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Winnipeg, March, 1914.

The Western Home Monthly

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are sensible and a person can enjoy reading them; others, in my opinion, are anything but sensible. I have only seen one letter from here before, and when I read the letter from "Lonely" in the January number I must say it made me decidedly curious. Now, I thought I knew all the young farmers around here. I am a farmer's daughter myself, although I am living in town at present. When I read of one who must be almost an angel, only playing a violin instead of a harp, I felt that at least there was one I did not know. I do not believe in women having the vote. Their place is at home looking after the house, and I think if they do that the way it should be done there will not be any time spent in worrying as to whether they will get the vote or not. Militant suffragettes should be locked up and fed on bread and water until they come to their right senses—if they have any. I was greatly interested in the letter by "Puzzled." In some things he may be right, but in many, I think, he is wrong. I do not think any couple ever get married without a pretty good idea of what each other is like. Anyway, I am quite sure that if I was keeping company with a young man I would try his patience enough to know whether he was a saint

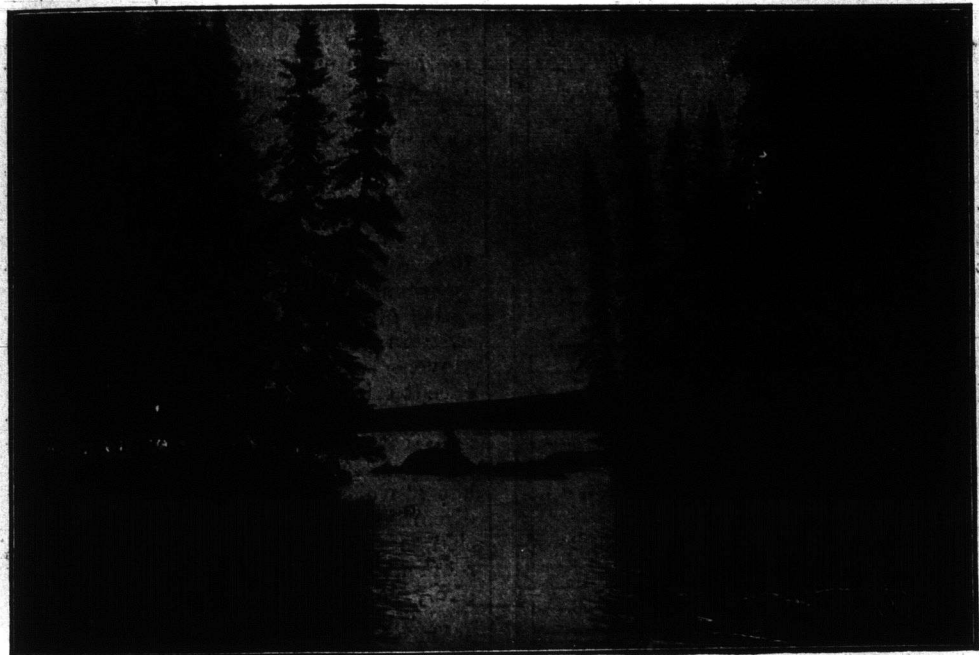
liquor; a man of refinement and who is not afraid to offer a hand to raise the fallen, and has a cheery word for everyone. We do not think it necessary for anyone to be a church member and take much interest in the work; we think there should be more Endeavor and Young People's Societies for the young people to attend instead of the dance hall, for some people are more easily influenced than others. We should try and be happy and look on the bright side always. We will leave our address with the editor, and if anyone wishes to correspond with us we will answer all letters and cards with pleasure.

Kate and Duplicate.

To Get Rid of a Double Chin

By Marta Scott Conser

One of the most objectionable features is the double chin. This can be remedied in one month by the following exercise: First soap the under part of the chin with pure soap, and plenty of it. Then throw the head back till the face looks up to the ceiling. Then press firmly the under chin with the thumb



Entrance to Red Deer Lake

or a sinner and what kind of a temper he had. Really I think he must be a minister; he can give such an excellent lecture. Now, maybe some of you who read this letter—if it is ever printed—would like to know what sort of a person is writing it. Well, to begin with, I am a "Good Methodist," but not one of the saints at all. To live up to the reputation of Methodists I would lift my hands in holy terror if card playing or dancing is mentioned. Now, I hope no one takes me for a cranky old maid, for I assure you I am not. Will be very pleased to hear from any one who cares to write, and will try to answer all favors.

Topsy.

A Great Country

Carstairs, Alta., Jan., 1914.

Dear Editor—To-day starts us with the New Year, which we hope will bring happiness and prosperity to yourself and readers. We are subscribers of your valuable paper, although we have never written before to The Western Home Monthly. We lived in the city until last spring when we moved to the country, which we dearly love, as we are two happy "old maids" liking quietness. We are fond of outdoor sports and love riding and driving immensely. We have a piano and two violins which afford much enjoyment. We have only lived in Canada one year, and take much interest in the rapid progress that Canada is making in becoming a nation of great cities, and we think the farmers should be grateful for the opportunities it offers them. As the topic of an ideal person is now being discussed and "Western Sun" wishes a picture of an ideal man, we will give the description which appeals to us. We do not think his age or the color of his hair (although we prefer dark hair) has anything to do with the person. A tall, well-built man with dark hair, a good character, ambitious, free from the use of tobacco and

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helps weak stomachs to strong, healthy action—helps them to digest the food that makes the good, rich, red blood which nourishes the entire body.

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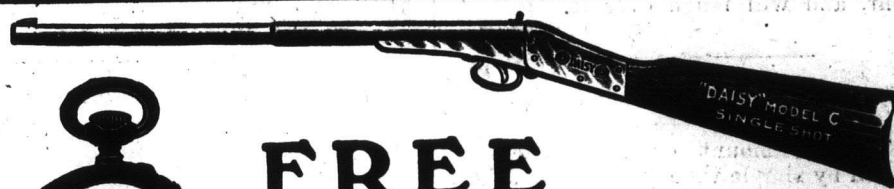
Our nerves are like an intricate network of telegraph wires. They are controlled and nourished by a portion of the brain known as the nerve centres. The condition of the nerve centres depends upon the condition of the bodily health. When the bodily health is lowered the nerves suffer in sympathy. Then it is that we are tormented with "nerves," headaches, neuralgia, nervous debility. In such cases there is nothing to equal 'Wincarnis,' the 'Wine of Life.' 'Wincarnis' is a powerful nerve food which acts directly upon the nerve centres and gives them new life and new vitality. The result is wonderful. Will you try it?

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