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To the thousands of people who are tossing on sleepless beds night after night, and to whose eyes sleep will not come, Milburn's Heart and Nerve Pills offer the blessing of sound, refreshing slumber, because they restore the equilibrium of the deranged nerve centres, thus restoring strength and vitality to the whole system.

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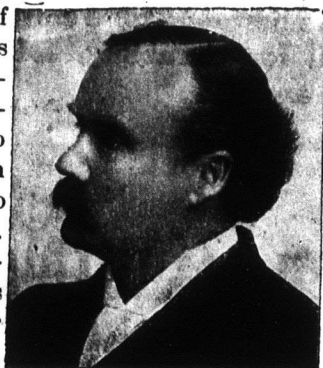
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Correspondence

Wants to Get Acquainted

Rutland, Sask., April 23rd, 1916.
Dear Editor:—Will you allow a stranger a little space in your paper? I would like to get acquainted with some of the readers of this paper, and didn't know any better way than this, so if any of the readers would care to correspond with me I should be pleased to answer their letters.

I have been in this country for over three years, and like it fine. I get a little lonesome sometimes, but guess that won't hurt.

There isn't much doing around here in the line of entertainment, only dancing, and I can't dance. So you see I have a pretty quiet time of it.

Will close, hoping to hear from some of the readers before long.
Will sign myself

"Twenty-one."

Too Hard on the Bachelor

Gilbert Plains, Manitoba,
April 12th, 1916.

Dear Editor—I have been a reader of your paper for some time, and enjoy it very much. The stories are good. But I always turn up the correspondence page first, as the letters are very interesting.

I don't just agree with "Prairie Lad" re tobacco being such a bad habit. I am not a smoker myself, but like to see others enjoying themselves. I notice that those who don't use tobacco are very hard on the ones that do.

I agree with "A Soldier's Admirer" of April number as to outdoor sports. As for girls dressing in overalls, I met two last summer, and thought they looked rather cute. I have called them "Broncho Busters" ever since.

I am fond of music and dancing; have had some experience in batching. I think most of you are too hard on the bachelor.

Will close, as this is my first letter, and hope to see it in print.

My address is with the Editor.
If anyone would write I will be pleased to answer.

"Friday."

A Little Nonsense Now and Then

Dear Editor—I have been an interested reader of The Western Home Monthly for several years, and always enjoy the correspondence column, but have never been brave enough to write.

I agree with "Rocky" when he says this column should be reserved for nonsense. As Charles Lamb says, "He who hath not a dram of foolishness in his make up, has pounds of much worse material in his composition."

I do not like the plan of describing one's personal appearance, as I don't think they do themselves justice; so I will just say I am seventeen and found sixteen very sweet indeed. I am very fond of outdoor sports and dancing, but I think baseball is best of all. I certainly admire "A Soldier's Admirer," and wish I was brave enough to wear the overalls.

There are a lot of girls around here, but none of your conceited kind, ashamed of a man in overalls. I don't believe any girls are. I think "Mere Bachelor" must be a "Mere Critic."

I also agree with "Prairie Lad" regarding liquor and tobacco.

I would like to correspond with some of the readers if they would write first. My address is with the Editor.

"Sweet Marie."

A Voice From the Mountains

Dear Editor and Readers—I am a mountain girl and would like to join your column and have a chat with your readers. I think that you have some fine stories in your paper. I do lots of outdoor work. I would far rather work outdoors than in. What do you readers think of a girl working out of doors?

I live 20 miles from town and nine miles from our nearest neighbors and if I did not have something to keep me busy I would get rather lonesome. Sometimes in the winter we do not see anyone outside of the family for two and three

months at a time, although in the summer there is quite a number of hunting and fishing parties. I would like to correspond with any of your readers who would care to write to me, "Sun Set," "Love Sick Boy," "Starlight" or any others. I will answer all letters. My address is with the Editor.

I would like the words of "Red Wing" if any of your readers would kindly send it to me. "Lonesome Pine."

An Appreciation

Foxwarren, Man., April 17, 1916.

Dear Editor—I would like to correspond with some of the readers of the most interesting monthly paper that I have ever had the pleasure of reading. I have been a subscriber of it since December 1st and have certainly made up my mind to have no other. I think the correspondence column is a very good way of bringing all the young people together. I have just been reading "Lonely Brown Eye's" letter in the April number and seem to think that she is a hard working girl, one full of sympathy for us lonely bachelors. I would like to correspond with her.

I will close and sign myself "Broncho."

"A Live Wire"

Alberta, March, 1916.

Dear Editor and Friends—Just to make a short call.

I am not one of those lonesome Bachelors as it happens, I have too much work to think about and no time for lonesomeness, I have eight horses and a cow to look after. I have learnt the blacksmithing and carpentering, and have my shop on the farm. I tell you I am kept busy.

There has been a lot of money subscribed for Red Cross work this winter. I would like to see more done for those that are fighting and helping the Empire to hold its own. We could not have many dances or parties this season as so many people went away for the winter, but there will be something doing this spring when they come back.

I see in the February number where someone sprung a new topic for discussion—"What have I done." I don't know whether he means for himself or for his country, anyway I will take in both. I have done what I could in supporting Red Cross work, I have donated a brother to the army, and a little over three years ago I filed on my half section, started with thirty dollars then fell heir to rheumatism and could not do very much of anything until last June when I regained my health a great deal, nevertheless my land raised over a thousand bushels of wheat last year and my earnest intentions are to grow more wheat to make more flour to help feed more soldiers.

I was interested very much in the letters by "Prairie Nurse" and "B.C. Field Flower." I would like to hear from all who care to write, especially from B.C. Will answer all letters. My address is with the Editor.

"Progressive."

Let Someone Else Praise You

Sask., June, 1916

To the Readers:—I have spent many evenings reading the W.H.M., and always find it good reading. The correspondence column usually affords us some amusement, I often wonder how it is, that so many good looking people are advertising to meet one another, so many angelic men writing to the paper. That poor bashful fellow of 29 years of age who has gone with a girl for eleven years, and can't find courage enough to propose to her, sure has my sympathy. Poor soul, why don't he enlist; the ladies will run after him so much, he will be glad to propose to one to get rid of the others.

Like "Cowboy All" I have often wondered why no one mentions Mrs. Pearl R. Hamilton's writings. It often seems to me her writings are never noticed, but I hope our young lady readers will consult her pages more in the future, they will always find something to their advantage and everlasting benefit. I don't believe in either men or women advertising their looks and good qualities—let some one else do that. When the correspondence space is supplied free,

DIARRHOEA

Was Caused By Change of Diet, Etc.

Diarrhoea arises from many causes such as, change of diet, change of water, change of climate, catching cold, the eating of unripe fruits, or anything that will cause or induce an excess of bile.

On the first sign of any looseness of the bowels it should not be neglected, but should be looked after immediately, for if not diarrhoea, dysentery or some other serious bowel complaint may ensue.

Mr. Geo. Smith, Victoria, B.C., writes: "It is five years ago since I first tried Dr. Fowler's Extract of Wild Strawberry. I was then on a timber survey, and suffered greatly from diarrhoea, caused by change of diet, etc. A friend in the party gave me a few doses which gave me great relief. Since then I have been in survey work, and would as soon think of starting out on a trip without my compass and blankets as without my supply of Dr. Fowler's Extract of Wild Strawberry, which I consider the woodsman's best friend."

Dr. Fowler's Extract of Wild Strawberry has been on the market for the past seventy years, and is universally known as a positive cure for all complaints arising from any looseness of the bowels.

When you ask for "Dr. Fowler's" be sure you receive what you ask for as there are many rank imitations of this sterling remedy placed on the market to try and fool the unsuspecting public.

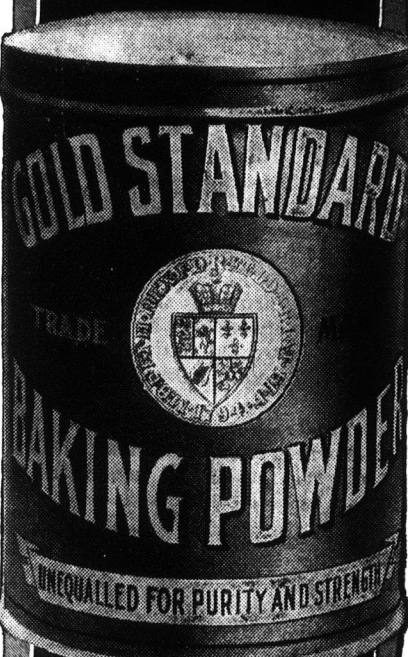
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