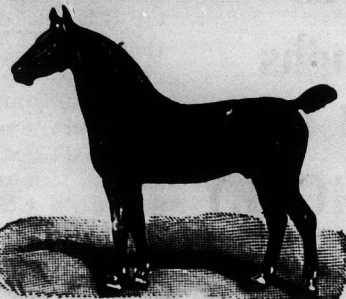


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Gombault's Caustic Balsam



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A Safe, Speedy and Positive Cure for
Curb, Splint, Sweeney, Capped Hock,
Strained Tendons, Founder, Wind,
Fuffa, and all lameness from Spavin,
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Cures all skin diseases or Parasites,
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Bunches from Horses or Cattle.

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The machine with the improved roller
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the "Puritan."

Then, there's the extra
heavy Balance

means
easy
running.



"Puritan" Washers take all the work
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"Favorite" Churn

You can churn with your hand—or with
your foot—or both together, with the
"Favorite". Easiest
churn you ever used.
Roller bearings make it
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from 1/2 to 30 gallons of
cream. Ask your dealer
to show you the "Favor-
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description.



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St. Mary's, Ont.

Bone Spavin

No matter how old the blemish,
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have tried and failed, use

Fleming's
Spavin and Ringbone Paste
Use it under our guarantee—your money
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sound. Most cases cured by a single ap-
plication—occasionally two re-
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Fleming's Vest-Pocket
Veterinary Adviser

Ninety-six pages, durably bound, indexed
and illustrated. Covers over one hundred
veterinary subjects. Read this book before
you treat any kind of lameness in horses.
FLEMING BROS., Chemists,
83 Church Street, Toronto, Ontario

The Home Doctor.

Suggestions.

Applied to the skin in quantity nothing
will blister more quickly and fiercely
than turpentine. In extreme pain or
cramp a solution made by adding tur-
pentine to hot water in the proportion
of one to four or five, and applied by
means of hot woolen cloth wrung
out of this solution, gives quick relief.

To Treat Bruises.—To prevent a
bruise from being discolored, apply to
it a cloth which has been wrung out
of water as hot as can be borne com-
fortably, and change it as it becomes
cold. Supposing hot water cannot be
procured, the next best thing is to
moisten some dry starch with cold
water and cover the bruised part with it.

Earache.—In case of earache do not
put anything into the ear except by
direction of a physician. The best way
to relieve earache is to heat an iron or
brick, wrap it in two or three thick-
nesses of flannel, pour warm water on
the top, when steam will at once rise.
If the ear is placed close to the flannel
the steam will permeate every part
of it.

Lemons may often be used as a good
household medicine. They are undoubt-
edly very excellent for biliousness.
Lemons, however, should not be taken
in their pure state, as their acidity
will injure the teeth and lining of the
stomach. The proper way is to take
the juice of one lemon in a cup of
water without sugar. The best time to
take such a dose is before break-
fast or just before retiring.

Too much stress cannot be laid upon
the insidious use of or dust brush.
feather duster and articles of a kind
dust nature, so essentially accompani-
ments of the domestic menage, and yet
one of the omnipresent evils that
should receive remedial attention. In-
stead of performing their intended op-
eration, they scatter germ-laden dust
about the premises to re-settle in new
quarters or be breathed into the lungs,
thereby inviting the incipience of dis-
ease or augmenting tendencies there-
to. A soft cloth wrung out of warm
water can be readily substituted, which
at once serves its purpose as dust ob-
literator and as a germ eradicator.

Vaccination.

There is no question about the ad-
visability of vaccination in commu-
ties where the dreaded disease of small
pox is even an occasional visitor. All
statistics prove that in countries where
the disease has never been stamped out,
the proportion of unvaccinated persons
who fall victims is many times larger
than those who have been inoculated.
The old time method of using scabs
resulting from the vaccination of chil-
dren, which is still remembered by the
older generation and only mentioned to
be condemned, has given place to sci-
entific methods of obtaining the vaccine,
which are thoroughly antiseptic and
absolutely safe to use.

Unless the presence of small pox in
a community renders it necessary to
vaccinate everyone indiscriminately, all
physicians advise against its use for
those who suffer from scrofula, tuber-
culosis or any blood taint or weakening
disease. They are always ready to sign
a statement which will allow any child,
recovering from illness or frail from
any constitutional disorder, exemption
from the rule requiring the certificate
of vaccination before entering the
school.

In countries where little attention is
paid to preventive measures against
disease, there is far more danger of
spreading contagion, where numbers of
children are brought together, than
there is in this country. This laxity
and indifference to the public welfare
has made it necessary, in a country
like Spain for example, for Americans
and English who have established
boarding schools and large cities to
have all teachers and scholars vacci-
nated every two years.

The calf is brought to the door and
the virus used in as pure a state as
possible. In this country this primi-
tive method would be obviously impos-
sible. On the large vaccine farms every
antiseptic precaution is taken and the
lymph hermetically sealed in tubes for
transportation, so that there shall be
no untoward result from its use where
the person to be protected is in ordi-
nary health.

A Limited Amount of Fat Natural.

A moderate amount of fat is quite
necessary. Hence, in health we all
have more or less of it. Nature pro-
vides it for several reasons—to give
contour and warmth and act as a pro-
tective padding, as well as to serve as
stored-up nutriment in case of emer-
gency. If, for any reason, we fail to
make sufficient fat for our immediate
needs, this stored-up nutriment is
drawn upon—the secret of consump-
tives, for example, becoming so atten-
uated. Similarly, of course, in cases of
starvation.

You will, therefore, see that a limit-
ed quantity of adipose tissue is natur-

al. What the limit is we cannot tell
you, since not only has fatness differ-
ent degrees in different persons, but
some people can well tolerate more ad-
ipose tissue than can others.

Dangers of Excessive Fatness.

A great excess of adipose tissue is,
however, always a danger. Very fat
people may, indeed, die at any moment
owing to the fatty tissue infiltrating
(penetrating) the heart. For a like
reason, they are subject to serious liver
troubles, while, owing to hampering
of the lungs (in the very corpulent,
these organs are usually small), severe
attacks of pneumonia and bronchitis
are rendered very probable.

Then, again, the excessively fat are
very subject to kidney troubles, as well
as, owing to their great weight and de-
fective circulation, to varicose veins.
And their digestion is poor (excessive
fatness really means bad nutrition),
their blood disordered (too fatty, and
their muscles flabby, owing to the ad-
ipose tissue penetrating between them—
one reason why the obese are averse
to exercise. Finally, the obese are very
liable to skin diseases owing to the ir-
ritating sweat.

The Causes of Corpulence.

As to the causes of corpulence, insuf-
ficient exercise is one of them, and it
is one which partly accounts for wo-
men being more subject to the disease
than men. Another cause is constipa-
tion—and this, too, may in a measure
account for there being more very fat
females than very fat males. No end
of women's troubles are due to bowel
neglect.

Again, tight-lacing, by upsetting nu-
trition, conduces to obesity, and so do
feather beds, soft couches, and reclin-
ing armchairs—that is, if you indulge
in such luxuries. An excessive amount
of sleep, too, encourages obesity, as
also does an excessive quantity of
spirits, by preventing the due diges-
tion and burning up of fatty sub-
stances.

Yet another cause is overeating—and a
very potent cause that is, for by eat-
ing too much you store up more fat
than you really require. And even too
much fluid tends to the deposit of fat.

Certain diseases also favor obesity—
anaemia and hysteria, for instance, as
well as lung and heart complaints.
But the most prolific of all causes,
when the disease is not hereditary or
constitutional, is too sugary, starchy,
and oily diet.

Freckle Lotion.

Beauty specialists tell us that a
treatment which is beneficial to one
complexion may be injurious to an-
other, and a little common sense and
intelligent knowledge of the needs of
one's own particular cast of complex-
ion is necessary for satisfactory re-
sults. Some skins are inclined by na-
ture to be acid, while others are alkali-
ne, and one must determine in which
of these two directions one's own com-
plexion generally tends, before treat-
ment is undertaken. An alkaline con-
dition of the skin will be benefited by
diluted lemon juice, toilet vinegar, and
such preparations, while an acid condi-
tion is softened and freshened by using
a little ammonia or borax in the wash
water. Alkaline preparations open the
pores of the skin by removing the
grease and soil, while an acid closes
them, and before using lemon juice,
which is a very valuable beautifier, the
skin must be thoroughly cleansed, be-
ing careful for the removal of all im-
purities from the pores.

For some skins, lemon juice, undiluted, is too
strong, and should be applied while the
skin is wet, or mixed with a few drops
of water. Lemon juice is one of the
best and most effective of whiteners,
and shows its effects very quickly in
softening a harsh or hard skin; but it
must be used at night, or at least never
used when one is going out into the
sunlight, as, in this case, it will prove
injurious by rendering the skin tem-
porarily more sensitive to the sunlight.
For distinctively marked freckles, lem-
on juice is but a modifier, as only very
radical measures—such as gradually
bleaching away the skin—can banish
them; the removal will be but tempo-
rary, as, on being exposed to the sun-
shine, they will return. One of the
preventives our mothers—or at least
our grandmothers—used most effective-
ly, was to tie a good, big sunbonnet
(not a sun-hat) under the chin, so
large as almost to hide the face from
sight, and insisting on the little girls
wearing "half-handlers," or gloves with
the tips of the fingers cut off, all the
time. But the very best beautifier is a
good digestion and circulation of well
nourished blood throughout the body.

It is easier to prevent than it is to
cure. Inflammation of the lungs is the
companion of neglected colds, and once
it finds a lodgment in the system it is
difficult to deal with. Treatment with
Bickel's Anti-Consumptive Syrup will
eradicate the cold and prevent inflam-
mation from setting in. It costs little,
and is as satisfactory as it is surpris-
ing in its results.

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in
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and
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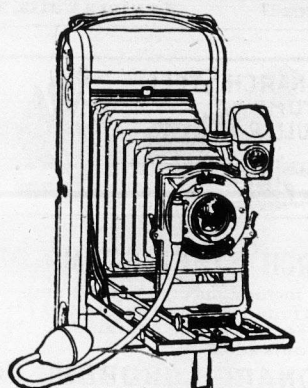
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