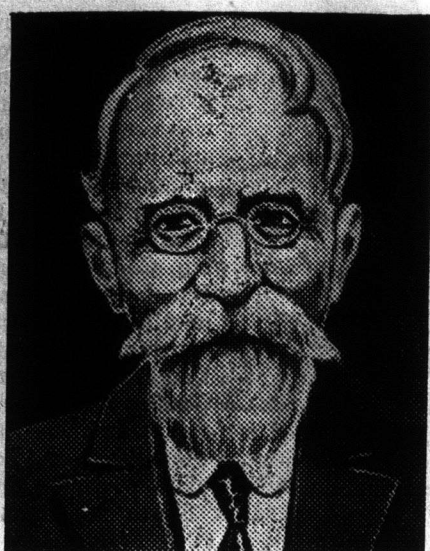


DOCTORS COULD NOT HELP MY KIDNEYS

"Fruit-a-lives" Cured Me



MR. GEO. W. BARKLEY

CHESTERVILLE, ONT., JAN. 25th, 1911
"For over twenty years, I have been troubled with Kidney Disease and the doctors told me they could do me no good. They said my case was incurable and I would suffer all my life. I doctored with different medical men and tried many advertised remedies, but there was none that suited my case. Nearly a year ago, I tried "Fruit-a-lives". I have been using them nearly all the time since, and am glad to say that I am cured. I have no trouble now with my Kidneys and I give "Fruit-a-lives" the credit of doing what the doctors said was impossible. I am seventy-six years old and am in first class health."
GEO. W. BARKLEY.

50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

in. Throw corn into this at evening meal. It will keep them busy and encourage circulation so much needed among penned up fowls.

To Produce Eggs Abundant.

Give the birds as much corn as they can eat, and let it be the best, not the cheap mixture. They require a change as often as possible. It is best to get the corn separately as there is not much chance of changing the food by giving them the mixture. Chop up and mix altogether green food, and potato peelings with scraps from the house and occasionally boiled lights. They ought not to be given too much fat or maize, as the latter are likely to cause liver complaint. Chicken rice is very good (with the husks on). They are very fond of it, and anything they eat with a relish will induce them to lay.

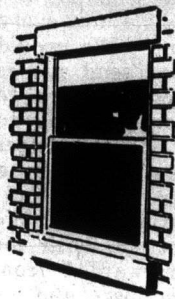
The Impending War With Canada.

As our readers know, plans are already on foot in England and the United States to celebrate in 1914 the centenary of peace between the two nations. The one shining example before the world of the way to limit armaments by international agreement is the Rush-Bagot Treaty of 1817, under which the United States and Canada have lived for all these years in mutual peace and security. In the "Nineteenth Century" Capt. Cecil B. B. says:—

"The British Navy will guarantee that the coasts of Canada are secure, but it is a sound instinct on her part to prepare thus early to be self-supporting even in the matter of naval construction. Should Canada be threatened with war on her southern frontier, the military command of the great lakes would be of the most vital importance. An arsenal and dockyard must therefore be prepared to construct suitable craft for a struggle on the inland waters, as remote as possible from a possible raid, and having access to the lakes by the waterway of the St. Lawrence. It is a striking example of the permanent principles of strategy that the valley of the St. Lawrence is the key to the military supremacy in Canada now, as it was when Wolfe so gallantly won Quebec for England, and the valley of the Hudson still leads the way to the vitals of the United States, if a northern invader should be bold enough to take the initiative."

We think the Captain's ideas are sound, but he does not go far enough. Let the Rush-Bagot Treaty be denounced. Then Canada and the United States could make one continuous fortification along the shores of the St. Lawrence, and establish opposing army posts every five miles from Vancouver to Winnipeg. A thousand super-Dreadnoughts could also be built by each nation on the Great Lakes so that no overt acts could take place there. Toronto and Chicago would, of course, have to be guarded by three lines of submarine mines, Montreal and Buffalo would need at least \$20,000,000 for modern coast defences, while it would be absolutely necessary for Quebec to double the height of the cliffs on which she is situated, so as to prevent their being scaled a second time. Seattle and Vancouver might each keep balloons anchored a few miles up in the air to watch the war preparations of the other. In the meantime the Atlantic and Pacific squadrons of the British and American navies should have their decks cleared for action, and 10,000 aeroplanes in either country be put in commission to repel these mutual attacks in hot air. As probably all this would not be enough to preserve the peace, we might reasonably demand compulsory rifle practice in the public schools of England and the United States, and universal military service from all male citizens between twenty-one and forty-five, and all enrolled suffragettes of whatever age. Thus and thus only, according to our Captain Battines, can be guaranteed that certain and perpetual peace, that blessed millennial peace, the peace that passeth "all" understanding.

SHERWIN-WILLIAMS PAINTS & VARNISHES



For the Home

Keep out the flies. Get out your old screens and brighten them up with Sherwin-Williams Screen Enamel. Does not clog the mesh like ordinary paints. Avoid the expense of new screens and save the old from rust and decay—go to your local Sherwin-Williams dealer for S-W Screen Enamel, green or black.



THE SHERWIN-WILLIAMS Co. of Canada, Limited, Montreal, Toronto, Winnipeg, Vancouver

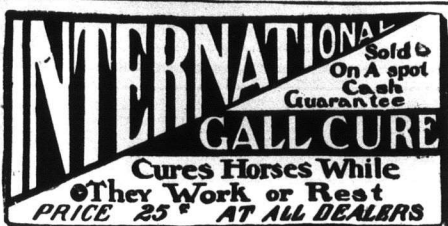
CHEW KING GEORGE'S NAVY PLUG For Sale Everywhere

THE ROCK CITY TOBACCO CO. LTD.
QUEBEC



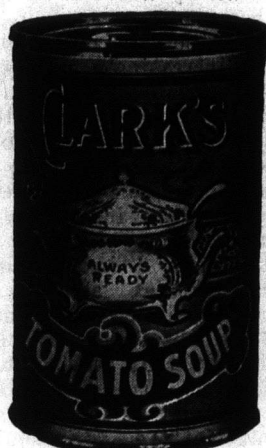
The
Original
and
Only
Genuine

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



Erickson Leg Does not chafe, overheat or draw end of stump. Send for Catalog
Sold on Easy Terms
The largest limb factory in the world.
E. H. Erickson Artificial Limb Co.
1 Washington Ave., N., Minneapolis, Minn.

SOUPS



Nothing is so nice as a good Soup—generally speaking home-made Soups are nice—but you can't get them, and that's where the prepared Soups come in—CLARK'S SOUPS in pint containers are just the kind to have at hand. They are prepared just the same as in the best regulated homes, their flavors are individual and incomparable, and quality inimitable.

INSIST ON CLARK'S AT ALL TIMES

The Can with the Two-Blue Label

11 Kinds—1 Quality—11 Flavors

W. CLARK - MONTREAL
Manufacturer of the Celebrated Pork and Beans

When writing advertisers please mention The Western Home Monthly.