

Good as Solid Gold.

"H. & A. S." Watch Chains wear as well and look as well as solid gold for many years, and they cost much less.

"H. & A. S." Watch Chains

are 14 K. gold over a hard metal filling and are made by a secret process which we perfected after thorough scientific investigation.

Every "H. & A. S." Watch Chain is guaranteed for 5, 10, 15 or 25 years—and, if your "H. & A. S." chain does not give satisfaction, any dealer in Canada handling these goods will exchange it for a new one of the same style and design.

"H. & A. S." chains are sold only by retail jewellers.

H. & A. SAUNDERS,
MANUFACTURERS
TORONTO, ONT.
ESTABLISHED 1848

A WOMAN'S BACK IS THE MAINSPRING OF HER PHYSICAL SYSTEM.

The Slightest Back-ache, if Neglected, is Liable to Cause Years of Terrible Suffering.

No woman can be strong and healthy unless the kidneys are well, and regular in their action. When the kidneys are ill, the whole body is ill, for the poisons which the kidneys ought to have filtered out of the blood are left in the system.

The female constitution is naturally more subject to kidney disease than a man's; and what is more, a woman's work is never done—her whole life is one continuous strain.

How many women have you heard say: "My, how my back aches!" Do you know that backache is one of the first signs of kidney trouble? It is, and should be attended to immediately. Other symptoms are frequent thirst, scanty, thick, cloudy or highly colored urine, burning sensation when urinating, frequent urination, puffing under the eyes, swelling of the feet and ankles, floating specks before the eyes, etc.

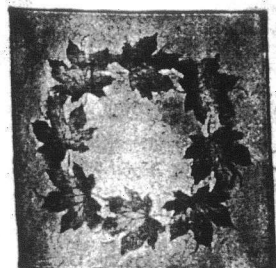
These symptoms if not taken in time and cured at once, will cause years of terrible kidney suffering. All these symptoms, and in fact, these diseases may be cured by the use of

DOAN'S KIDNEY PILLS

They act directly on the kidneys, and make them strong and healthy.

Mrs. Mary Galley, Auburn, N.S., writes: "For over four months I was troubled with a lame back and was unable to turn in bed without help. I was induced by a friend to try Doan's Kidney Pills. After using two-thirds of a box my back was as well as ever."

Price 50 cents per box or three boxes for \$1.25 at all dealers, or sent direct on receipt of price. The Doan Kidney Pill Co., Toronto, Ont.



FREE Sample DOYLEY
In order to introduce our beautiful Fancy Work, we will give every Lady who answers this advertisement one handsome Doyley, 8 inches square, beautifully tinted in colors by hand, your choice from a variety of exquisite designs—maple leaf, holly, rose, grape, strawberry, forget-me-not, etc. Please enclose 2-cent stamp to pay postage. The LINDEN DOYLEY CO., Dep. W., TORONTO, CAN.

devoted her home, purse and voice to the cause of the oppressed. It is a pleasure to note that she was an excellent housewife, and her home a very haven of rest to many weary souls that tarried for a breathing space in busy harassed lives. When she died in 1890 she was accorded a funeral such as has been accorded to few of the greatest statesmen of the American Union.

HARRIET BEECHER STOWE.

The author of Uncle Tom's Cabin was the sixth child of famous Lyman Beecher, and was born in 1811. The very best blood of New England flowed in her veins, so that it is not surprising that at a very early age she was a studious child with a decided leaning to literature. She married, at the age of 25, Prof. Calvin Stowe, and like many another professor of theology he had little of this world's goods. Her married life was hard and little time in it to devote to literature. Her husband moved to the extreme West of those days, and it was there that her heart was wrung and her indignation aroused by the slavery question. Her celebrated brother, Henry Ward Beecher, was writing fiery editorials with a revolver in his pocket. At the moment when her soul was fanned to white heat by "this sum of human iniquities" she received a letter from her sister urging her to write something on behalf of the slaves. She rose up with that letter in her hand and said: "I will, I will write something, God helping me." Just after this resolve was taken she received a letter from Dr. Gamaliel Bailey, editor of the "National Era" in the same strain. She began work immediately and wrote rapidly, probably few books have been so quickly written. As each chapter was finished it was sent to the publisher, rather a dangerous experiment for a new author. The book was an instantaneous success. In the first year 300,000 copies were sold in the United States and 40 editions in England. Mrs. Stowe was forty years of age when she began the work—"a frail insignificant, dried up little woman" she describes herself—and her life had been full of labor and sorrow. At forty-one she had written a book that had set two continents in a blaze and had awakened the heart of Christendom to the iniquity of the slave traffic. It is said that in the light of its message statesmen felt the "Missouri Compromise" to be a disgrace. Just how much this book accomplished in the anti-slavery cause will never be estimated this side the Eternal City, but that it was a mighty lever no one will deny. Mrs. Stowe always maintained that she never really wrote the book, that it was God's message delivered through her. She could do nought else but write.

Mrs. Stowe did much valuable literary work beside Uncle Tom's Cabin; and some of her novels, notably "We and our Neighbors," "Old Town Folk," and "A Minister's Wooing" are among the sweetest and wholesomest of New England fiction. It was most pathetic that, at the end, her grand intellect should have been clouded, and that for long months before she passed away she had become more helpless than a little child.

FROZEN FEET. I am giving a clipping on this subject which I have not tested, but which is taken from a reliable paper and has the recommendation of being so simple that if it does no good it cannot do harm. This is the time when serious frost bites are liable to occur, especially among new comers, who are not accustomed to the rapid changes. "During the civil war the following circumstance came under my personal observation. A young man compelled to cross the Potomac river on horseback, during a fearfully cold night, froze his feet so that his boots had to be cut off, and his feet turned black."

An army man, from Poland, having had experience with frozen feet in the old country volunteered the assertion that he could cure the sufferer. He was taken to the house that night. He had a pound of green tea steeped in sufficient water to cover the feet. He then put a handful of corn meal in the tea and

had the young man put his feet in as soon as he could bear it, and keep them there until the tea was cold. When removed the color changed to purple.

"The remedy was used three times and the feet came out all right without any other treatment, though his doctor said his feet would have to be amputated, and was much surprised to see such an improved condition the following day."

FLOTSAM AND JETSAM.

It is while we are resisting the little temptations that we are growing stronger. Phillips Brooks.

Start a bookie this month. Any blank book will do, and copy into it any striking sentence you meet in your reading, any inspiring sentence or line of poetry. It will prove pleasant reading in after years and will be a gauge of how your taste in literature advances or declines.

Never lose an opportunity of adding to your repertoire of nursery rhymes and children's stories. The longer your list the more pleasure you can give to the children. Nonsense stories are sometimes the best sense. Here, for example is one that never fails with the children.

THE OWL AND THE PUSSY CAT

The owl and the pussy cat went to sea
In a beautiful peagreen boat;
They took with them honey and plenty
Of money

Wrapped up in a five pound note.

The owl looked up to the moon above
And sang to his light guitar,
Oh, pussy! dear pussy! Oh, pussy my
love!

What a beautiful pussy you are!

Pussy said to the owl: "You elegant
fowl,

How charmingly sweet you sing,
Too long we have tarried, come, let us
get married,

But what shall we do for a ring?

So they sailed away for a year and a day
To the place where the bong tree grows,
And there in a wood a piggy wig stood
With a ring in the end of his nose.

Dear pig, are you willing,

To sell for a shilling your ring?

Said the pig I will,

So they took it away and were married
next day

By the turkey that lived on the hill.

They lived upon mince and slices of
quince

Which they ate with a runcible spoon,
And hand in hand on the edge of the
sand,

They danced in the light of the moon.

Something for the Asking.

The Fairbanks Standard, Vol. 1, No. 2, issued December, 1905, is full of information for the farmer and dealer. It is illustrated throughout. You can have a copy for the asking by addressing Fairbanks Co., Winnipeg, and mentioning the Western Home Monthly.

A Good-as-New Gown for Ten Cents.

Take a tour of inspection through your cast off pretty things. Pick out the faded ones. Impossibilities—but just try

DY-O-LA.

Dy-o-la gives rich, even colours, absolutely fast. Dy-o-la is the quickest, easiest, most economical, and satisfactory dye ever offered Canadian women—and they appreciate it. Read what some of them say:—

"I like Dy-o-la better than any other dye. I think it better economy to use it. If used as directed, will colour all goods well." (Wool as well as silk or cotton). This from Mrs. C. Pitt, Greenwich, Hill, N.B.

Mrs. S. Bernard, Nail Pond, P.E.I., says:—Dy-o-la is a charm. Never used the like before." Mrs. W. Muir, Westville, N.S., writes:—"I prefer Dy-o-la to any other." Mrs. J. Coulter Brenner, Ont., says:—"Other dyes are not nearly as good."

Your druggist will gladly sell you Dy-o-la—for it makes delightful customers.

Try Dy-o-la—and you won't know those old frocks. Package, 10c.

SUFFERING WOMEN

who find life a burden, can have health and strength restored by the use of

Milburn's Heart and Nerve Pills.

The present generation of women and girls have more than their share of misery. With some it is nervousness and palpitation, with others weak, dizzy and fainting spells, while with others there is a general collapse of the system. Milburn's Heart and Nerve Pills tone up the nerves, strengthen the heart and make it beat strong and regular, create new red blood corpuscles, and impart that sense of buoyancy to the spirits that is the result of renewed mental and physical vigor.

Mrs. D. O. Donoghue, Orillia, Ont., writes: "For over a year I was troubled with nervousness and heart trouble. I decided to give Milburn's Heart and Nerve Pills a trial, and after using five boxes I found I was completely cured. I always recommend them to my friends."

Price 50 cents per box or three boxes for \$1.25, all dealers or The T. Milburn Co., Limited Toronto, Ont.

Vocal or Instrumental Music Free!

WE OFFER all children a piece of Vocal or Instrumental Music Free if they will send us the names and addresses of three or four music teachers living in their vicinity.

Give names on post card together with your own address and state whether you want vocal or instrumental music. We will send music by return mail.

NORMAN LINDSAY, Ltd.

284 PORTAGE AVE.,

Winnipeg.

Mention this Paper.

Easily Earned

We will give this handsome silver watch to any woman who will send us the names and addresses of three or four music teachers living in their vicinity. Give names on post card together with your own address and state whether you want vocal or instrumental music. We will send music by return mail.

TELEGRAPHY Book-keeping, Penmanship, shorthand, and all business subjects thoroughly taught. Write for particulars. Catalogues free. Address: WINNIPEG BUSINESS COLLEGE, Cor. Portage Ave. and Port St., Winnipeg.

EARN THIS SOLID SILVER WATCH

Lady's, boy's or man's, by collecting 100 beautiful colored Picture Post Cards in 100 sets. They're the hottest sellers yet. Four cards worth 1c each in every set, and all you ask is 10c. for a set. The watch is genuine solid sterling silver, remember, with an exquisitely engraved and decorated dial, ornamental hands and splendid work fully protected from dust by an inside plain silver case. It's the handsomest and most valuable watch ever given away. We're doing it simply to introduce our beautiful Picture Post Cards. Write to-day and we'll send you a low price postpaid, to see what they're like. THE COLLECTORIAL ART CO., DEPT. 3111 TORONTO, ONT.