

## A Human Ostrich!

From the States, is reported the death of a man who used to wedge that he would swallow nails, and similar articles. In an attempt to save the man's life, the doctors removed from his stomach a watch chain, several keys, and a number of iron nails. No wonder he died, for such things are not food, nor are they such waste as can be naturally expelled!

And everything you put into your stomach must either feed and nourish you, or be expelled as waste by the bowels. In other words, it must be thoroughly digested, or you will be sure to suffer and, in the end, to die! But if your stomach is out of order, even plain, wholesome food does not digest as it should. Then, instead of nourishing you, it actually poisons you and clogs your system.

This is the cause of pains after eating; headaches, bilious attacks, constipation, sleeplessness, low spirits and many other every-day ailments; and the only cure for all such troubles is to restore your stomach, liver and bowels to healthy condition. Mother Seigel's Syrup, the root and herb extract, will restore your stomach to working order, make food nourish you, clear your system of the poisonous products of undigested food, and thus keep you in sound health.

Mr. Chas. St. Stearns, 362, Richmond Street, W. Toronto, writes:—

"My digestion became deranged about a year ago, and very soon my general health was affected. I had no relish for food, and when I ate I always

suffered from sharp pains. I lost in weight, which was not unusual, I suppose, as I ate much less than I was used to. I also had frequent headaches, and a general feeling of heaviness, from which nothing seemed to relieve me. Then I turned to Mother Seigel's Syrup and now, thanks to that remedy, I am fully recovered, and in my normal good health."

If you have any form of stomach trouble or liver disorder, Mother Seigel's Syrup will cure you, too. Test it yourself!

"I have been taking Mother Seigel's Syrup for some time now and would not be without it for anything. It is the best medicine I have ever taken for Constipation, and I owe my present state of good health to its aid." This is what Mrs. Daisy Boffey wrote us, on Jan. 21, 1910, from her home, 15 Gibson Avenue, East Toronto, Ont.

Mr. C. James, who lives at Neuchatel, Red Deer District, Alberta, sends us this letter, dated January 17, 1910:—

"It was many years ago, in the Old Country, that I was first advised to try Mother Seigel's Syrup. I constantly suffered from indigestion and Constipation and it has always given me relief after one or sometimes two doses. Since I have been in Canada I have also had occasion to use it and can confidently recommend Mother Seigel's Syrup to anyone suffering from indigestion or Constipation. As a matter of fact I would not be without a bottle in the house."

"It gives me pleasure to write and say that I have always found your Mother Seigel's Syrup, the best medicine for stomach and liver troubles. I have also used your Ointment for wounds with excellent results."

Feb. 20, 1910. Thomas Nash, Seatarie Island, Cape Breton Co., N.S.

## THE PEOPLE'S MEDICINE

PROVED BY THE PEOPLE—FOR  
FORTY YEARS—THE SURE CURE

## FOR INDIGESTION

AND FOR OTHER FORMS OF  
STOMACH AND LIVER DISORDER

## MOTHER SEIGEL'S SYRUP

The claim of Mother Seigel's Syrup to be the people's medicine is backed by the most convincing testimony, based on actual experience. Men engaged in hard work and in sedentary occupations, men working below ground, in the fields, on the seas; men in mills, workshops and offices, travellers and stay-at-homes; women wage-earners and busy housewives; men and women, young and old, in every walk of life, testify daily that Mother Seigel's Syrup has cured them of stomach or liver disorders, and keeps them well. For forty years, it has never failed the people who have used it! Can you wonder that to-day, in sixteen countries, it is their trusted medicine? Read these typical letters from grateful people!

On Feb. 15, 1910, Mr. Wm. T. Mesheran, of 76, Denison Avenue, Toronto, Ont., wrote as follows to the proprietors of Mother Seigel's Syrup:—

"I recently had occasion to test your well-known remedy, Mother Seigel's Syrup, during an attack of indigestion, and it may interest you to know that it came through with flying colours."

"For five months, I had suffered the miseries of indigestion and constipation, with attendant headaches and palpitation of the heart. I soon began to understand that what people call 'simple indigestion' can be pretty bad, after all. Sharp cutting pains attacked me in the back and sides. Sometimes I was taken suddenly giddy, especially after eating myself in any way. I tried many so-called remedies, but all to no purpose, for none of them seemed to ease me in the least. My attention, however, was drawn to Mother Seigel's Syrup and after a short trial I became convinced that I had found the very thing to cure me. I took the Syrup, and made rapid progress towards recovery, which happily, is now complete."

"Mother Seigel's Syrup has no equal for such complaints as mine and I shall certainly recommend it whenever possible."

An equally striking case is that of Mr. James Degraze, Shipigan, Gloucester, Co., N. B. In a letter dated Feb. 7, 1910, he wrote amongst other things:—

"For several years I suffered from dyspepsia and liver troubles, having acute pains in my back and sides, together with other disagreeable symptoms."

Everybody knows the common symptoms of liver disorder. There are dull pains in the sides and back; the skin turns yellow; there is a bad taste in the mouth; dizziness, violent head-

aches, and a dull, helpless, irritable feeling that makes one's daily existence a horror. Add to these troubles, the aches and pains of indigestion and you will understand Mr. Degraze's gratitude when Mother Seigel's Syrup cured him of both liver disorder and indigestion.

"Thanks to Mother Seigel's Syrup," he says, "I am free from all these ills and orders will be cured as I was if they, too, take Mother Seigel's Syrup." Take it daily, after meals.

And Mrs. Eutache Vandette, of Pembroke, Ont., writing on Jan. 6, 1910, said:—

"I suffered for over six years from stomach troubles, palpitation of the heart and rheumatism. It would be difficult to name all the different medicines I tried in order to obtain relief, until my complete cure was attained by the use of Mother Seigel's Syrup."

"I suffered very much from a kind of tired feeling, after eating, and was subject to headaches and sleeplessness. My skin was pale, and I had a swimming sensation in my head, and sometimes black specks floated before my eyes. Wind in my stomach caused me distress and made my heart beat violently. Rheumatism in my legs added greatly to the discomforts of the other troubles."

Mrs. Vandette's troubles prove that her stomach and liver were sadly out of order, and therefore she could not get nourishment from her food. Impurities, due to undigested food, were poisoning her blood, and lowering her vitality. But Mrs. Vandette turned to Mother Seigel's Syrup and it did not fail her. She says:—

"I began to take Mother Seigel's Syrup, and three months' time was sufficient to cure me. Now I take the precaution of having Mother Seigel's Syrup in the house as a safeguard against future sickness."

Mother Seigel's Syrup is a herbal tonic for the stomach, liver and bowels; and that is all that people need when they suffer from stomach or liver troubles, such as pains after eating, fullness at the chest, flatulence, heart burn, biliousness, headaches, constipation, dizziness, sleeplessness, or that "run down" feeling. The people who have had such troubles as these, and have taken Mother Seigel's Syrup, have been cured by the thousand, even after all else had failed. If you have any stomach or liver trouble, Mother Seigel's Syrup, the people's medicine, will quickly cure you and make you strong and well!

### Christabel Has Travelled.

St. Philippe, Que.

Sir,—I have read with increasing interest the letters in your much appreciated magazine, the W. H. M., and I have now determined to write, with a view to gaining a few correspondents. I am not especially lonely, but greatly enjoy receiving letters, and will endeavor to answer all who care to write merely for pastime. Would be particularly glad to hear from any in the vicinity of Nelson, as I am interested in that part of the country, and would like to hear more about it. I see the western bachelors are surfeited with sympathy. Now, I do not say they are not deserving of some of it, but why not spare a portion for the women and girls whose opportunities for enjoyment are equally limited? Also the school teachers, who in my estimation, have the loneliest time of all. During a trip to the coast I was greatly impressed with this Canada of ours, and what a glorious future she may have if her people only do their duty and live up to lofty ideals. Now, I will draw this epistle to a close, and I should be glad to hear from "A Former Michigan Boy," also "A Mountain Girl," and "Bear," who seems as fond of R. W. Service's poems as I am. "Christabel."

### Running Jack has His Wish.

Onoway, Alta.

Sir,—I am a new subscriber, having only had three or four copies of your excellent paper, and this being my first letter I would like to see it in print. I think that some of the articles, such as "The Philosopher," and "The Young Man and His Problem," are very good. I take a great interest in reading the correspondence pages. I think that a man who gets married because a woman does not eat much, and does lots of work, is no man at all. I do not think it is a woman's place to do chores or any other outside work at all. I always think that a woman who keeps house in the condition that is expected of her has no time for outside work. I am an Englishman, 18 years of age, 5 ft. 9½ in. in height, dark brown hair and blue eyes; as for looks, I will leave that to others. I am fond of corresponding, and will answer anyone who cares to write. I sign myself "Running Jack."

### Fond of Outdoor Work.

Wasewwa, Man.

Sir,—I have been a subscriber to your valuable magazine for nearly a year, and must say there is no other paper I like to read better than the W. H. M. I enjoy reading the correspondence columns very much, also the short stories. I am not long past "sweet sixteen," am 5 ft. 10 ins. in height, weigh 115 lbs., have fair hair, hazel eyes, and rosy cheeks. I have lived on a farm all my life, and must say I like working outside better than in a hot kitchen. Can also do housework if necessary. So, boys, get busy; now is your chance. I feel very sorry for some of our western bachelors, they must feel very lonely sometimes. I will now close, hoping to see my letter in print, and wishing the W. H. M. every success. "A Cinch."

### A Cheery Helpmate.

Taber, Alta.

Sir,—In receiving the W. H. M. the other day I thought it was the most interesting farm paper I ever read. Although the paper was an August number, I hope I may see my letter in print.

I do agree with "A Satisfied Wife" about helping "Hubby" when he is busy. I have been a wife for most a year, and we have helped each other to gather. We are both young—hubby 20 and I 16—but I think there is no happier pair.

We are living on a homestead and pre-emption, and are trying to get the patent in another year. Although the dry year was rather discouraging, we are going to try again.

I don't agree with some of them that don't like the homestead, because what would the "city folks" do if it wasn't for the "farmers"?

I would be very pleased to correspond with "Satisfied Wife" if she would write. Wishing the W. H. M. every success, I'll sign myself,

"Jack's Wife."

### Wants to Cheer the Bachelors.

Manitoba.

Sir,—I have been an interested reader of your valuable paper for a number of years, and I think the Correspondence Columns very interesting.

This is my first letter, so I will give a description of myself. I am 19 years old, weigh 125 lbs., and 5 feet 5 inches tall; have luxurious dark hair, beautiful dark brown eyes. Well, in a few words, I am very beautiful. I can play the piano, organ, or violin. I can milk, ride, skate, swim, dance, or am a good hand at playing baseball. I forget to tell you the colour of my lips or teeth. My lips are sky-red, blue, purple and my teeth are the color of the sun.

I must say that I am very sorry for the lonely bachelors, but I think I could cheer them up if they would go to the trouble of writing me.

Wishing the W. H. M. every success, and hoping this will escape the "W. P. B.," I am,

"A Merry Lass."

### Cowpuncher Means Business.

Swift Current.

Sir,—Not having seen my last letter in your valuable paper, I thought I would write again. Although not a subscriber, I am a constant reader of your paper, and think a lot of it, as there is reading in it for folks of all ages. There is also a lot of valuable information to everybody. I am also interested in your Correspondence Column, and would like to join same with your kind permission. Now, I see there is a lot of comment on what a wife should do and what she should not do. For myself, I think a wife has all she can look after in the house. As to doing chores, I do not think a woman should be asked to do such things. I have been all over myself, have worked in different places, and have not seen a case where hubby was so tired at night that after enjoying a good supper was mean enough to even expect his beloved to do the chores. If hubby is accidentally delayed anyplace, then it would be a different thing. Now, as for myself, I am an easy-going young man of 21, an engineer by trade, but have been brought up on the farm, and also have a homestead. I will not need to give details of my life on that worthy piece of land; suffice to say it's pretty lonely in winter, when there is nothing to do. Now, girls, I would like to start up a correspondence with a nice young girl between 17 and 20, of a lovable disposition, a farmer's daughter preferred. I have a fair complexion, am 5 feet 8 inches tall, weight 170 lbs., English-Canadian. I love all kinds of music; can play some myself, and am of a loving disposition. Now, I mean business. If any young girl who thinks she could learn to love me would care to write to me, I will be pleased to answer.

Cowpuncher.

### Two Lonely Bachelors.

Spring Point, Alta.

Sir,—We are readers and subscribers of the Western Home Monthly since July, and find it one of the most interesting of magazines, especially the Corresponding Column.

We are two farmer boys from Michigan, are now homesteading, and find it very lonesome after living in a thickly settled country, where there are plenty of girls to associate with.

Where we are there are only two single girls in the neighbourhood, and maybe they would not suit.

There are quite a few dances here, which helps to drive dull care away. We are both fond of music, and can play some.

We are 19 and 25 respectively. No. 19 is 5 feet 7 inches tall, weight 135 lbs., has light hair and complexion. No. 25 is 5 feet 8 inches tall, weight 145 lbs., has dark blue eyes and dark hair, and also dark complexion. We would like to correspond with any of the opposite sex. Will answer all letters promptly.

Hoping to see this letter in the paper, and wishing the W. H. M. every success, we will sign ourselves

"Two Wolverines."