



Inside Our Striped Package
are the freshest, daintiest, most delightful
soda biscuits you have ever tasted!
They're called

Som-Mor Biscuit

because after eating one you want some
more—right away QUICK!
Try them—plain or salted—be sure your
grocer gives you the right package. Our

GRAHAM WAFERS

are delightfully different from any
Graham Wafers you ever tasted.

Ask your Grocer
NORTH-WEST BISCUIT CO., LIMITED
Edmonton, Alta.
Agencies at Vancouver, Calgary,
Regina, Saskatoon.

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KEEP YOUR SKIN CLEAN!

by the use of a good reliable cream, and this you will find in my
"IDEAL" VELVET CREAM which is neither sticky, greasy nor
irritating. It WILL NOT GROW HAIR on the face, prevents black-
heads and chapping, rendering the skin, clear, white and smooth. I
make it myself and positively guarantee that nothing but pure oils and
waxes are used in its composition. Try it and you will use no other.

Price 50c. per Jar

Send for booklet "Health and Beauty" for further particulars

MRS. E. COATES COLEMAN

224 Smith Street

WINNIPEG

Phone Main 996

Abolish the Truss Forever

Do Away With Steel and Rubber Bands That Chafe and Pinch

You know by your own experience that the truss is a mere makeshift—a false prop against a
collapsing wall—and that it is undermining your health. Why, then, continue to wear it?



Stuart's **PLAPAO-PADS** are different from the truss, being medicine
applicators made self-adhesive purposely to prevent slipping and to hold
the distended muscles securely in place. No straps, buckles or springs
attached; no "digging in" or grinding pressure. Soft as Velvet—Flexible
—Easy to Apply—Inexpensive. Continuous day and night treatment at
home. No delay from work. Hundreds of people have gone before an
officer qualified to acknowledge oaths, and swore that the Plapao-Pads
cured their rupture—some of them most aggravated cases of long standing.
It is reasonable that they should do the same for you. Give them a chance.

FREE TO THE RUPTURED

Trial Plapao and illustrated book on rupture. Learn
how to close the hernial opening as nature intended, so
the rupture can't come down. No charge for it, now or
ever; nothing to be returned.
Write today—NOW. Address, Plapao Co. Block 696 St. Louis, Mo.

A WOMAN WHO HELPS WOMEN

I know your need for sympathy and
health.

And the treatment that gives me
health and strength, new interest in
life, I want to pass on to you, that you
too, may enjoy the priceless boon of
health.

I am a woman.

What I have suffered is a far better guide than
any MAN'S experience gained second-hand.

Are you unhappy, anfit for your duties?
Write and tell me how you feel and I will send
you ten days FREE trial of a home treatment
to meet your individual needs, together with
references to women in Canada who have
passed through your troubles and regained
health; or you can secure this FREE treatment
for your daughter, sister or mother.

If you suffer from pain in the head or back,
obstinate constipation or piles, pain in the
sides, dyspepsia, extreme nervousness, depres-
sed spirits, melancholy, desire to cry, fear of
something evil about to happen, creeping feel-
ing up the spine, palpitation, weariness, hot
flushes, sallow complexion, with dark circles
under the eyes, or a general feeling that life is
not worth living, I invite you to send to-day
for my complete ten days' treatment entirely
free and postpaid to prove to yourself that these
ailments can be easily and surely overcome at
your own home, without the expense of hos-
pital treatment or the dangers of an operation.

When you have been benefited, I shall only
ask you to pass the good word along to some
other sufferer. My home treatment is for all,
young or old.

MRS. M. SUMMERS,
Box 86 WINDSOR, ONT.



Read My FREE Offer:

To Mothers of Daughters I will explain a
simple home treatment which speedily and
effectually dispels headaches and lassitude in
young women and restores them to plumpness
and health. Tell me if you are worried about
your daughter. Remember it costs you nothing
to give my method of home treatment a com-
plete ten days' trial, and if you wish to continue
it costs only a few cents a week to do so, and it
does not interfere with one's daily work. Write
and ask for the free treatment to-day as you
may not see this offer again.

Correspondence

Must Raise More Grain—And Still More

Dear Editor,—For several months I
have been taking some interest in the
correspondence column of The Western
Home Monthly, but have always been
too bashful to write. On reading "Spit-
fire's" letter I felt I must speak up and
applaud her.

"Spitfire" seems to have a sensible
view of the matter. We all know that
now the British are ready, they will soon
march into Berlin (figuratively speaking
—of course we know they will not wish
to go that far literally), but to do this
quickly the farmers must stay on the
land, and raise grain, and then some more
grain. It is very hard for some of them.
Many I know personally are longing to
be at the front, but they know their
duty lies on the land. I feel they are
doing as much as the army.

Pocahontas seems to be an excitable
little piece. I fancy she has been rather
indulged, and fancies she has broad ideas.
But, my little friend, you had better
study the matter seriously and impar-
tially, and let us know if you have not
changed your opinion. However, I
have no hard feelings against Pocahontas.
She just lacks penetration, I believe.

By the way, I admire the sailor lads
as much as the soldiers. They are doing
as much and perhaps more than the
khaki lads; but I hear little in praise
of them from our corner. Perhaps be-
cause the khaki is more becoming.

Personally, I think some of the young
ladies think more of the looks of a suit
of khaki than of the thing it stands for.
The uniform is what gets their eye.

I live on a farm myself, but intend
ranching some time soon—after the war.
Am fond of cattle and horses. Also am
fond of music, but do not like dancing.

I am a regular Canadian, of Highland
Scotch descent. I am very proud of my
Scotch ancestry.

Now, I suppose you will think I am
not at all loyal, and too much of a slacker
for this corner. However, I should be
glad to correspond with any one, ladies
or gentlemen.

Wishing you success, I remain,
Bonehead.

'Off to 'Somewhere in France'

Dear Editor and readers, adieu. Good-
bye prairies I love so well. Good-bye cities,
especially Winnipeg. Farewell to the
land of sunshine and snow. I am going
for the duration of the war to "Some-
where in France," though that may be
Egypt or India, as we never know the
weird and wondrous ways of the army.
After working at the War Office for a year
I volunteered for service abroad, and here
I am, inoculated twice, vaccinated, given
khaki uniform and awaiting orders to
sail. Cheer Oh! do you wonder I am
excited.

I am merely a private in the Women's
Army Auxiliary Corps, but I know I am
releasing a man for active service. How
many there are of us I do not know, but
there are about 30,000 wanted of all
kinds: clerks, postal, typist, household,
etc.

I would like lots of letters and especially
from soldiers, as I have been working
with them for some time now, and I
know and am experiencing some of their
difficulties.

A cinematograph was taken of some of
the girls in Hyde Park. I was not there.
I had an appointment with the photo-
grapher for the same time. Am hoping
for the pictures before I leave. I do want
to know how I look in uniform. We
wear khaki coatfrock, with dark brown
collar, soft felt hat and military over-
coat, shoes and spats (at least we forget
the last mentioned).

Best wishes to Editor and readers.
Jean Canuck.

Would Like Our Winter

Dear Editor,—Thank you so much for
publishing my letter. I would be pleased
to hear from any of your readers. I envy
them the fine times they have in the win-
ter. That is our dreary time, as we have
so little frost or snow (although we had
more this winter than we have had for
years), but plenty of rain and high winds.

Are there any "Bees" held in Canada
now? I used to enjoy reading about them
in stories.

I note "Sky Scraper" has a vacancy for

a teacher in summer months in his neigh-
borhood. That strikes me as odd. Why
only for the summer? You don't mean
to say the schools are closed in winter?
Must they be college graduates? Not
that I'm thinking of applying!

I was highly amused at the "Overall"
discussion. It's a fine way for a man to
find who are really his friends.

I wonder if any of your readers read
"The Quiver" or "Chambers' Journal."
We get them every month, and in reading
them and The Western Home Monthly
we pass the time very profitably.

I met two ladies once from Stepney,
Ont. If this catches their eye perhaps
they'll remember my existence—and let
me know.

Now, dear sir, I hope I am not taking
up too much of your valuable space.

Yours very sincerely,
Ailsa Craig.

Girls Able and Willing to Help Win the War

Dear Editor,—It is a long time since I
wrote your correspondence page—some-
thing like two years—and now I am
enjoying city life, and have not yet
started to sing "I Want to Go Back"
since I left Saskatchewan.

I receive a copy of The Western
Home Monthly now and again from
my brother on the ranch, and it
comes as a long lost friend. I have
been noting some of the letters in the
June issue re conscription, slackers, etc.
I have not read any of Pocahontas'
comments, and see that in this issue she
is the centre of attraction. However, it
seems to me a shame that there should
be such unnecessary discussions as there
is at the present time. There was never
a time we needed conscription more than
now. Take this city, Vancouver—why it
is alive with single men, to say nothing
of the married. In the beach, park,
pool rooms, etc., the men are to the
right and left of you. I must admit
that a great number have gone from here,
but before the married men and the men
who are on the land go there is the
loafer and the "slacker" at the street
corners. We have lost our best men,
and those whom we love, and I think
that the able young man, who, with no-
ties doesn't go, is not only a coward,
but an enemy like the Hun when he
refuses to volunteer to help and fight
with his fellow men.

I read A Mere Boy's letter, and he
can't be called a slacker, but he may yet
be needed before all is over. I would like
to have a letter at some future time from
"Pocahontas" in regard to the present
discussion.

Rainbow's views are worthy of
praise; I believe that the most of girls
would want to see their brothers and
boys doing their share. I have a brother
gone since the beginning of the war. He
has been wounded two or three times, and
is now convalescing in England.

In conclusion would say that if the
worst comes to the worst there are girls
able and willing enough to "help win
the war." My address is with the Editor,
and I will be pleased to hear from any
who care to write me.

"Irish Brown Eyes"

More Work—Less Talk

Dear Editor,—I have been a reader of
The Western Home Monthly for the last
two years, and I must say I enjoy it
very much.

I have just been reading some of the
correspondence, and I must say I'm
sorry for the boy who is doing all he can
on the farm, early and late, and is then
called a slacker. Girls, I wish you would
think more and try a little farm work
yourselves. I've done it, and am doing
it again. My husband and I are doing
the work ourselves, and I'm not a strong
woman, either.

I will say I wish we had had conscrip-
tion from the first, then the real slackers
would be where they should be. I have

Trial is Inexpensive.—To those who suffer
from dyspepsia, indigestion, rheumatism or
any ailment arising from derangement of the
digestive system, a trial of Parmelee's Vege-
table Pills is recommended, should the sufferer
be unacquainted with them. The trial will be
inexpensive and the result will be another
customer for this excellent medicine. So
effective is their action that many cures can
certainly be traced to their use where other
pills have proved ineffective.