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Box 809, Windsor, Ont.

October, 1905.

The Western Home Monthly

35



Croup

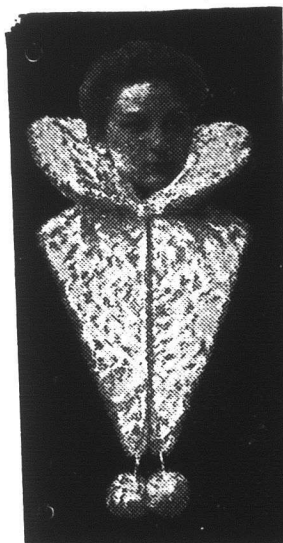
Mothers, never be without Hirst's Pain Exterminator in the house. No telling what night croup may attack the baby. With this family medicine handy, there's no danger of losing the little ones.

Hirst's Pain Exterminator

dissolves the phlegm in the throat—heals the inflamed lungs—cures the croupy cough—and sends baby into a natural, healthful sleep. It's a medicine for everybody—young and old. Cures rheumatism, neuralgia, headache, toothache, sprains, bruises, burns—pains of all kinds and any kind.

MRS. JAMES BOUDREAU OF ST. CLOUD, MAN., WRITES: "I could not do without Hirst's Pain Exterminator in the house. It is the best medicine for relieving pain that I ever met with. You may judge by the quantity we have used in six years that we have unlimited confidence in it."

At all dealers. 25c. a bottle.



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WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY.

The Breathing Corset.

By Nannette Magruder Pratt, Lecturer on Hygiene and Teacher of Physical Culture. Author of "The Body Beautiful."

A lecturer on hygiene keeps her audience interested for an hour or so, while she touches here and there on matters pertaining to health and beauty. Being a lecturer on these subjects, it is necessary for her to be an example of what she preaches. She must have a splendid chest, a strong back, good complexion, muscular limbs a graceful carriage. That is her business. She has gone through exercises which have made her waist supple; she holds her abdomen in, her chest well out, and her shoulders back.

The flabby flesh about her waist and hips has been removed by hard exercising and diet, and she is trim and muscular. She stands there in all her glory and says: "See, I have developed myself so I do not have to wear a corset."

The women are envious, some being almost hypnotized by the speaker's magnetism, and make up their minds then and there to take up physical culture and develop their figures so they, too, can be free, but when they get out into the fresh air they think it all over, and when they get home they take off their corset and slip on a gown, and the family gathers around and has a great laugh, and the matter is dropped.

"It would take me so long to get my figure right—I will have to stick to my corset."

Some one suggests a corset waist. That isn't always comfortable; stiff, unventilated, the straps on the shoulders a great nuisance, and the figure not particularly shown to good advantage.

Dress reformers produce gowns that try women's souls.

"See, I do not wear a corset."

"But, madame, you would look better if you did. You look like a bag of meal with a string around the middle of it."

A harsh criticism, but often a just one.

The soft girdle has done much for women during the past two years, and the stiff, horrid, high-busted corset was shelved long ago, but something new has appeared on the horizon in the shape of a "breathing corset"—just think of it—a corset that will admit of deep breathing, allow all the inner organs to remain in place, as Nature intends, thus doing a great

deal toward improving a woman's health and then, above all I say above all because nine hundred and ninety-nine women out of a thousand care more for appearances than they do about health), it gives a woman a pretty figure. A stiff figure is an abomination. A corset should fit like a glove, yield to every motion and never bulge or protrude through the gown.

Even the physical culture lecturer, with all her development with impunity one of the breathing corsets, made with the elastic insertions and delicate watch spring steels.

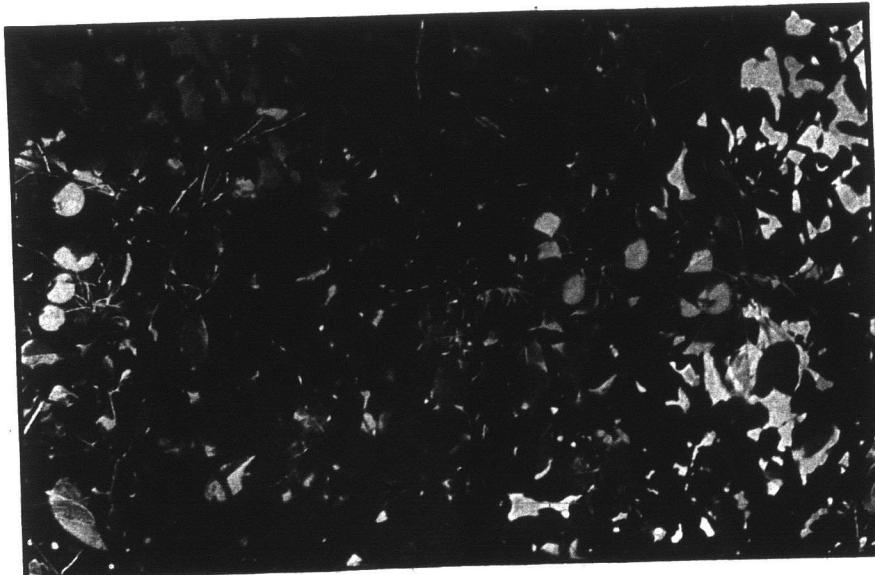
Then, exhibiting one of those, her hearers would go away from the lecture hall delighted and encouraged, because at last they have heard of something definite in the wao of a hygienic corset, and with the other health hints, given out by the lecturer, they can begin to live anew—a great problem solved.

Most women have read of the dreadful things the tight corset is responsible for, and they have really wanted to get out of bondage, but they shuddered at the "mal-lags", could not stand the feel of the skirt ban about their waist while without the corset, openly rebelled against the shoulderstrap corset waist, and have been waiting for a deliver.

Emancipation day is coming, sisters! We will put on the breathing corset and show our men folks how we can go in for outdoor sports and still look neat and trim about the waist line. We can be athletic and yet keep our femininity. A hearty welcome to the breathing corset which shall encompass us about without injury.

Guns by Mail.

When you order a gun from the Hingston Smith Arms Co. by mail you get it exactly as if you visited the store and made the selection yourself. The Hingston Smith Arms Co. pay an experienced man to select all guns for mail order customers. They hold their mail order buyers responsible should a complaint be made by any of their customers. The attention of our readers is called to the offer of the Hingston Smith Arms Co. whose business announcement appears on another page of our October number. Readers will note that the price of the guns offered has been pruned down to effect a speedy clearance.



A Manitoba Apple Orchard.

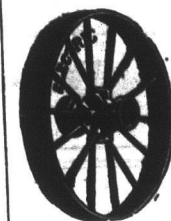


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