADACHES.

When the liver becomes sluggish and inactive the bowels become constipated, the tongue becomes coated, the stomach foul and bilious headaches are the upshot.

Milburn's Laxa-Liver Pills will stimulate the sluggish liver, clean the foul-coated tongue, do away with the stomach gases and banish the disagreeable bilious headaches.

Mrs. J. C. Kidd, Sperling, B.C., writes: "I have used Milburn's Laxa-Liver Pills for bilious headaches. I suffered awfully until I started to take them. They were the only thing that ever did me any good. I never have any bilious headache any more."

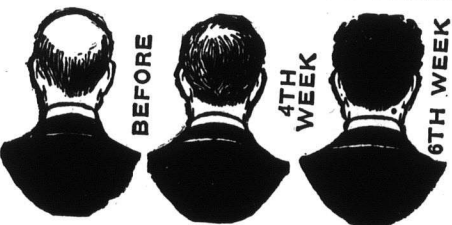
Milburn's Laxa-Liver Pills are 25c per vial, 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



The Original and Only Genuine

BEWARE of Imitations sold on the Merits of MINARD'S LINIMENT

You Can Grow Your Hair



Successful Scientific Treatment FREE OF CHARGE

Do you suffer from loss of hair?—Does your hair get prematurely gray?—Is your hair stripy, sticky or matted?—Do you suffer from dandruff, itching or eczema of the scalp?—Are you bald-headed or about to become so? If you suffer from any of the above-mentioned hair troubles do not neglect it, but try to relieve the trouble at once. Delays are dangerous. Write at once for our illustrated booklet, "The Triumph of Science Over Baldness."

FREE TREATMENT We want to prove to you at our own risk that the Calvacura Hair Treatment stops the falling of the hair; destroys dandruff and eczema of the scalp and promotes the growth of new hair. We will send you a \$1.00 box of Calvacura No. 1, together with the above-mentioned booklet, "The Triumph of Science Over Baldness," if you send us your name and address, together with 10 cents in silver or postage stamps to help pay the distribution expenses.

Cut out this coupon below and send to-day to Union Laboratory, R. 31, 142 Mutual St., Toronto, Ont.

Please find enclosed 10 cents to help pay the distribution expenses. Kindly send me at once your \$1.00 Calvacura No. 1 and your booklet, "The Triumph of Science Over Baldness." (Enclose this coupon in your letter.)—Advt.

When writing advertisers please mention The Western Home Monthly.