

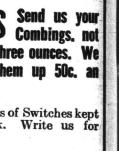
AS HE THOUGHT Walk Any Distance.

th to keep up to the re" mode of life in out the strongest nerves and weakens of business, the cares life, cause terrible and nerve troubles. system causes palpi-int and dizzy spells, ng spells, shortness

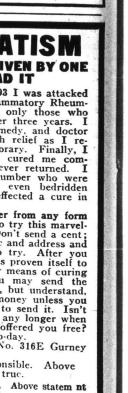
power of Milburn's is is simply marvel-health standard is course of them will health and get back

lly vigor. Postmaster, Tracy :-- "Two years ago ought; could not do ny distance. I had out tried your Milve Pills, and found e first box that I nem. I am sixty to work every day,

nd Nerve Pills are rs, or mailed direct y The T. Milburn , Ont.



R. KLEIN HAIRPARLORS irk's Building eg - Manitoba



TWO MONTHS OLD BABY HAD BAD COLD. DR. WOOD'S

SAVED HIS LIFE.

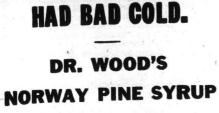
the child-the idol of her heart-slipping away, succumbing to the cruel cough that all the remedies she has tried won't cure.

Syrup.

Mrs. Angus McKinnon, Richmond, P.E.I., writes:—"Last winter my baby was just two months old, when he took a bad cold. He could not keep anything on his stomach with the cough. I tried doctor's medicine, but it gave no relief. I told my husband I would try Dr. Wood's Norway Pine Syrup, and I must say it saved his life. I just used four bottles and now he is perfectly cured, and I can't help but express my thanks to you for curing my baby.

Two years ago I used it for one of my girls. She had a cold and cough, but the doctor's medicine was no good for her. I got six bottles of Dr. Wood's Norway

Price 25c. and 50c. Put up only by The T. Milburn Co., Limited, Toronto,



It takes the life out of a mother to see

There is nothing so good for children's coughs, or colds, croup, whooping cough, or bronchitis as Dr. Wood's Norway Pine

It is pleasant to take, and it cures so quickly and thoroughly that the heart of the mother is delighted.

Pine Syrup, and it gave her a perfect cure. I can not praise it half enough."

The genuine Dr. Wood's Norway Pine Syrup has been on the market for the past 30 years. Don't accept a substitute and perhaps endanger your child's life.

Ont.

The

Original

and

Only

Genuine

Correspondence Page are full of "pep," and my wish is that they keep up the

to the timid. Since my last letter I have been to New Westminster to school, and am home on my Christmas holidays just now, and will be going back to the college in a few days. Would "A Lonely Boy" please drop me a few lines? His letter is so interesting that it has taken my whole fancy. Now, remember that my address is with the editor. Good luck and good

wishes to all.

Red Cross Rose.

THE WESTERN HOME MONTHLY

W. H. M. Makes Nice Gift

Dear Editor:-I am not a subscriber to The Western Home Monthly. A friend sends it to me, and it certainly is a very nice gift. I have often wanted to write to the Correspondence Page, and at last have made a start. I see a letter in the last issue from "over there". It seems to bring our boys so much nearer home when their letters come. Nothing would please me more than to receive some letters, so if someone will write I will answer. My address is with the Editor.

Maple Leaf.

A Lover of Outdoor Life .

Dear Editor and Readers:--At last I have plucked up enough courage to write to your interesting page. I think The Western Home Monthly one of the best magazines going. I am a lover of books and outdoor sports and dances. I have worn three pairs of overalls and wouldn't be without them. I have read bushels of books, but some of the best I have ever read are Zane Grey's "Cow Puncher" books. I just think they're "it." Dances I think for patriotic and Red Cross purposes are just the thing. We made \$575 at a dance and sale of donations at our school not long ago. Don't you think that is fine? I do. "Cheerio," I think you really ought to learn to dance. Believe me you'd say it was great. I like outdoor sports, such as sleigh riding, skating, ski-ing, riding, etc. I get plenty of riding too, as I live on a large ranch with some eight hundred cattle and nearly three hundred horses. "Cutie Curls" and "Restless" seem to be quite the centre of attraction. I wish "Cutie Curls" would send me one of her cute curls. Never mind, cutie, you just expressed my opinion exactly in everything. I'd like to correspond with any boy or girl between the ages of fourteen and eighteen, if they would care to write. My address is with the Editor.

Smiles.

he and his letter are a "dream." I at times, still to me it is the best life think all the girls and boys of the of all. We can always enjoy the fresh air, and see Nature in all its beauties. At present we have beautipage in order to give pluck and nerve ful sunsets, and then in summer we have the birds singing in the trees, the flowers blooming all around us, the waving fields of grain, and so on. These are only a few of the many things that those living in the cities cannot enjoy. Isn't it grand to know the war is over, and we may soon have some of our friends back home again, but I am sorry to say many of them we will see no more. I would have liked very much to have gone, but home ties kept me from joining up, as my father was called away some time ago, and I was left to take care of those at home. I was to have gone the first of No-vember, but I have had no orders

yet to report so I guess they won't call me now, if things remain quiet. Winter is coming, and with it skating, sleighing, hockey and lots of winter sports, all of which I enjoy In winter I also enjoy reading good books in the evenings, and I have quite a collection. I also very much like taking pictures. If any of the fair sex will write a western farmer I will answer all letters promptly.

Valle" Farmer.

Sympathy for the Red Man

Dear Editor:-Having been fortunate in securing several numbers of your valuable paper from a friend, and since reading all the correspondence pages I have been tempted very much to write a letter. I was particularly interested in "Strides'" and "Soldier's Sister's" letters. I think they have expressed my opinion on all the subjects which they have entered upon much better than I could have done it myself, so we must be pretty much of the same mind. In regard to the Indians degenerating, I think it is a shame the way they have been pushed back until they are almost out of existence to-day. I wonder how we would have liked to have been pushed back the way they have been. Of course I will admit they are rather odd in their ways, but it does not seem fair the way they have been used. I have spent two summers out west with my brothers where there is an Indian reserve only two miles away. This is where the Reil Rebellion was fought some years ago and the bullet holes still remain to be seen in some of those old buildings along the Saskatchewan River at a place called Matosh where we passed many times during the two summers I spent in that district.

I am sure there has been great re-

DANGER LURKS IN EVERY ONE OF US

47

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO - INTOXICATION OR SELF - POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

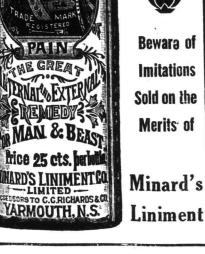
The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Autointoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumstism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs.

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





CANCER



HT FREE

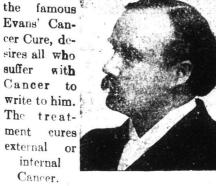
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WINNIPEG

R. D. Evans, discoverer of



Brandon Man, R. D. EVANS

A Student of The Western Home Monthly

Dear Editor :-- I have been a subscriber to The Western Home Monthly for several years, and I think it is a fine magazine. I think it would not do some of the girls any harm if they would take the trouble to read "The Young Woman and Her Problem," as I know a good many of the young girls to-day do not read that which will help to broaden their minds, and I am not saying the boys are any better. I know that they could find some good hints in "The Young Man and His Problem," and it will not do them any harm to read the "Philosopher." Well, I am not a preacher's son but a farmer's son, living in Alberta. I have a half section of land, six horses, two cows, 18 pigs and a "Tin Lizzie." If any of the girls care to write, my address is with the Editor. Wishing The Western Home Monthly every success. Hay Seed.

The Best Life of All

Dear Editor:-I have been an interested reader of The Western Home Monthly for a long time, and consider it the very best paper of its kind printed in Canada at the present time. The stories are always good, and the Correspondence Page, where we may exchange views, is very interesting. I am a farmer living in a western part of Manitoba, where I have lived all my life, and think that while farming may be a bit "heavy." as some say

joicing throughout the whole world during the past month over the news of victory. It did seem very hard to realize

at first that the war was really ended. I think there will be a lot of home-sick boys over in France and England now. The only brother that I have in khaki is now in England. He had just been drafted for France when the war ended, so his trip was postponed for an indefinite time. He is still in England and does not know wether he will have to go to France or not.

I might say that I was raised on a farm in Old Ontario and have followed farming until six months ago when I took a position on the C.P.R. where I am now operating a pumping plant which elevates water into a large supply tank. I have been out as far as Edmonton three times, but I would like to go as far as Victoria some day. Now, Mr. Editor, I know this letter is altogether too lengthy, so will have to ask you to pardon me for using up so much space. I am enclosing one dollar for one year's subscription to the Western Home Monthly. Would be pleased to hear from any of the readers. My address is with the Editor.

Pumpman.

A Boon for the Bilious.—The liver is a very sensitive organ and easily deranged. When this occurs there is undue secretion of bile and the acrid liquid flows into the stomach and sours it. It is a most distressing ailment, and many are prone to it. In this condition a man finds the best remedy in Parmelee's Vegetable Pills, which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill pre-parations.

THE MAN WHO HOLDS

the largest trade is usually the man who advertises regularly and judiciously. The Western Home Monthly is a first-class advertising medium.