

TORTURED FROM BABYHOOD

"Fruit-a-lives" Cures Constipation



Miss E. A. GOODALL

EDMONTON, ALTA., Nov. 20th. 1911

"I have been a sufferer since babyhood from that terrible complaint, Constipation. I have been treated by physicians, and have taken every medicine I heard of, but without the slightest benefit. I finally concluded that there was no remedy in the world that could cure Constipation.

About this time, I heard about "Fruit-a-lives" and decided to try them. The effect was marvellous.

The first box gave me great relief, and after I had used a few boxes, I found that I was entirely well.

"Fruit-a-lives" is the only medicine that ever did me any good and I want to say to all who suffer as I did—"Try this fruit medicine and you will find—as I did—a perfect cure."

(Miss) E. A. GOODALL

"Fruit-a-lives" is the only medicine in the world made of fruit and the only one that will positively and completely cure you of Constipation.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

THE WORLD'S WORK DEPENDS ON THE WORLD'S DIGESTION

From the captain of industry to the hod carrier—from milady in the auto to the woman with the scrubbing brush—the accomplishments of every one of us depend absolutely on the accomplishments of our stomachs. Backed by a good digestion, a man can give the best that is in him. When his stomach fails, he becomes a weakling.

To this loss of power no one need submit. Right habits of eating, drinking, sleeping and exercise, aided by Na-Dru-Co Dyspepsia Tablets, will restore and maintain the full efficiency of the human mind and body.

Na-Dru-Co Dyspepsia Tablets contain the active principles needed for the digestion of every kind of food. They go to the assistance of the weakened stomach, and enable the sufferer, right from the start, to assimilate and get the benefit of the food eaten. With this assistance, the digestive organs regain their tone, and soon the use of the tablets is no longer necessary.

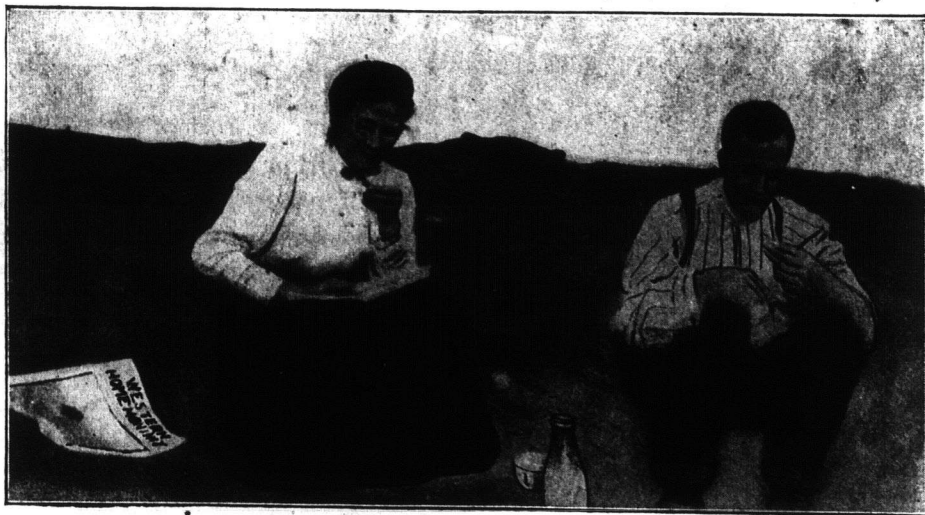
If your stomach is not working properly, try Na-Dru-Co Dyspepsia Tablets. 50c. at your druggist's. National Drug and Chemical Co. of Canada, Limited, Montreal.

Better Than Spanking

Spanking does not cure children of bedwetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 86, Windsor Ont. will send free to any mother her successful home treatment with full instructions. Send no money but write her today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged persons troubled with urine difficulties by day or night.

me? Thank you so much. Now isn't this comfortable. How thoughtful of our Editor to have such a bright cheerful fire burning. Cold? Why, yes. I was nearly frozen. You see unlike most of you I have had a sea voyage, and a very boisterous passage it was crossing the Gulf. What with frost and snow and gales of adverse wind, I thought I couldn't possibly arrive in time, but here I am, and I already feel repaid for the discomforts of the trip in just anticipation of the cosy evening we are going to have. I have only to glance around the circle to know that the stranger is welcomed—and that "There is neither East nor West, border, nor breed, nor birth"—for assuredly that maiden yonder comes from the Emerald Isle, and the laddie who is listening so attentively to what she says is from the land of heather; most certainly I detect quite a few different accents in the conversation. Hello, is that you Mermaid? Glad to see one from Terra Nova. How are all the folks from the ocean depths? And isn't that tall wise looking gentleman (speaking to the Editor) our Doctor? Ah, but Doctor the country is beautiful, can you say as much for the city? What was that? Don't I smell cigarette smoke? I hope no one is breaking that hard and fast rule hung above the door; "No smoking allowed" for remember,

That those who use fuseses,
All grow by slow degrees
Brainless as Chimpanzres
Meagre as lizards;
Go mad and beat their wives
Plunge (after shocking lives)
Razors and carving knives,
Into their gizards.
Ah, isn't this Josephus? I'm so glad



Picnicking on Centre Island, Toronto, with The Western Home Monthly in evidence

to meet you. How well you are looking after being the target for so many missiles, but like the target of many a marksman you remain unhurt. I do believe that optimistic looking person who is stirring up the fire is "Cheerful Critic." Won't you introduce him? What, you Ontario Girl and Fritz too! Well, this is a pleasure, to think I should meet so many kindred spirits, and have such a jolly—Hello, Mr. Editor, what's wrong with the clock? You don't mean to tell me that is the correct time? Dear me, and I have not spoken to half that I should like to. May I drop in again sometime? Yes, really I must go now, it's such a long way to my nest, so with every good wish for the New Year, I'm off,

"Stormy Petrel."

To the Point

Craik, Sask., Jan. 6, 1913.

Dear Editor: They say patience is a virtue, and I must say you must be gifted considering the amount of correspondence you must receive during a month, especially if there's many like this one, but it's the best I can do and I would very much like to become one of the elect. I have travelled Canada from coast to coast, and I like the West better than the East on account of the business conditions and also for the many opportunities that seem to crop up right under one's nose, so to speak, for those that are willing to grasp them. I appreciate Plato's opinion concerning the West and unhappy marriages. In my opinion, the homestead is no place to take a woman by herself, under any conditions: if there's a whole family that alters the case. It is not reasonable for any man to expect a

woman to go and bury herself on a homestead maybe quite a few miles from a town and other women, and still expect to be loved and cherished, and in return they may help to bear the usual disappointments and sundry failures that seem to be every farmer's lot. In conclusion I would like to say that the only harm I see in dancing is the congested atmosphere. As a pastime I thoroughly enjoy it. I'm a smoker and card player, a total abstainer and choir member. I'm twenty-five years of age and am six feet in height. Thanking you, dear Editor, in anticipation of your valuable space and wishing the W.H.M. every success.

Cruikshank.

From a Sask. Farmer

Dilke, Sask., Jan. 1913.

Dear Editor: Having just read a column on The Hired Man question, I will say regarding myself, I have been in both the hired man's and also the boss' shoes, and I find that both are to blame. I have worked for men in the States for two or three years where other men would not stay a moment, and also would not work where others would. As for my part I could not hire to a man and then when it comes to doing the work, the woman try to do the boss stunt. For instance the man would tell you to do a certain thing, then the "Would-be Boss" tells you to go and do forty other things, and still give satisfaction to both. Now I don't say this is the case everywhere, for it is not, as I have worked for others where the lady of the house would not as much as tell you to get in some coal, water, etc., if you did not get it, though in such a place a man, that is any man

NEVER NEGLECT A HEADACHE.

Headache is not a disease in itself, but is often a source of great suffering, and its presence is likely symptomatic of some disease lurking in the system.

To get rid of the headache, and thus prevent more serious troubles, it is absolutely necessary to cleanse the system of all waste and poisonous matter, and keep the bowels well open, the clogging of the bowels being one of the principle causes of headache. Burdock Blood Bitters regulates the bowels, and makes their movement free and natural. A cure for headache; a medicine that cures where others fail.

Mrs. L. Banks, Mt. Hanley, N.S., writes:—"Several years ago I was a constant sufferer from headache. I was all run down, and nothing seemed to do me any good. I read of Burdock Blood Bitters, and decided to give it a trial. The result was marvellous, the headache stopped entirely, and I feel better in every way. I can safely recommend B.B.B."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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Reliable parties to do **Machine Knitting** for us at home. \$7 to \$10 per week easily earned. Wool, etc., furnished free. Distance no hindrance. For full particulars address:

The Canadian Wholesale Distributing Co.,
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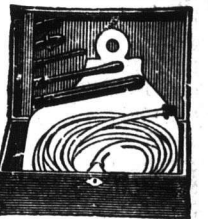
the acknowledged leading remedy for all Female complaints. Recommended by the Medical Faculty. The genuine bear the signature of WM. MARTIN registered without which none are genuine. No lady should be without them. Sold by all Chemists & Stores.

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Write us and mention your wants.

INDIA RUBBER SPECIALTY CO.
Box 2704. Montreal.



\$3.50 Recipe Free For Weak Kidneys

Relieves Urinary and Kidney Troubles, Backache, Straining, Swelling, Etc.

Stops Pain in the Bladder, Kidneys and Back.

Wouldn't it be nice within a week or so to begin to say goodbye forever to the scalding, dribbling, straining, or too frequent passage of urine; the forehead and the back-of-the-head aches, the stitches and pains in the back; the growing muscle weakness; spots before the eyes; yellow skin; sluggish bowels; swollen eyelids or ankles; leg cramps; unnatural short breath, sleeplessness and the despondency?

I have a recipe for these troubles that you can depend on, and if you want to make a quick recovery, you ought to write and get a copy of it. Many a doctor would charge you \$3.50 just for writing this prescription, but I have it and will be glad to send it to you entirely free. Just drop me a line like this. Dr. A. E. Robinson, R2045 Luck Building, Detroit, Mich., and I will send it by return mail in a plain envelope. As you will see when you get it, this recipe contains only pure, harmless remedies, but it has great healing and pain-conquering power.

It will quickly show its power once you use it, so I think you had better see what it is without delay. I will send you a copy free—you can use it and cure yourself at home.

Dr. de Van's Female Pills

A reliable French regulator; never fails. These pills are exceedingly powerful in regulating the generative portion of the female system. Refuse all cheap imitations. Dr. de Van's are sold at \$5 a box, or three for \$10. Mailed to any address. The Scobell Drug Co., St. Catharines, Ont. Sold by the Ultra Druggists, Winnipeg.