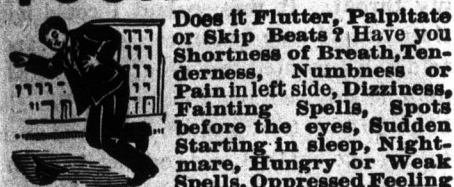


YOUR HEART



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, Nightmare, 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:

"Upon my word as a minister of the gospel I could not have lived had it not been for your Tablets. I had heart trouble severely for fifteen years and many doctors had failed. I could scarcely walk fifty steps, could not lie on my left side, had fluttering and pains most excruciating. I am now well."—W. H. Thompson, Adams, Ky.

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Any sufferer mailing this coupon, with their name and P. O. address, to Dr. F. G. Kinsman, Box 367, Augusta, Maine, will receive a box of Heart Tablets for trial, by return mail, postpaid, free of charge. Don't risk death by delay.

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ing is the opposite of it for many reasons. But remember, one who has a good home will find the best school right there and also find that good parents are the best teachers. Now, if a person wants to make life smooth, comfortable and happy he will have to work for it, and work hard. You will not be a good farmer unless you educate yourself for farming. Study it thoroughly make yourself familiar with every detail, so you know how to work the soil in and to raise a good crop, how to raise animals and develop your herd so they make good in the service you want of them. This is farming, and the man who takes care of the business can be called a farmer. It is the result and reward for hard work and study. Now he is happy and prosperous, because as a kid he lived that life is real, life is earnest, and he developed and accomplished himself accordingly. Girls, you are under the same natural law, and you cannot get around it, omit or neglect one single paragraph, if you want to be an able housekeeper, a happy wife and mother. A thinking man rarely takes a liking for the most stylish and extravagant lady he happens to see. He will, on the contrary, often despise her. Why? Because they generally bring their husbands lots of trouble and discomfort. This is not idle talk. I am a bachelor myself, but none the less a little familiar with life. "O, you are an old crank!" someone will say. O, no; not so very old, and quite the contrary of cranky. Now, before I close, I will just mention Josephus' letter. Although I do not condemn dancing when it is kept within proper limits, I however agree with him in what he criticises as improper and dangerous. Thanking you in advance for space if published, I am, yours sincerely,

Agriculturist.

Virginia Too Slow Now.

Callholme, Alta., Nov. 17, 1911.

Dear Editor,—Although not a regular subscriber to your paper, I obtain access to it through my partner farmer, and think it O.K. I am a Virginian by birth, but as I grew up I heard a lot about the West, so I came to North Dakota and settled on a homestead, and stayed 12 years. I then took a notion for more cheap land, so came to Alberta. I think Western Canada is O.K. Although I have been back to old Virginia three different times since I came West, things are too slow there now for me. I am a bachelor, dark, wavy hair, brown eyes, stand 5 feet 6 inches, weight, 160 lbs., and on the sunny side of 30. I would appreciate a line from any one that would feel like writing and will answer promptly. Will leave my address with the Editor. Wishing you and your paper every success, will sign,

The Virginian.

Put on Your Thinking Caps.

Sask. Dear Editor,—Your note in the January number is, I think, a timely criticism. I have been a subscriber of the Western Home Monthly for some time and have always enjoyed the reading of the correspondence page, although as the friend of our magazine says, sometimes it does appear a little monotonous. The general trend of a great many letters is to write a few sentences in praise of the correspondence page, a few words of where they live, a description of physical appearance, and ends up with their likes and dislikes concerning out of doors sports, dancing, card playing, music, the use of tobacco, etc. Now, members of our excellent page, I hope you will not be angry with me if I offer a little criticism. I really think our circle can assume a far better literary tone within a few months. Let us put on our thinking caps, get to work, and write something that will show thought. The present day tendency among young people seems to be to do as little solid serious thinking as possible. What we need is more writers like Josephus. He always has something interesting and instructive. A letter which brings out some beautiful trait of character, some grace of manner, or some proof of culture, is far more pleasing and attractive to the reader than a description of



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I want to send you a complete 10 days' treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment, but it will cost you only about 12 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost my book—"WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures Leucorrhoea, Green Discharge and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use. Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this Home Treatment really cures all women's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yours, also the book. Write to-day, as you may not see this offer again. Address: MRS. M. SUMMERS, Box H. 86, WINDSOR, Ont.

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