

GREAT DISCOVERY!

Remarkable Cloth that won't wear out or tear! Samples free by post to any reader.

Just fancy, readers! Whether a blacksmith, carpenter, engineer, labourer, farmer or clerk, could you by solid hard grinding wear, every day in the week—not just Sundays—wear a small hole in a \$2.25 pair of Pants or a \$6.50 Suit in six months? Could any of your boys wear a small hole in a \$2.27 Suit in six months? Remember, six months of solid grinding wear and tear—not just Sundays—but every weekday and Sundays too! If any reader can do this, he can get another garment free of charge!

A remarkable new untearable cloth has been discovered by a well-known firm in London, England. These new Holeproof Cloths are amazing! You can't tear them, you can't wear them out, no matter how hard you try. Yet, in appearance, they are exactly as finest tweeds and serges sold at \$20. But the price is only \$2.25 for a pair of Trousers, Breeches \$2.60, and for a well-made smart, stylish Gents' Suit, delivered by post, with no further charge whatever, \$6.50 only. Boys' Suits from \$2.27, Knickers from \$1.00. Readers are reminded that the above sums cover cost of postage and all charges, and there is nothing more to be paid on delivery. Full particulars of these remarkable cloths, together with a large catalogue of patterns, fashions, and a simple measure chart, with which readers can measure themselves at home, will be sent absolutely free and postage paid to all those who just send a postcard to (Agents Dept. 4), The Holeproof Clothing Co., P.O. Box 777, Winnipeg. The firm's London address is 56 Theobalds' Road, London, W.C., Eng., but all applications for samples should be sent to Winnipeg.

GREY-HAIRED AT 27 NOT A GREY HAIR AT 35

I Am One of Many Living Examples that Grey Hair Can be Restored to Natural Colour and Beauty

I SEND YOU THE PROOF FREE

Let me send you free full information that will enable you to restore your grey hair to the natural colour and beauty of youth, no matter what your age or the cause of your greyness. It is not a dye nor a stain. Its effects commence after four days use.



I am a woman who became prematurely grey and old-looking at 27 but through a scientific friend I found an easy method which actually restored my hair to the natural colour of girlhood in a surprisingly short time. And so I have arranged to give full instructions absolutely free of charge to any reader of this paper who wishes to restore the natural shade of youth to any grey, bleached or faded hair without the use of any greasy, sticky or injurious dyes or stains, and without detection. I pledge success no matter how many things have failed. Perfect success with both sexes and all ages.

So cut out the coupon below and send me your name and address (stating whether Mr., Mrs. or Miss), and enclose two cent stamp for return postage and I will send you full particulars that will make it unnecessary for you to ever have a grey hair again. Address Mrs. Mary K. Chapman, Aptmt. 383, N. Bannigan Bldg. Providence, R. I.

THIS FREE COUPON entitles any reader of the Western Home Monthly to receive free of charge Mrs. Chapman's complete instructions to restore grey hair to natural colour and beauty of youth. Cut this off and pin to your letter. Good for immediate use only: Two cent stamp for postage required. Address as above.

SPECIAL NOTICE: Every reader of this paper, man or woman, who wishes to be without grey hair for the rest of their life is advised to accept above liberal offer at once. Mrs. Chapman's high standing proves the sincerity of her offer.

Paint Without Oil

Remarkable Discovery That Cuts Down the Cost of Paint Seventy-Five Per Cent

A Free Trial Package is Mailed to Everyone Who Writes.

A. L. Rice, a prominent manufacturer of Adams, N. Y., has discovered a process of making a new kind of paint without the use of oil. He calls it Powderpaint. It comes in the form of a dry powder and all that is required is cold water to make a paint weather proof, fire proof, sanitary and durable for outside or inside painting. It is the cement principle applied to paint. It adheres to any surface, wood, stone or brick, spreads and looks like oil paint and costs about one-fourth as much.

Write to Mr. A. L. Rice, Manufacturer, 36 South Street, Adams, N. Y., and he will send you a trial package, also color card and full instructions showing you how you can save a good deal.

The Home Doctor

Recent Discoveries about Goitres

By Dr. Leonard Keene Hirschberg, A.B., M.A., M.D. (John Hopkins University).

HAVE you a goitre? Most persons will at once be inclined to answer in the negative. Yet Sir William Osler's emphatic repetition of Virchow's discovery 20 years ago that nearly "ninety-nine individuals in every hundred have tuberculois" is less startling than Professor Kocher's news, to wit, that every woman has a potential goitre, and four in every five men have them.

That is to say practically everyone is on the verge of having a goitre and does have one in abeyance. It is more or less accidental whether she or he develops a miniature one, a saucer-shaped one, or a larger pumpkin, pear-formation.

If you will, even as a non-medical man, examine the throats of every young girl and see, a distant kind of "fatness" will be discernible in the front of her neck. The thyroid gland which is supposed to be small, impalpable and tucked in snugly at this point has become a bit bumptious.

It has swollen and bulged a bit. The tissue of thyroid gland makes many things for the human body. It manufactures those liquids—liquid nerves—which cause the hair to stand on end like the quills of the fretful porcupine it pours the juices of fear, of anger, of sweat, of muscular trembles, and many other things, among which is iodine, into the blood.

A substance which looks like transparent glass or crystal gelatine, called colloid, is present in the thyroid gland. When young men and women reach the age of discretion, the colloid is apt to be over-produced. It is nature's preparation for the marital state.

This excess of material is what at certain ages gives everybody a goitre. By virtue of the prospective maternal function in girls, the goitre-like thyroid gland is always bigger in fair maids between the ages of 14 and 19, as well as up to the age of 29, than in men.

Whether these "physiological" goitres shall become permanent or not depends according to these new discoveries, upon the future life and accidents of the women as well as upon infectious diseases and inheritance.

Marriage and correct medical attention when children are about to bless the matrimonial state, is almost insurance against permanent life-long goitres of a certain kind.

It has been found that one sort of goitre is due to an over activity of the thyroid gland, due to "allowing nature to take its course". That is to say, obstetrical misattention by faith-healers, mid-wives, religious fanaticism, talismen, charms and other savageries, may all seem to be well enough at the time that the child is brought into the world.

Later, when a goitre begins to become prominent, disorders in the internal organs and tissues of the woman are never thought of in connection with it. Yet this causes many goitres.

Show me a goitre on the neck of a woman, be it large or small, and exclude infection, inheritance, and injury as a cause, and in the majority of instances, I'll show you some disorder or other with the structures peculiar to the sex.

It used to be thought by physicians that when a great number of goitres occurred in one neighborhood, the water must be at fault. It has been recently proved, however, that the water has nothing to do with it. In some districts in Switzerland, where goitres are as large as watermelons and as thick as fleas on a dog, or as red as ants at a picnic, all sorts of different varieties of water are used. Thus water was proved innocent. This same process of elimination excluded animalculae in water as a cause.

Sometimes goitres are due to deficient iodine in the "colloid" substance. My friend, E. Howard Tunison, the distinguished dietetic chemist, has just worked upon this important aspect of these goitres. The only mistake made by the "give-em-iodine" doctors, is that many goitres are also present, when there is too much iodine in them.

Mr. Tunison says that the poorer colloid is in iodine, the weaker and larger will be the thyroid body. The one with this kind of goitre unwittingly denied himself this iodine, by eating products of the white-flour variety, which contains no trace of

the element—the universal meat-potato-white-bread-coffee-refined-sugar-diet.

When herbivorous or vegetarian and meat-eating animals have their thyroid glands extracted, and are fed their accustomed diets, the meat-eating animals die decidedly quicker than the vegetarian animals. Professor E. Metchnikoff, of the Pasteur Institute, Paris, has supplied us with a possible explanation for this phenomenon. He used two test-tubes and two rabbits for this experiment. Into one test tube he put a mixture of chopped meat, water and feces taken from a meat-eating animal. In the other tube he placed a mixture of chopped vegetables, water and the same kind of excrement. After letting these two mixtures stand for a day or two, he drained off the water from each and injected samples of each of these in turn into each of his two rabbits. The rabbit which received the solution from test tube number one died—the other rabbit was unaffected by the second solution. This is proof positive that meat foods, when allowed to stagnate, as they do in the intestines and colon (large bowel) manufacture fatal poisons (ptomaines) from which we are protected only by our ductless glands. Another experiment proves this beyond a question of doubt. Dogs having had their glands removed, were fed a diet of bread and milk. They prospered. But the moment they were given meat they sickened and died.

A strictly non-flesh diet is indicated for the individual who suffers in manner from the incompetency of his thyroid gland, whether it be a goitre mild or severe, or approach to myxoma. Foods especially rich in iodine should be given the preference, also foods rich in calcium salts, for it has been noted by chemical means that calcium is lost rather freely in the course of thyroid difficulties.

Foods rich in iodine are: Asparagus, garlic, pineapple, carrots, cabbage, oatmeal, whole-wheat bread, strawberries, kidney-beans (red or white), green peas, potatoes (baked), leeks, pears, grapes, unpolished rice, lettuce, tomatoes, eggplant, cucumbers, pumpkins, melons, radishes, turnips, spinach, parsley and artichokes.

Foods abounding in calcium salts are: Lemons, oranges, strawberries, gooseberries, pineapples, figs, brown sugar, rhubarb, pine nuts, red or white cabbage, cauliflower, onions, radishes, leeks, carrots, turnips, endive, celery, chive, asparagus, spinach, kohlrabi, lettuce, romaine, eggs, sweet milk, buttermilk, cream, butter, ordinary cheese, Parmesan cheese and Swiss cheese.

Goitres are very apt to appear in later life in women who refuse to nurse their babies at the breast. Indeed, I have seen several goitres present in women while single, enlarged after the birth of a baby, and if the woman persisted in nursing the babies even upon an apparently milkless breast, the milk in a few weeks began to flow and, presto, the goitres disappeared.

There is a definite relation between child-birth, the breasts, nursing infants, and goitres. Moreover, goitres are larger and more noticeable in those married women without children, or whose children were bottle fed. Single girls practically all have goitres.

Persons who live upon meats, who neglect to eat green vegetables, or who in the winter months are prone to live upon oils and fats to the exclusion of herbs and fresh vegetables, need not be surprised to find goitres enlarging around their necks. The cure of such goitres, plainly is to eat fresh green garden products.

Indeed dietetic and physical measures applied with an eye to what has just been written will cure as many applied as the knife itself. Plenty of rest and sleep, frequent cleansing, gentle massage of the throat with olive oil, using the fingers for manipulation, regular application of soothing compresses to the parts made by wringing out small, doubly folded cloths in cold water, placing on neck and covering with dry bandages, dry skin, rubs with a coarse Turkish towel or friction brush every morning, in a room filled with fresh air, cold baths each day for those who can tolerate them (for those who can't—lukewarm baths at the start, gradually educating to enjoy colder and colder water) and all the outdoor exercise possible, not forgetting vigorous aeration of the lungs through deep breathing. Frequent, short fruit juices fasts will aid materially and food

WAS TROUBLED WITH HER LIVER FOR FIVE YEARS.

When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the violent sick headaches, the sourness of the stomach, belching of wind, heartburn, water brash, biliousness, etc.

Keep your bowels regular by using Milburn's Laxa-Liver Pills. They will clear away all the effete matter which collects in the system and thus do away with constipation and all its allied troubles.

Mrs. John Fitzgerald, Britannia Bay, Ont., writes: "I have been troubled with my stomach and liver for the past five years, and have had constipation causing headache, backache and dizzy spells, and sometimes I would almost fall down. I tried all kinds of remedies without obtaining any relief.

I commenced using Milburn's Laxa-Liver Pills, and they have cured me. I have recommended them to many of my friends, and they are all very much pleased with the results they have obtained from their use."

Milburn's Laxa-Liver Pills, 25c. a vial, 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

FREE TO MOTHERS of CHILDREN with WEAK KIDNEYS



"My child cannot control his kidneys during the night."

Mothers—save yourself the trouble of either lifting your Weak-Kidneyed Children out of bed at night or drying their bedding the next morning by giving them Zemet. A harmless medicine that should quickly banish this disease (for it is not a habit but a disease). Zemet is equally as good for older people who can't control their water during the night or day.

Write us to-day—send no money, not even a stamp. Just your name and permanent address, and we will send you absolutely free a package of Zemet. If it conquers your disease, you need pay us nothing—just tell your friends what it did for you. Cut this ad. out—it may not appear again.

ZEMETO CO., Dept. 607, Milwaukee, Wis.



SYNOPSIS OF CANADIAN NORTH- WEST LAND REGULATIONS

The sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the District. Entry by proxy may be made at any Dominion Lands Agency (but not Sub-Agency), on certain conditions.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre.

Duties—Six months' residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emption patent may be obtained as soon as homestead patent, on certain conditions.

A settler who has exhausted his homestead right may take a purchased homestead in certain districts. Price \$3.00 per acre. Duties—must reside six months in each of three years, cultivate 50 acres and erect a house worth \$300.00.

The area of cultivation is subject to reduction in case of rough scrubby or stony land. Live stock may be substituted for cultivation under certain conditions.

W. W. CORY, C.M.G.,
Deputy of the Minister of the Interior.
N.B.—Unauthorized publication of this advertisement will not be paid for.

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