

ONLY A Common Cold

**BUT IT BECOMES A SERIOUS
MATTER IF NEGLECTED.
PNEUMONIA, BRONCHITIS,
ASTHMA, CATARRH or CON-
SUMPTION IS THE RESULT.**

Get rid of it at once by taking

Dr. Wood's Norway Pine Syrup

Obstinate coughs yield to its grateful soothing action, and in the racking, persistent cough, often present in Consumptive cases, it gives prompt and sure relief. In Asthma and Bronchitis it is a successful remedy, rendering breathing easy and natural, enabling the sufferer to enjoy refreshing sleep, and often effecting a permanent cure.

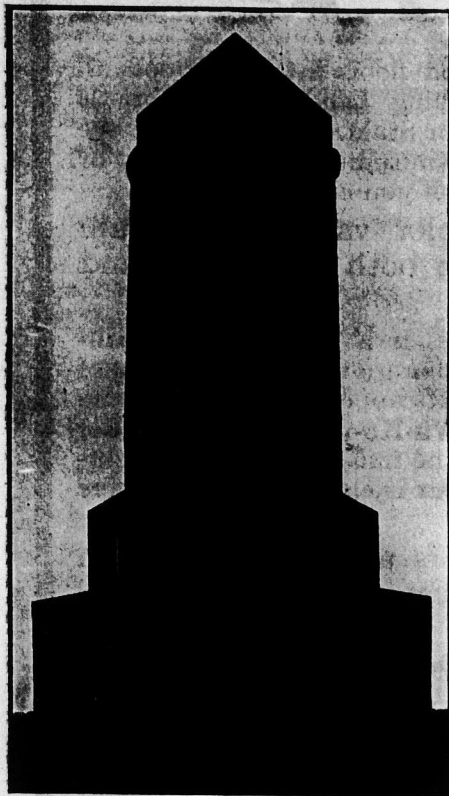
We do not claim that it will cure Consumption in the advanced stages, but if taken in time it will prevent it reaching that stage, and will give the greatest relief to the poor sufferer from this terrible malady.

Be careful when purchasing to see that you get the genuine Dr. Wood's Norway Pine Syrup. Put up in a yellow wrapper, three pine trees the trade mark.

Mr. Wm. O. Jenkins, Spring Lake, Alta., writes: "I had a very bad cold settled on my lungs. I bought two bottles of Dr. Wood's Norway Pine Syrup but it only required one to cure me. I have never met with any other medicine as good."

Price 25 cts., at all dealers.

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DOVER'S PATENT CURLING STONES
with cross handles carried in stock.
Curling Stones sharpened at \$4.00
per pair.

Remember! BRANDON.

The Western Home Monthly is the
Leading Paper in the West. 50c.
per year. Published at Winnipeg.

TEMPERANCE TALK.

Excuses for Drinking.

Some drink to make them wide-
awake,
And some to make them sleep;
Some drink because they merry are,
And some because they weep.

Some drink because they're very hot,
And some because they're cold;
Some drink to cheer them when
they're young,
And some because they're old.

Some drink to give them appetite,
And some to aid digestion;
Some, for the doctor says it's right,
And some without a question.

Some drink when they a bargain
make,
And some because of loss;
Some drink when they their pleasure
take,
And some when they are cross.

Some drink for sake of company,
While some drink on the sly;
And many drink but never think
About the reason why.

Inebriety Not a Question of Will Power.

Don't be unjust in your judgment
of the inebriate. Perhaps you never
drank a drop of whisky in your life.
You are prosperous and happy. You
have proved by your experience that
a sober life is best. But you may
have grown uncharitable toward
those whose lives have been cast in
less regular molds.

Or possibly at some time you were
a drinking man. You saw the waves
of intemperance swirling around you
and realized the danger while you
had enough will power left to fight
your way through to the rock of sobriety.

It was a good fight for you, but it
should not make you uncharitable
toward others. You conquered a
craving that had not reached the
point of dominance. If you had
waited a little longer you might now
be in the position of those you criticize.

The line that separates moderate
drinking from drunkenness is not
clearly defined. Judged by other
people's standards the moderate
drinker often is a confirmed drunkard.
Judged by his own standard,
the drunkard is apt to be only a
moderate drinker.

There is a very simple way to determine to which class you belong. Try doing without liquor for a while. If the effort causes you no inconvenience, be thankful that you have begun in time. But if you find it difficult—if you feel an awful craving, a kind of all-over demand, that nothing but whisky will satisfy, if your thoughts of business are broken in upon by thoughts of drink, and your most heroic efforts only result in brief intervals of sobriety, it is quite likely that you will give up the battle. The kind of abstinence that brings physical torture is apt to be short-lived.

It is a common experience to hear people boast that they wouldn't be the slaves of any kind of a habit; that if they found whisky was getting the better of them they would cut it out, root and branch. But unfortunately when it does get the best of them, about the first thing it does is to subdue that wonderful will that was going to do so much.

The man of iron will has no advantage over the meekest kind of a coward, when whisky has them both under control.

What a man would have done about other things, before his will was paralyzed by drink, is no criterion of what he can do about giving up the drink. The efforts in which his will was effective caused him no physical suffering, while his attempts

to do without liquor are attended with constant suffering.

Total abstinence under such conditions may not be impossible, but it is essentially improbable.

It is this question of physical suffering that takes the inebriate out of the ordinary lines of reform work. When a man is consciously vicious he is responsible for his actions; but when his actions, whether vicious or maudlin, are the result of whisky, the responsibility goes back to the act of drinking.

He was responsible for taking the drink. But what caused him to do so? Did he wish to become irresponsible? Did he deliberately plan to disgrace himself and distress his family?

By no means. The average inebriate has a kind heart. He doesn't like to bring sorrow to his family. He wants them to be happy and prosperous. And he makes stronger efforts to conquer the enemy than those who criticize him would believe possible.

The Two Won't Blend.

That over-indulgence in alcoholic stimulants is one of the worst habits to which a man can become addicted there is no possibility for doubt. It has been truly said, if sometimes in jest, that no man can attend to his business and at the same time drink overmuch liquor. Either he must neglect the former or he must put a handicap upon the latter. Even the man who restricts his drinking to those hours when he is popularly supposed to be at leisure will discover that the habit is bound to interfere with his capacity for business, and if he is so foolish as to try to mix the two he is bound to find sooner or later that they blend about as well as oil and water.

Don't judge the drunkard by the standard you would apply to a well man. The continued use of alcohol causes a disease that requires medical treatment.

If your husband, or father, or friend were suffering with typhoid fever you wouldn't coax, or threaten, or reproach. You would try to and the best physician for such a malady. Use the same process of reasoning in cases of inebriety.

If a man is an inebriate he is a sick man, even though he is able to work. But he can be cured with more certainty and less suffering than he could be cured of almost any other disease.

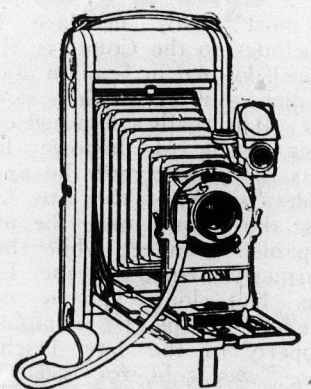
"Let no man deceive himself about alcoholic drinks. The man who drinks brandy or beer, whisky or wine, ought to bear in mind that these drinks do not give him strength. There are a great many people who believe that a moderate use of alcohol under proper circumstances conduces to health and strength, makes good flesh and builds up the nervous system. This is not true. Indulgence in these drinks should be classed as dissipation. They squander strength. They do not give strength. No man is stronger for having taken a glass of whisky. He may temporarily feel stronger, but the glass of whisky has deceived him. He has taken from his stock of vitality at an exorbitant rate of interest."

Signals of Danger.—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant taste in the mouth? Does your head ache and have you dizziness? If so, your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness to medicine must suffer, but under the circumstances the wise man would procure a box of Parmelee's Vegetable Pills and speedily get himself in health, and strive to keep so.

Fruit-a-lives

OR—FRUIT LIVER TABLETS

—clean the blood of
all impurities—clear
the skin of pimples
and blotches, and
make the complexion
beautiful. Made of
fruit juices and
tonics. 50c a box. 120



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SYNOPSIS OF CANADIAN NORTH-WEST HOMESTEAD REGULATIONS.

ANY even numbered section of Dominion Lands in Manitoba, Saskatchewan and Alberta, excepting 8 and 28, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less.

Application for entry must be made in person by the applicant at a Dominion Lands Agency or Sub-agency for the district in which the land is situated. Entry by proxy may, however, be made at an Agency on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.

The homesteader is required to perform the homestead duties under one of the following plans:—

(1) At least six months' residence upon and cultivation of the land in each year for three years.

(2) A homesteader may, if he so desires, perform the required residence duties by living on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of his homestead. Joint ownership in land will not meet this requirement.

(3) If the father (or mother, if the father is deceased) of a homesteader has permanent residence on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of the homestead, or upon a homestead entered for by him in the vicinity, such homesteader may perform his own residence duties by living with the father (or mother).

(4) The term "vicinity" in the two preceding paragraphs is defined as meaning not more than nine miles in a direct line, exclusive of the width of road allowances crossed in the measurement.

(5) A homesteader intending to perform his residence duties in accordance with the above while living with parents or on farming land owned by himself must notify the Agent for the district of such intention.

Six months' notice in writing should be given to the Commissioner of Dominion Lands at Ottawa of intention to apply for patent.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

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