

CONSTIPATION

Soon Follows If The Liver Is Not Active.

Constipation is one of the most frequent, and at the same time, one of the most serious of the minor ailments to which mankind is subject, and should never be allowed to continue.

A free motion of the bowels daily should be the rule of every one who aspires to perfect health.

Keep the bowels properly regulated by the use of MILBURN'S LAXA-LIVER PILLS, and you will enjoy the very best of health.

Mr. O. J. PIRLEY, Medicine Hat, Alta., writes:—"I have been troubled with Constipation for the last couple of years until just lately. I tried a great many remedies without any success, but at last I heard of MILBURN'S LAXA-LIVER PILLS, so I gave them a trial, and began getting better right away, and now I really believe I am cured, and can heartily recommend them to any one."

MILBURN'S LAXA-LIVER PILLS are 25 cents per vial, or 5 vials for a dollar, at all dealers, or mailed direct on receipt of price by the proprietors, The T. Milburn Co., Limited, Toronto, Ont.



The Original and Only Genuine

BEWARE of Imitations sold on the Merits of MINARD'S LINIMENT



SYNOPSIS OF DOMINION LAND REGULATIONS

Any person who is 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. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

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 solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre. Duties—Must reside upon the homestead or pre-emption six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY

Deputy of the Minister of the Interior

N.B.—Unauthorized publication of this advertisement will not be paid for.



BED BUG CHASER

Rid your house of Bedbugs, Fleas, Cockroaches, Chicken Lice and all insects. Leaves no stain, dust or disagreeable smell. Thousands of satisfied customers everywhere. One package enough to kill thousands of bugs. Parcel Post, in plain wrapper, 25c, or 6 for \$1.

Domestic Mfg. Co. Desk 11 Minneapolis, Minn.

head" about the marriage question. I had the idea of waiting until I could give a girl a nice home and everything she wanted to make her comfortable, but I find that it would take longer than I imagined. Starting on a farm with very little capital, one has quite a struggle before he finds himself on "easy street," and life is too short, and there is too little time at the most to spend the best part alone, and I for one believe what Blue Bell says, when she says "make the home together," and "live happily ever after." I would like some correspondents. My address is with the Editor, and I will sign myself, Heathen Jock.

Very Hopeful

Sask., June, 1913.

Dear Editor:—I have read with great enjoyment the latest issue of the W. H. M. and the Correspondence column I have found particularly interesting. It is always beneficial for one to read the opinions of others on common topics, no matter what that topic may be, for a great deal of education may be derived from so doing. Such has been my experience in reading the various opinions of dancing, card playing, etc. I do not propose to enlarge on these opinions, neither do I propose to give mine, for I think some other topic might now be chosen about which to talk. There is just one question on which I should like to have the opinions of your readers, viz.: "Is the theatre beneficial or detrimental to the community." I am a poor and lonely bachelor age 22, who intends to make many W. H. M. friends, so I think when they read this letter they will take pity on me, and assure me through your valuable columns that "Where there's life there's hope." I will sign myself, Well Wisher.

Fond of Outdoor Life

Sask., June, 1913.

Dear Editor:—I have been reading the letters in your valuable magazine for some time, and it is needless for me to say that I get very deeply interested in them as that is the first thing I look for when we get your paper. I especially liked "Scotch Blue Bell's" letter. I also like "Western Bell's" letter and also country life better than city life, as I have had quite a lot of experience in both. I am exceptionally fond of horses and cattle and out-door life. I have tried school teaching and office work, but gave it all up for a place in the open air, and now I am an Alberta Homesteader as poor (financially speaking) as Job's turkey, but as happy as a king. I won't write much this time but I will write at greater length again and give the readers some of my experiences as I have travelled quite a bit at home and abroad. I will be glad to correspond with any of the readers of the W. H. M. My address is with the Editor. I will sign myself, Alberta Homesteader.

No Place Like B. C.

B. C., July, 1913.

Dear Editor:—I have been a reader of your fine paper for some time, and would like to contribute to your columns. I come from the East, but I have been in B. C. for 14 years, and I think there is no place like it. I am not a rancher, but have a good position with the Western Canada Lumber Co. as timber foreman. I would like to correspond with any one who would care to write, and will be pleased to tell about B.C. as I have been over it all south of the C. P. R. main line. I am six feet tall, have blue eyes, etc., and will leave my address with the Editor, I will sign myself, B. C. Tillikum.

The Heroes of the West

Alta., July, 1913.

Dear Editor:—As your paper has come to our home for a number of years, I have derived a great deal of pleasure from it, and at first I used to omit reading the Correspondence column, but I see that now it is not a matrimonial bureau at all, so would very much like to contribute to it. I will first tell you that I am a bachelor, and live the free happy life of one, but the wealthiest and happiest bachelor will tell you that there is something lacking. There are

Corns Ended Forever For 15 Cents

Please stop and consider.



The corns you are paring, and daubing, and doctoring can be ended forever in 48 hours. And without any discomfort.

Apply a little Blue-jay plaster, and the corn pains stop at once.

Then forget the corn. In two days take off the plaster and lift out the corn.

This is the only scientific way to terminate a corn.

It is so efficient that folks now use it on a million corns a month.

It is gentle and easy and comfortable. And Blue-jay does what nothing else will do. Try it on one corn.

A in the picture is the soft B & B wax. It loosens the corn.
B stops the pain and keeps the wax from spreading.
C wraps around the toe. It is narrowed to be comfortable.
D is rubber adhesive to fasten the plaster on.

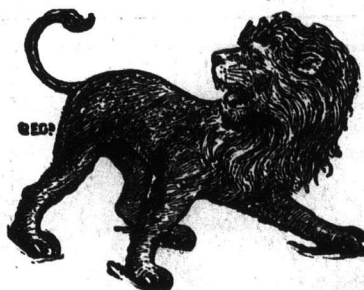
Blue-jay Corn Plasters

Sold by Druggists—15c and 25c per package

Sample Mailed Free. Also Blue-jay Bunion Plasters.

(285) Bauer & Black, Chicago & New York, Makers of Surgical Dressings, etc.

"HOW TO PRESERVE STRENGTH AND RETAIN THE POWERS."



If you have wrecked your Nerves by OVERWORK or WORRY, drained away your strength by bad habits or dissipation, or SAPPED your vital forces by EXCESSES

It is Time for You to Stop.

No man can afford to be reckless, force nature to undue effort ruin his Constitution or violate the laws governing life. This invariably results in disaster or a Complete Nervous Breakdown and a

Giving Out of the Vital Forces

long before the average period. KNOWLEDGE IS POWER, and every man who would be warned in time, should take heed NOW. Send 10 cents for my Book, and you will find it the most profitable of all literature you now possess, and thousands who have read it acclaim it to be "worth its weight in gold."

Half-an-hour's reading and a determination to act up to it may save you from an otherwise never-ending misery and give you new life. It will teach you more in fifteen minutes than you will gain in years by experience.

It is a valuable, instructive and interesting treatise on Generative Weakness, and the Cause and Cure of Nervous Breakdown, Mental Exhaustion, Depression of Spirits, General Weakness, Waste of Vitality, Premature Decline and Loss of Power in Men.

The most popular and practical treatise published on the Laws governing Life, with special chapters on Generative Weakness, Flagging of the Powers and practical observations on Marriage.

Contains valuable remarks to Weak and Nervous Men on how to preserve the Health, regain Strength and restore the Powers when lost.

To the inexperienced, the married, or those contemplating marriage, no other work contains so much helpful or sensible advice, or will prove so interesting and instructive to those who desire to preserve their Strength, build up the whole Nervous System, restore the Powers to advanced age or fit themselves for Marriage. It will be sent in a plain, sealed envelope to any address on receipt of 10 cents.

Address—CHARLES GORDON No. 100, Gordonholme Dispensary, Bradford, Yorks., England. (Mention this Paper) (Registered Copyright)

ANAEMIA WEAKNESS BRAIN-FAG "RUN-DOWN" SLEEPLESSNESS CONVALESCENCE

If you suffer from any of the complaints mentioned above—you need suffer no longer. Take the first step towards renewed health to-day by buying a bottle of "Wincarnis." Note how it invigorates you—how it strengthens you—how it gives you a delicious feeling of exhilaration—how it sends the blood dancing through your veins. Note how quickly it dispels that "run-down" feeling, and gives you new life, new vigor, and new vitality.



Test "Wincarnis" free by sending 6 cents Stamps (to pay postage) to Coleman & Co., Wincarnis Works, Norwich, England. "Wincarnis" can be obtained from all leading Stores, Chemists, and Wine Merchants.