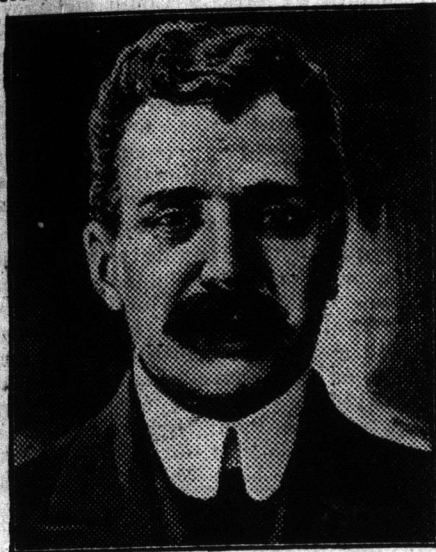


DOCTORS GAVE ME UP

But "Fruit-a-tives" Cured Me.

MOORFIELD, ONT., March 25th, 1910.
"I suffered from severe indigestion and dyspepsia for nearly two years. I could not take food without fearful distress. I could not do any work and became so run down and weak that I could hardly walk. I was attended by two experienced doctors and they both pronounced my case incurable, that they could do nothing more for me as they thought my disease was HEART FAILURE AND INCURABLE. The doctors gave me up and I looked forward for death in a short time.



At this time my son asked me to try 'FRUIT-A-TIVES', and from the outset of taking these wonderful tablets I was better, and gradually this medicine completely cured me. I took a large number of boxes, perhaps a dozen, and now I am entirely cured and I have gained over thirty pounds in weight."

HENRY SPEERS, J.P.
"Fruit-a-tives" is sold by all dealers at 50c. box—6 for \$2.50, or trial size, 25c.—or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Eyeglasses Not Necessary

Eyesight Can Be Strengthened, and Most Forms of Diseased Eyes Successfully Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful little instrument called "Actina." "Actina" also relieves sore and Granulated Lids, Iritis, Catarracts, etc., without cutting or drugging. Over ninety-three thousand "Actinas" have been sold; therefore the "Actina" treatment is not an experiment, but is reliable. The following letters are but samples of the hundreds we receive:

F. W. Brooks, Beauchene, P.Q., Canada, writes: "Owing to having severely strained my eyes writing and checking at night, my eyes became very painful, and I could not bear the light. After using 'Actina' less than four months, I can read and write as well as ever."

Amanda G. Dumphy, Narkwaak Village, N.B., Canada, writes: "I have used 'Actina' as directed, and I can truly say it has done more for my eyes than I expected. I wore glasses for five years and suffered much pain. Since using 'Actina' I can sew or read without glasses and my eyes do not pain me."

John Krahmer, Ricketts, Pa., writes: "Several years ago my eyesight began to fail. Oculists prescribed glasses but I received little benefit from them. After several months' use of 'Actina,' I could read and write by almost any kind of light. I would not take one hundred dollars for my 'Actina.'"

"Actina" can be used with perfect safety by every member of the family for any affliction of the Eye, Ear, Throat or Head. Send for our free trial offer and valuable free book. Address: Actina Appliance Co., Dept. 84N, 811 Walnut Street, Kansas City, Mo.

Shiloh's Cure
HEALS THE LUNGS
STOPS COUGHS PRICE, 25 CENTS

usually fall into a life of deepest vice. There are many other excellent qualities in your paper which I could write about, but as I have another subject which may take up considerable space I deem it best to close my encomiums.

Now to business. I wonder whether there are any of your lady readers who would be prepared to help the poor homesteader to make a home. I know there are lots of them who are prepared to share his home with him if he has a good one, and has lots of stock or crop around him. But I never see one suggest that she would help make a home. There are lots of good worthy bachelors to-day who are poor and struggling. That is a hard lot for anybody, but especially for the bachelor. Now I do not want to be thought selfish in asking girls to share a lot like that, but must confess that in the nine years I have been in this country I have noticed that in almost every case of a poor homesteader the married man comes out on top, whilst the bachelor frequently goes under, or, if he does not go under he has to struggle for several years longer than the married man. I feel sure that there are many single girls in the Dominion who have as much 'grit' as the married ones quoted, and who would be willing to share the lot of a poor but industrious and worthy man.

I should be pleased to hear from any such if they would care to write to a bachelor of 33 years of age. Am fairly well educated and of smart appearance.

Trusting this is not too lengthy an epistle to get into your columns (if it

thought he was safe while he was forming his appetite. A clean mouth, a sweet breath and unstained teeth—are not the treasures worth preserving? Now a word to Josephus, and a hearty co-operation, friend. I voice to the letter your ideas on dancing. One surprise party only have I witnessed, and I hope it will be the last. For the first hour it was rather a novelty, but afterwards it was a bore. Physical culture is more in my line, not "kitchen sweats." Yes, I think physical culture is a very important thing. Some of us get this in our employment, and are growing up with manly frames and strong arms. But there are others in the city who are coming up delicately, with spindle shanks, and narrow shoulders, and flat chests, and weak arms—great babies, with soft hands and soft muscles, and not enough physical prowess to undertake to carry a disputed point with the cook in the kitchen. How a woman ever makes up her mind to love such a man as this is a mystery to me. A feminine man is a masculine monster, and no woman with unperverted instincts can love and marry him. A true woman loves a pair of good strong arms, fastened to a pair of broad shoulders, for they can defend her, and provide for her. Now, I must close this time, friends, but let us always remember that when turning over a new leaf, the only difference between determination and obstinacy is—a strong will and a strong wont. Wishing my Editor and all friends a happy and successful New Year, I am, yours sincerely,
H. P.



An up-to-date Manitoba Prairie Schooner.

is I would suggest you start a 'condensed letter' list). Yours faithfully,
Conundrum.

A Case of Necessity.

Whitebeach, Sask., January 26, 1912.
Dear Editor, — I think you might head my letter "A Case of Necessity"—why? Well, I've been a subscriber to the Western Home Monthly just one month. Yet in my wanderings in this Land of the Maple Leaf I have had the pleasure of reading it in different homes, but now Mr. Editor, I'm a homesteader and need it. Yes! Need it, sir! Shall I describe myself, like the others do? Age 21, height 5 feet 8 inches; weight, 150 pounds, and am not marvellously like the Two Heavenly Twins, and as honesty is the best policy I guess it would be best to leave further description. That is the outside show, the inner man is somewhat akin to the thoughts and impressions so beautifully described in a letter claiming the signature of Constance, of Hamilton, Ont. This life story and message appealed to me very much, and I only wish I had that "power," Constance, to write letters that would inspire, but will you allow me to add a little to your good stand for temperance, nay rather say total abstinence. We saw and heard enough in dear old England—and thought we were coming to New England where drink held little sway—but am much afraid that is not correct. I believe the best way to treat intoxicants is to keep as far away from them as possible. It is a known fact that the grave swallows daily, by scores, drunkards, everyone of whom

The Dog and the Dishes.
Medicine Valley, Alta.,
Jan. 19th, 1912.

Dear Editor,—I have been a reader of your valuable paper for some time, and I think it is just O.K. There is something of interest to everyone in its columns. I have just finished reading the last issue and thought the two letters signed Constance and Josephus were just splendid. They held such good advice for young people against the evils of the liquor habit and dancing. I fully agree with both. Now I will just fall in line and be a good little fellow if the rest don't tease me too much. I came from Saskatchewan some time ago and found this country quite different to the former. However, I believe every place has its drawbacks. To describe oneself seems to be the general custom among the "crowd" just now, so I will follow suit. I am between the age of sixteen and twenty, dark hair, brown eyes, but am not certain as to my weight, five feet five inches, and a rowdy. My favorite amusements are skating, horseback riding, fancy work, and can be reckoned as a bookworm also. I am fond of music, and can sing enough to scare the folks away. I am fond of cooking also and keep my dog well fed with my dishes; no one else would eat them. I like lots of fun, so don't think I am too sober to write to. I am sorry for the bachelors, as I believe they are all good fellows if they had a fair chance. I must ring off now. My address is in the Editor's hands, and anyone wishing to write to a "jolly kid" just come along. From
Brown-Eyed Jack.

Had Palpitation of the Heart Weakness and Choking Spells.

When the heart begins to beat irregularly, palpitate and throb, beats fast for a time, then so slow as to seem almost to stop, it causes great anxiety and alarm. When the heart does this many people are kept in a state of morbid fear of death, and become weak, worn and miserable.

To all such sufferers Milburn's Heart and Nerve Pills will give prompt and permanent relief.

Mrs. John J. Downey, New Glasgow, N.S., writes:—"Just a few lines to let you know what your Milburn's Heart and Nerve Pills have done for me. I was troubled with weakness and palpitation of the heart, would have severe choking spells, and could scarcely lie down at all. I tried many remedies, but got none to answer my case like your Pills. I can recommend them highly to all having heart or nerve troubles."

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