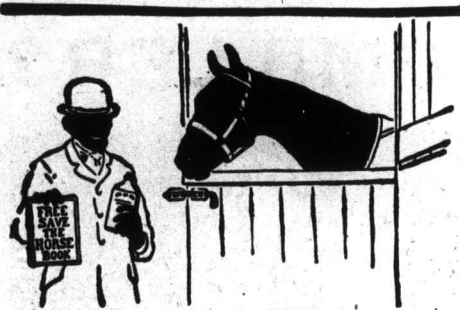


## The Young Woman and Her Problem

By Pearl Richmond Hamilton



## This Book and This Bottle Makes Him \$800

Ogden, Ia., April 28, 1915.

Troy Chemical Co., Blaghamton, N. Y.  
Gentlemen:—I have used Save-The-Horse for years and I never found any case but it would do just what you claim for it. At present I have a horse I want to race and want your advice and another book. I lost my mind and mine. The last time I bothered you your advice and treatment did the work, and I sold the horse for \$800. Yours truly, H. S. HELPHRY.

Do you know HOW simply, comprehensively and authoritatively our FREE "Save-The-Horse BOOK" clinches the diagnosing and TREATMENT of all lameness?

## SAVE-TH-HORSE

(Trade-Mark, Registered)

The greatest-of-all remedies is sold with a signed Certificate to return money if it fails on Ringbone, Thorpin, SPAIN, or ANY Shoulder, Knee, Ankle, Hoof, or Tendon Disease. Every year, for over 21 years, thousands of stubborn and supposedly incurable cases are cured by SAVE-TH-HORSE after all other methods failed. Be prepared! Write today for Save-The-Horse BOOK, sample of contract and expert veterinary advice—ALL FREE. Keep a bottle of SAVE-TH-HORSE always on hand for emergency.

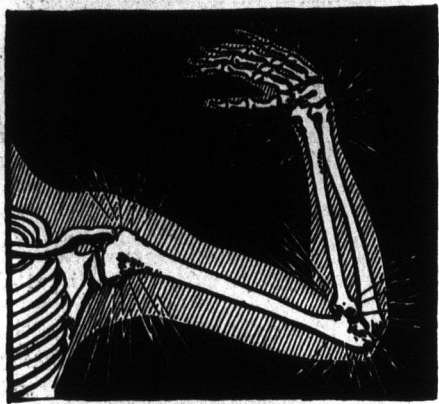
TROY CHEMICAL CO. 142 Van Horn St.  
(Made in Canada) Toronto, Ont.  
Druggists Everywhere sell Save-The-Horse with CCN-TRACT, or we send by Parcel Post or Express Paid.

## Rheumatism

Remarkable Home Cure Given by One Who Had It—He Wants Every Sufferer to Benefit

Send No Money—Just Your Address.

Years of awful suffering and misery have taught this man, Mark H. Jackson of Syracuse, New York, how terrible an enemy to human happiness rheumatism is, and have given him sympathy with all unfortunates who are within its grasp. He wants every rheumatic victim to know how he was cured. Read what he says:



"I Had Sharp Pains Like Lightning Flashes Shooting Through My Joints."

"In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it effected a cure in every case."

I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. After you have used it and it has proven itself to be the long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write today. MARK H. JACKSON, No. 808 Curney Bldg., Syracuse, N. Y. Mr. Jackson is responsible. Above statement true.—Pub.

## Makes Fat Vanish

We have such marvelous records of reduction in weight in hundreds of cases where our ADIPO Treatment, that we decided, 50c. Box FREE for a limited time, to give a 50c. Box FREE to all persons (either sex) who are too fat. We want to prove that ADIPO will take fat off any part of the body in a pleasant and absolutely harmless way, without dieting, exercising or interfering with your usual habits. Rheumatism, Asthma, Kidney and Heart troubles, that so often come with obesity, improve as you reduce. Don't take your word for it, let us prove it at our expense. Write to-day for a free 50c. Box of ADIPO and interesting illustrated book "They Said Nothing." Address ADIPO Co., 31 Ashland Bldg., New York.

When writing advertisers, please mention The Western Home Monthly

## Around the Fireplace

This is the first of another—a new year. Three hundred and sixty-five days for us to dwell in the depths of despair or on the heights of happiness. A marked contrast, you exclaim! Yes, it is true, and is just the reason I want every one of our young girls and women to gather around the fireplace of The Western Home Monthly for a heart-to-heart talk on our needs for the coming

pensive social gatherings, and luxurious cars, and soon ruins her husband's ambitions in the business world by her demands. His physical and mental vitality are weakened in the struggle to meet the wants of his wife.

Now what she really needs is a cozy home which she is capable of managing. Her preparation for marriage should be based on the needs of successful home managing. Home should be a place

## A Creed

Written for The Western Home Monthly by Nellie McClung

I believe in God.

I believe that God having made the world, at great expense of time and care will not lightly repudiate His own work and leave us to our own devices, even though He may be out of patience with us many times. I am encouraged to believe this because I have noticed that mortal men count the cost before undertaking the things that are much less important than world building.

I believe that there is a plan in life for each of us. I believe this because I want to believe it for it makes things easier for all of us, inasmuch as the pain the dentist or the surgeon causes us is easier to bear than would be the wanton buffeting of an ill-natured bully.

I believe in the ultimate goodness of humanity; that everybody is doing the best they can; that many people are thoughtless, but few are wicked.

I believe in the dignity of labor. All kinds, even my own.

I believe there is nothing too good to be true.

I believe in you.

I believe in myself.

I believe.

year. You know there is a vast difference between our needs and our wants. Very often our wants are satisfied at the sacrifice of our needs and the result may shape itself into tragedy. Mary, who works for four dollars a week wants a pair of thin silk stockings—she needs a good nourishing dinner, but she buys the silk stockings and eats a cream puff and five cents worth of candy for her meal, and soon Mary is ill for want of nourishment and warm footwear.

We girls all want more than we need. Homes are wrecked and poverty breeds in the effort to satisfy wants instead of needs.

A girl prepares for marriage. She expects costly furniture, fine clothes, ex-

where her husband can rest and gain inspiration for advancement in his work. A recent article informs us that the real giants in the business world are great home men. Their homes while elegant are quiet. They are not club men—they are usually home evenings. It is their employees—men on the fringe of the business who use up their vitality in high living. James J. Hill is a splendid example of the successful man inspired by the ideal home life.

All girls have two kinds of needs—internal and external needs. We need internal nourishment in an external atmosphere of sunshine and warmth. A girl who has her internal needs satis-

fied but has no exercise or sunshine is useless.

I shall mention four internal needs. First, proper guidance; second gratitude for the opportunity to develop to work; third, thoughtful preparation; fourth, sacrifice. All these elements cultivated will make any girl successful, and popular.

Have we taken time to decide in our girlhood whether we want to go up or down? It may seem harder to go up hill than down. Of course, one can roll down hill very easily, and the nearer one is to the bottom the faster she goes. But there is an exhilarating fascination in the effort of climbing up hill—and once we start up the desire grows toward greater heights. Then there are beautiful resting places on the way up where one may stop for a moment to catch inspirational visions of wonderful landscapes. There is such a difference between the vision at the top of a hill and the view at the bottom. At the bottom one is cramped. At the top there is always plenty of room.

When Elizabeth Fry was eighteen years old she felt the need of proper guidance. She wrote these rules. They are worth while for every girl to copy:

First—Never lose any time; I do not think that lost which is spent in amusement or recreation some time every day; but always be in the habit of being employed. Second—Never err the least in truth. Third—Never say an ill thing of a person when I can say a good thing; not only speak charitably, but feel so. Fourth—Never be irritable or unkind to anybody. Fifth—Never indulge myself in luxuries that are not necessary. Sixth—Do all things with consideration, and when my path to act right is most difficult, put confidence in that Power alone which is able to assist me, and exert my own powers as far as they go.

Is it any wonder that she became a woman with world-wide fame, idolized for her wonderful work in the reformation of prisoners? One time, when she feared she could not accomplish what she should—as she was the mother of eleven children, she said: "Here I am a careworn wife and mother outwardly, but I believe these trials have been very useful to me." Her timidity before an audience is expressed in this way: "I find it an awful thing to rise amongst a large assembly, and, unless much covered with love and power, hardly know how to venture." She seemed always to be "covered with love and power," for

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IN SUMS OF \$500 OR ANY MULTIPLE THEREOF.

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DEPARTMENT OF FINANCE, OTTAWA,  
OCTOBER 7th, 1916.