

my superior sex. So far I am quite willing to acknowledge "man" as my master; but it seems to be the universal opinion of late that women can handle all affairs equally as well as the men, therefore I think it would be a good plan for them to have a trial anyway and prove their worth.

"October's bright blue weather" is exactly what we are getting now, but we had some snow on the mountains a few nights ago. It was a pretty sight in the morning to see the peaks white with snow for some distance down, below that were the evergreen firs and pines, and still farther down on the foothills and flats were the yellow and orange of the birch and poplars. I believe it would be quite a thrilling scene for some of those "prairie chickens" to see the sun shining out of a lovely blue sky on these! Yet I guess it's nice on the prairies now. I am sorry I was unable to answer all the letters which I received. I didn't expect quite so many so hope that those who did not hear from me will please forgive me.

I notice quite a few of the readers expressing their views on "the girl in overalls." Of course we all know that farm work is hard on frocks, that is outside work, nevertheless I think they would have to go some to catch this child in overalls. Some girls take a personal delight in trying to see how masculine they can be, whether it is necessary or not. If one could be wholly masculine, I think it would be nice, since so many of us girls would like to be soldiers, but otherwise I hate the pretence.

This letter has stretched out very long all of a sudden, so will end by signing as usual.

Valley Flower.

Who Are the Slackers?

Dear Editor—As there are so many writers rubbing it into the boys who are not wearing khaki, the bachelor farmer in particular, I would like to say a few words. People seem to condemn those boys without knowing the circumstances or taking into consideration the effect it would have on the country should all get up and go who are of military age.

Some of those writers just hit out without thinking and call them selfish slackers. Now I know boys who are worrying because they are not able to go with others who have gone. Almost all the men left in this district are farm owners and have at the present time to do two men's work to keep things going. It is almost an impossibility to hire help. To go means to be forced to sell off the stock and implements. Do those writers know what that means to the boys who have homesteaded mostly under trials and hardships?

It means a great sacrifice. Some say they are all cowards and should wear a big C, others say they would be no good if they did go, as they would only be doing so through shame and not through a sense of duty. But believe me it takes some pluck to homestead away out on the prairie 50 or 100 miles from a railroad and make good. Build a home and make a farm.

There are lots of pioneer homesteaders who have gone through hardships and trials of the very hardest kind to build up their part in a new wilderness and now they are condemned because they do not forsake all and go so that our big money men and ease lovers may stay at home and collect their 100 per cent and enjoy the pleasures of big money investments. At the same time there are hundreds of men in the cities and big towns who are either not willing or have never been asked to enlist and who are doing very little for the good of our country. Let a farmer go down the street and he is stopped every block by some recruiting officer.

Now I am sure there are fully 90 per cent of the resident farmers in this district who are willing and anxious to do their full share towards victory and willing to go any day to stand up beside those already fighting and do their bit, even though they do not get the credit for an ounce of pluck, providing they are sure it would be for the best and for the real welfare of our country. Just give us something like Great Britain has and let us know who is needed to go and who is needed to stay at home and keep the home fires burning, so that all will have their duty made plain and not have one half doing nothing except where it

is to their own personal benefit. Let our leading men and our government do the square thing and they will get the help and backing of 90 per cent of the people of the farming class at least, if those fault-finding writers can bring forth plans to make it possible. I will wager there are some good boys left here who have the pluck and endurance second to none who will go at any time. Hoping I have not taken too much of your valuable space and wishing The Western Home Monthly every success, I remain,

"Starlight."

It Bids Pain Begone.—When neuralgia racks the nerves or lumbago cripples the back is the time to test the virtues of Dr. Thomas' Electric Oil. Well rubbed in it will still the pain and produce a sensation of ease and rest. There is nothing like it as a liniment for its curative properties are great. A trial of it will establish faith in it.

Her Heart is in the Country

Winnipeg, Man.

Dear Editor: I suppose my story is a little bit different, for you see I am a country girl in the city and I do miss the old free life. I find my job a bit confining after moving about all day. Our farm home has been broken up for some years, so I have got out of touch with my friends in the country. I always manage to see the country papers though, so I never forget what the open spaces look like.

I cannot complain as I am doing very well here; so far as money goes I am quite satisfied, as I always have a nice little bit left over each week. I have a very good time, too, as I have a lot of friends in town, but it does not do for me to go into the country for a holiday—"There's something kind o' hearty like about the

atmosphere, and the clackin' of the guineas and the cluckin' of the hens, and the rooster's hallylooyer as he tip-toes to the fence; oh, then's the time a feller is a feelin' at his best, with the risin' sun to greet him from a night of peaceful rest"—for I hate to start back to town. I know there is lots to do in the country, but that only helps to keep one's blood circulating. If any one should write I would answer the letter.

—Twenty-four.

The Last Thing

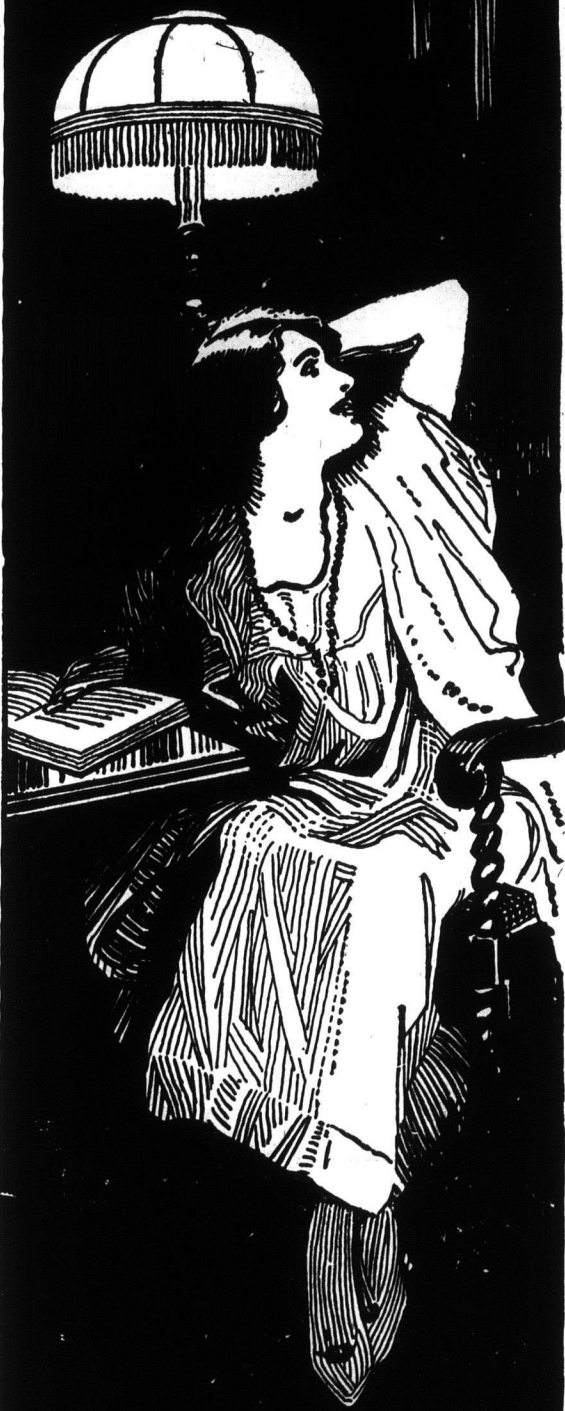
Teacher: "Why, Willie, can't you tell me what prayer means?"

Willie: "Please, mum, I don't know."

"What's the last thing your mother says when she retires at night?"

"She asks father if he's wound up the clock, an' put the cat out."

Insomnia



WE can live without food, but not without sleep. Many will recall Dr. Tanner's 40 days without food, but who could live a single week without sleep and retain their reason.

It is during sleep that the nervous system is restored, and the nerve force, consumed by the activities of the day, is replaced.

Sleeplessness is one of the first and one of the most torturing symptoms of nervous exhaustion.

With sleeplessness you find nervous headaches, tired, wornout feelings, indigestion, lack of energy and strength. You are nervous and irritable, and cannot compose yourself to rest or sleep.

The nerve force in the body is at low ebb, and the feeble, wasted nerve cells must be nourished back to health and strength by such treatment as Dr. Chase's Nerve Food.

You must not confuse this food cure with drugs taken to produce sleep, for it works in an entirely different way. It is not a quick relief, but a restorative, upbuilding treatment. As the nerves are revitalized sleep comes naturally with its soothing influence and hastens recovery.

Sleeplessness

Mrs. Edson Brock, Trenholmvile, Que., writes:—"I want to state that I have never taken anything to do me so much good as Dr. Chase's Nerve Food, and I am never without it in the house. I was so nervous I could not sleep, but now I sleep soundly at nights and wake up feeling refreshed and ready for the day's work. I used the Nerve Food for months, and found that it just suits my needs, and has built up the system wonderfully. I know it is Dr. Chase's Nerve Food that has brought about the great change in my condition, and I am thankful for it."

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Do not be talked into accepting a substitute. Imitations disappoint.

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DR. A. W. CHASE'S NERVE FOOD