

AUTOINTOXICATION OR SELF-POISONING

**The Dangerous Condition
Which Produces Many Well
Known Diseases.**

HOW TO GUARD AGAINST THIS TROUBLE

**"FRUIT-A-TIVES" — The Wonderful
Fruit Medicine — will Protect You**

Autointoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the *Kidneys and Skin are overworked*, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the *Kidneys* and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema—and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning—as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

For Swollen Veins

Absorbine Jr. THE ANTISEPTIC LINIMENT

That Absorbine, Jr., would relieve Varicose Veins was discovered by an old gentleman who had suffered with swollen veins for nearly fifty years. He had made many unsuccessful efforts to get relief and finally tried Absorbine, Jr., knowing its value in reducing swellings, aches, pains, soreness.

Absorbine, Jr., relieved him and after he had applied it regularly for a few weeks he told us that his legs were as smooth as when he was a boy and all the pain and soreness had ceased.

Thousands have since used this antiseptic liniment for this purpose with remarkably good results.

Absorbine, Jr., is made of oils and extracts from pure herbs and when rubbed upon the skin is quickly taken up by the pores; the blood circulation in surrounding parts is thereby stimulated and healing helped.

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A LIBERAL TRIAL BOTTLE will be mailed to your address for 10c in stamps. Booklet free.

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PILES DON'T BE CUT

Until You Try This Wonderful Treatment. The internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, suppositories and other local applications give only temporary relief.

If you have piles in any form write for a **FREE** Sample of **Page's Pile Tablets** and you will bless the day that you read this. Write today. E. R. Page, 330 Main St., Marshall, Michigan

Correspondence

The Bachelor is Good at Heart

Dear Editor—As I always like to read the Correspondence Column of The Western Home Monthly before anything else in the paper, I thought I would drop you a few lines for others to read. I certainly do think it is a grand paper. We always take it at home and when it arrives it is "grab" to see who gets it first.

This last month the correspondents didn't seem to have anything to discuss and I wonder if we couldn't find some subject, as it seems so much more interesting. The poor bachelors I think have had enough said about them, and some girls, to my opinion, expect a great deal of them. Some of them certainly do not do what they should but we are not all perfect by any means.

Last year I taught in a new settlement where there were a number of bachelors and very few girls. They were not as polite as they might have been but then some of them were better than the nice smiling boy you meet on the city street, who doffs his hat every time he meets you and then passes on to remark about your big feet or powdered face. They were always hospitable and I enjoyed myself while there very much. Then aren't most men nowadays impolite? When children are not taught to be polite what can be expected of them later?

This war seems to have affected almost every home in Canada and let us all pray to God to help the boys who are fighting or training. I have a brother in the 179th Cameron Highlanders who

get lonesome if left alone too long. However, I don't think the bachelors have the worst of it by any means, as they are their own bosses and the more they work the more they reap, with no fear of losing their job.

Farmer's Girl wanted to know how we were feeling about prohibition. No doubt quite a few of us feel very much like they claim a young widow does "with a very dry loneliness." But I'm sure we would do it over again if we had to, and I, for my part, would like to see its manufacture abolished altogether and also its importation stopped, as anything that does more harm than good, such as liquor, tobacco, tariff and militarism, certainly should be done away with. We should strive to get laws that would be just to all and not let the strong, rich and organized class domineer over the poor, weak and unorganized class. I would sure like to hear from some of you girls, if you don't mind writing.

"Herregu."

Received Many Letters

Dear Editor—Here I come again. This is my third letter to your magazine. When my other letters were written, I was in Smiley taking care of my invalid mother. She died last April. Since then have been living in Driver with my brother and now am with my sister here.

I wish to thank everyone who were kind enough to write to me, so hope all those who did write will see this letter and know that I appreciated their letters very much. Was quite surprised to

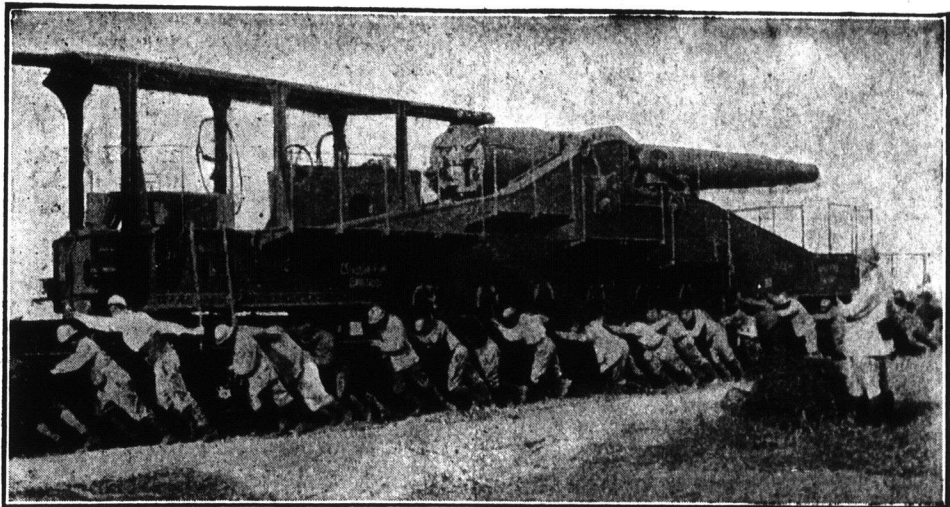


Photo just received shows the latest monster gun used by France. It is so huge and heavy that it takes a small army of men to move it. The gun is said to be superior to any weapon now used by the warring countries. Photo gives a graphic idea of its enormous proportions.

left Camp Hughes in September and haven't heard any more about him. I also have a number of friends and cousins who are doing their best to crush German treachery and some who have been killed doing their bit.

We are at present having a little bit of winter, storming to-day so I couldn't get to school. Perhaps you may think I am a little bit soft but if you had two miles to walk through snow and sleet I think you would also prefer being near the stove.

Crops were a failure in this district this year and also at my home which is in Manitoba. It is too bad when money is needed for good purposes, but let us look for a bumper crop next year.

This certainly is a very lonely district and I would very much like to correspond with anyone who will write to me, especially soldier boys, as I like to try and cheer them on in their brave work.

Well, I am afraid my letter is lengthening quickly, and so as to leave space for others I will close with best wishes to you all, not forgetting the Editor.

"Lonesome Brown Eyes."

A Square Deal

Dear Editor—Having enjoyed The Western Home Monthly for the last three years, not even missing a copy, you can plainly see I have had my money's worth many times over. Sure thing you lonely bachelors win if it does make Riley sick to read this. Any man that can batch for years alone and not get lonely must have something the matter with his head, even a dog will

Miller's Worm Powders not only exterminate intestinal and other worms, but they are a remedy for many other ailments of children. They strengthen the young stomach against biliousness and are tonical in their effects where the child suffers from loss of appetite. In feverish conditions they will be found useful and they will serve to allay pain and griping in the stomach, from which children so often suffer.

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From Pains in the Back.

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What you want is a kidney medicine. Doan's Kidney Pills are not a cure-all, but a medicine for the kidneys only.

Mrs. L. Melanson, Plympton, N.S., writes: "I am sending you this testimonial, telling you what a wonderful cure Doan's Kidney Pills made for me. For years I had suffered so with my kidneys I could hardly do my housework. I used several kinds of pills, but none of them seemed to be doing me any good. At last I was advised to try a box of Doan's Kidney Pills. When I had taken the first box I found relief. I have used five boxes and to-day I feel like a new woman. I cannot recommend them too highly."

Doan's Kidney Pills bear the trade mark of a Maple Leaf and are put up in an oblong grey box. See that you get "Doan's" when you ask for them.

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FREE TRIAL OF PLAPAO STUART'S PLAPAO-PADS are different from the truss, being medicine applicators made self-adhesive purpose to hold the parts securely in place. No straps or buckles attached—no obnoxious springs. Cannot slip, no constant chafing, press against the bone. Thousands have successfully treated themselves at home with out hindrance from work and reported most obstinate cases cured. Soft as velvet—easy to apply—responsive. Awarded Gold Medal. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending you Trial of Plapao absolutely free. Write today, PLANO LABORATORIES, Bldg. 118 St. Louis, Mo.

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