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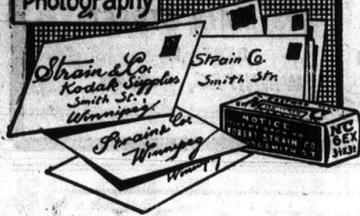
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YOUR HEART



Does it Flutter, Palpitate or Skip Beats? Have you Shortness of Breath, Tenderness, Numbness, or Pain in left side, Dizziness, Fainting Spells, Spots before the eyes, Sudden Starting in sleep, Night-mare, Hungry or Weak Spells, Oppressed Feeling in chest, Choking Sensation in throat, Painful to lie on left side, Cold Hands or Feet, Difficult Breathing, Dropsy, Swelling of the feet or ankles, or Neuralgia around the heart? If you have one or more of the above symptoms of heart disease, don't fail to use Dr. Kinsman's Celebrated Heart Tablets, the remedy which has made so many marvelous cures. Not a secret or "patent" medicine. One out of four has a weak or diseased heart. Three-fourths of these do not know it, and thousands die who have been wrongfully treated for the Stomach, Lungs, Kidneys or Nerves. Don't drop dead like hundreds of others when Dr. Kinsman's Heart Tablets will cure you. Here is a sample of what they are daily doing:

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FREE TREATMENT COUPON
Any sufferer mailing this coupon, with their name and P. O. address, to Dr. F. G. Kinsman, Box 957, Augusta, Maine, will receive a box of Heart Tablets for trial, by return mail, postpaid, free of charge. Don't risk death by delay.

Fashions and Patterns.

The Western Home Monthly will send any pattern mentioned below on receipt of 10c. Order by number stating size wanted. Address Pattern Department, The Western Home Monthly, Winnipeg, Man.

FASHIONABLE SPRING COSTUMES.

The early spring is showing a great many new and attractive models for street wear. Coats that extend slightly below the hip line and those that are made in Russian style are favorites. Illustrated are two, the one to the right being designed for young girls. The suit to the left is made from one of the new striped suitings with trimming of satin. The skirt is seven gored and laid in a tuck at each seam.

For the medium size will be required, 5 3/4 yards of material 27, 3 yards 44 or 2 1/2 yards 52 inches wide; for the skirt 9 1/2 yards 27, 5 1/4 yards 44 or 52 inches wide if there is figure or nap; if not 7 1/2 yards 27, 4 yards 44 or 3 1/2 yards 52 inches wide will be sufficient; for the collar will be needed 3/4 yard of

material 27, 3 1/2 yards 44 or 3 yards 52 inches wide; for the skirt 5 3/4 yards 44 or 2 3/4 yards 52 inches wide. Both the coat pattern 6581 and the skirt pattern 6472 are cut in sizes for girls of 14 and 16 years of age.

A FASHIONABLE MORNING GOWN.

Morning gowns made in shirt waist style are exceedingly fashionable as well as exceedingly practical. This one includes one of the sailor blouses that are so practical and so attractive. It can be finished as illustrated or be made high at the neck with long sleeves as may be found most becoming. One of the pretty dotted inexpensive printed wash fabrics is the material illustrated



Coat Pattern—6581

Two Patterns

Shirt Pattern—6472

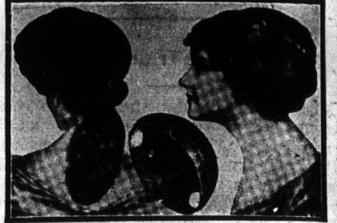
silk. The coat pattern 6584 is cut in sizes for a 34, 36, 38, 40, 42 and 44 inch bust measure; the skirt pattern 6596 is cut in sizes for a 22, 24, 26, 28, 30 and 32 inch waist measure.

The young girl's suit is made from Panama cloth with trimming of sou-tache applique. The Russian blouse is one of the simplest and best liked coats of the season and the skirt is straight and plaited below the smoothly fitting yoke. The coat can be made with long sleeves and high at the neck if preferred or it can be made as illustrated or extended to the wrists or with under sleeves, making them full length. Blouse and peplum are made separately and joined beneath the belt.

For the sixteen year size will be required, for the coat 5 3/4 yards of

and it is trimmed with striped, but such a dress as this one can be made from plain linen or poplin quite as well as from figured material and it would be satisfactory made from flannel, challis or some other light weight wool material if something a little warmer is wanted for immediate wear. The skirt is box plaited with a yoke at the sides which provides smooth fit yet which leaves unbroken lines at front and back and the blouse is finished with hems at the front edges after the latest fashion. The tucks at the back give a desirable tapering effect to the figure. An entire gown of white linen with trimming of blue would be charming. A shirt of dark colored cotton poplin or linen with the blouse of lawn or batiste would be eminently practical,

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20 " " 4.00	20 " " 2.50
22 " " 5.00	22 " " 3.50
24 " " 6.00	24 " " 5.00
26 " " 7.00	26 " " 7.00
30 " " 10.00	30 " " 10.00

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