

rough type. Of course, I do not quite admire the man who cannot dance or play cards or smoke, or even take a drink for company sake and then leave it alone. I have no use for a fellow without manners either, for I think if a young man has manners he can always make a few friends for himself. I do not like to see a man chew or a girl chew gum on the street. And I wish those who do would just read the "Young Woman and her Problem," and perhaps she would see her mistake. I do not mind what your occupation is so long as you are either a lady or a gentleman. Of course, I will expect you to write first. Wishing the Editor and his club every success, I will sign myself

"Wild Olive."

From the Old Country.

Sir,—Once again may I bother you to hear me? Having read your book for the past twelve months, I have felt and do still feel interested in the correspondence column. I am nineteen years of age, fair complexioned, and 5 ft. 7 in. in height. Am thoroughly domesticated, having kept house for my father for over two years. I am very fond of music, and can play the piano and try at singing sometimes. I am a very lonely maiden, and spend most of my time at needlework, of which I am very fond. Now, boys pass an evening away by sending a line or two to a lonely English girl who scarcely ever gets a letter. I have read a lot about Canada, and would like to hear more about the great Dominion. Now, trusting I have not taken too much space and that some boy and I will exchange letters. Wishing you and your book every success, I remain

"Grey Eyes."

Western Girl will Correspond.

Saskatoon, Sask.
Sir,—Here comes another interested reader of your valuable paper, the W.H.M. I am not a subscriber, but manage to get hold of it quite often. The correspondence column especially interest me, and I enjoy reading the letters very much. I suppose I had better describe myself. I am 5 ft. 3½ in. tall, weigh 107 lb., have brown eyes and brown curly hair. Well, my complexion is neither dark nor fair, and as for my looks, I will leave that for someone else to decide. I am very fond of good, clean sports, such as riding, roller and ice skating, swimming, boating, etc., and I love to see a good game of hockey or baseball. Like many other girls, I object very much to drinking or chewing, but do not mind smoking. I wonder how Happy-go-Lucky, Cowpuncher, Mountain Tough, or some of those poor, lonely bachelors would like to correspond with me. If they do, my address is with the Editor. Wishing your paper and club every success, I will sign myself

"A Western Girl."

We Forwarded the Letter.

Vancouver, B.C.
Sir,—I am working at a logging camp at present, and the above address is where I get my mail, and the people in charge forward to us whenever there is a boat coming up. The "Mission" boat was here the other day, and among other periodicals left at this camp was a copy of your magazine, which I was pleased to see again. I used to work in Alberta, but left owing to the cold winters, which did not agree with me. In your paper I noticed that some other people are lonesome, as I am sometimes, so I have just dropped a few lines to the "Gold Dust Twins," to whom please forward the enclosed. Thanking you in anticipation and wishing you every success,

"Pills."

Want to be Among the Girls.

Bethune, Sask.
Sir,—I am an interested reader of your valuable paper, especially the correspondence columns, and as things are going pretty slow around here and young ladies very scarce, I ask for a little space, so put me among the girls. I don't want to be put on the matrimonial list as yet, but would just like

to get acquainted with some of the fairer sex, which might possibly lead to the all-important question. I am English, 23 years of age, blue eyes, brown hair, 5 ft. 9 in. tall, weigh 175 lb., T.T., and don't smoke or chew. I would like to correspond with some young lady with blue eyes, dark hair, rosy cheeks, and about 20 years of age. I will answer all letters and P.C.'s, so come along, girls. My address will be with the Editor. Hoping to see this in print, I'll sign off.

"Semper Fidelis."

From the North West Territories.

Lesser Slave Lake, Alta.

Sir,—I am a constant reader of your interesting magazine, and am very much interested in the correspondence. I am 25 years of age, about 5 ft. 7 in. tall, and weigh about 145 or 150 lb.; have a moustache, fair hair, and brown eyes. I smoke, but do not chew or drink. I am where drink cannot always be obtained, only by getting a permit from a medical man, but anyway I never did drink, so it does not affect me in any shape or form. We have very few white girls out here, and could count all the single ones on the fingers of one hand, and these are within a radius of 50 miles. I would be very pleased to receive any letters from any of the opposite sex who care to write. I will promise to answer all or any letters. I am very fond of driving and riding, and do quite a lot of both, having three horses of my own, one saddle beast, and the others a team to drive. My address is with the Editor, so I will sign myself

"Reggie."

Praise for the W.H.M.

Carberry, Man.

Sir,—Will you kindly allow me through your correspondence columns to express my thanks for the great amount of pleasure received through reading your interesting paper, the W.H.M.? I enjoy very much the correspondence pages. While I cannot agree with all that is written, yet these letters show us the different characters in human nature. Some will write just as they think and feel, while others do just the opposite. I also enjoy the pages devoted to the young men's and young women's problem. The "Temperance Talks" are good, and the "Women's Quiet Hour" and—well, I shall have to stop, as when I begin to enumerate I hardly know which is the best, every page seems to contain something helpful and good. Your publication deserves a wide circulation. I am sure among your readers there are sightseers and travellers who would give much pleasure to many, if not all, of the correspondence readers by relating or giving a brief description of some of their travels. As for myself, I think such letters are of particular interest, and I enjoy them very much. Having travelled considerably through Canada, the United States, and also in Europe, Asia, and Africa, if it will be of general interest I may some time give an account of some of the countries I have visited. Should any honourable, refined Christian man of 35 years or over care to write me, my address is with the Editor. I do not wish for those who use tobacco or liquor or who favour card-playing and dancing, as I do not think a true Christian finds any pleasure in such things. Or if any of my own sex care to write me it will give me pleasure to hear from them. I like "Hiawatha's" letter, and if he should care to write me I would be pleased. Wishing your valuable paper every success, I remain,

"Dasri."

Rev. Dr. Parkhurst.—Sometimes the real decisions of life are so obscure that they are made before they are realized.

They Soothe Excited Nerves.—Nervous affections are usually attributable to defective digestion, as the stomach dominates the nerve centres. A course of Parmentier's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

BORN TIRED.

Most people have heard of the young man who, when writing to his father, declared he was well, except that he "had a strange dislike for every kind of exertion." In this respect he is by no means alone! There are tens of thousands of people who feel to-day like that young man felt. For the most part, they are dyspeptics, and simply need a course of Mother Seigel's Syrup to fit their stomach, liver and kidneys for the work nature intended—the extraction of strength and nourishment from food, the chief strength-giver.

Mr. Thomas Rumble, of Maple, Ont., was so weak and ill in the fall of 1909 that he had to give up working. What was the matter? Mr. Rumble calls it "a severe attack of indigestion," and no doubt he is quite right. Indigestion comes when your stomach and liver have lost tone and strength, so that they cannot digest and extract nourishment from food!

"But," adds Mr. Rumble, "I am very pleased to say I have now quite recovered, thanks to Mother Seigel's Syrup, and I never feel the pains that used to be so frequently within me."

A good many people wouldn't mind indigestion very much if it only meant feeling lackadaisical! It's the pain of indigestion, added to the weakness and

the wasting of flesh, that makes this common complaint so hard to bear. If you have pains after meals, sick headaches, bilious attacks, constipation, sleeplessness, wind in the stomach, you want to get well again as quickly as you can! The best way, and the shortest way, too, is to take Mother Seigel's Syrup. This world-famed heral tonic tones up and strengthens the stomach and gently assists the action of the liver and bowels. Thus it clears the system of the poisonous products of indigestion, purifies the blood, and makes food nourish you. Isn't it a good idea to try the Syrup?

"For ten years or more," says Mr. Clannon, Point Michaud, Richmond Co., N.S., "I suffered from severe constipation. I had terrible pains after eating, and always a nasty taste in my mouth. I lost flesh and my head would swim so badly that I could scarcely stand up."

"At last I was advised to try Mother Seigel's Syrup, which I did. After the first few doses, I felt relief. My food seemed to agree with me, and I lost the dreadful pains in my back. I continued the medicine for about six months, and am now completely cured, and have had no return of the old trouble."

The \$1 bottle contains 2½ times as much as the 50 cent. size. A. J. White & Co., Ltd., Montreal.



YOU WILL RELISH FOOD AND HAVE NO MORE PAINS AFTER EATING

"It is a far, far better thing" than most people imagine to be able to relish food and have no pains, no headaches, no lassitude, no biliousness, no constipation to follow. It means that your digestion is sound and that your stomach, liver and bowels are in working order. It means that you are fit and well—fit for your daily work—fit for the battle of life—fit to fight disease if ever it should come near you.

IF YOU TAKE THE DIGESTIVE TONIC

On the other hand, if you have lost your appetite, if you don't relish food, if you have headaches, biliousness, constipation, sleeplessness and a "run-down," "fagged" feeling, your stomach and liver are out of order. You need the gentle aid of the herbal tonic, Mother Seigel's Syrup—the greatest stomach and liver tonic in the world. The Syrup will restore your digestive organs to working order, give you appetite and relish for food, and prevent any digestive troubles. In short, it will give you health, strength, and "fitness." Try it to-day!

Mr. L. H. Boone, Rowena, Victoria Co., N.B., says:—"I had a severe attack of indigestion. After eating, my food seemed to lie on my chest like lead. I suffered severely from headaches, could not sleep, and would wake up with a

nasty taste in my mouth. For months I seemed to be going from bad to worse, until I took Mother Seigel's Syrup, and that cured me. I have had no return of my complaint since."—31/1/11. Test Mother Seigel's Syrup to-day!

MOTHER SEIGEL'S SYRUP

MADE OF ROOTS, BARKS, AND LEAVES.

Prices, 50 cents, and 1\$. A. J. WHITE & Co., Ltd., Montreal.

The \$1 bottle of Mother Seigel's Syrup contains 2½ times as much as the 50 cent size.