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by the use of a good reliable cream, and this you will find in my "IDEAL" VELVET CREAM which is neither sticky, greasy nor irritating. It WILL NOT GROW HAIR on the face, prevents blackheads and chapping, rendering the skin, clear, white and smooth. I make it myself and positively guarantee that nothing but pure oils and waxes are used in its composition. Try it and you will use no other.

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# Women of Middle Age

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

### Here is Proof by Women who Know.



Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

### She Tells Her Friends to Take Lydia E. Pinkham's Remedies.

North Haven, Conn.—"When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother me but after a while I got bearing down pains. I called in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sanative Wash?' Well, I got them and took about 10 bottles of Vegetable Compound and could feel myself regaining my health. I also used Lydia E. Pinkham's Sanative Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham remedies. There are about 20 of us here who think the world of them."—Mrs. FLORENCE ISELLA, Box 197, North Haven, Conn.

### You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

## Abolish the Truss Forever

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One of us, "Western Lass," has fair hair, blue, blue eyes, with black eyebrows, and lashes, is five feet six inches tall, and weighs about one hundred and twenty pounds. And oh! my nose! I wish you could see it.

And the other, "Virginian Lass," is fair of skin and has blue eyes; is five feet five inches tall, and weighs one hundred and fifteen pounds. And oh! my crowning glory! It is auburn.

"Virginian Lass" wishes correspondents residing near Nanton, Alberta, or from anywhere in the province. "Western Lass" wishes to correspond with anyone from North, South, East or West.

Awaiting your early replies, we are,  
 Yours sincerely,  
 "Western Lass"  
 "Virginian Lass".

### Peace River Correspondents Wanted

Paynton, Sask., May 11th, 1917.

Dear Editor,—I would like to correspond with some persons living in the Grande Prairie or Peace River district for a short period, as I am intending to homestead out there next spring, so would like to know in advance, of at least have some idea of where to go, as I would like work in the lumber woods or survey outfit this winter coming.

I am a young fellow of 21 years, and have been working out since I was ten, eight years of which I have been working as a farm hand.

As this is my first letter to your paper I will not make it a lengthy one. Thanking the Editor and correspondents, in anticipation. My address is with the Editor.  
 "Ex-Bell-Hop."

### Typically Western

Dear Editor,—I have been a very interested reader of the correspondence page in your paper, although this is the first time I have written. I am visiting in the West and enjoy reading the different opinions expressed by those whose letters are published. I also enjoy the stories very much. They are real western stories generally, in fact, I think the Western Home Monthly is a typical western paper.

I would like to correspond with "North Star," and am enclosing a letter to be forwarded. I would also like to correspond with any others who will write first. My address is with the editor.

Wishing your paper every success,  
 "Grey Girl."

### Lover of Books and Poetry

Dear Editor,—Although I am not a subscriber to your paper I get it given to me through the kindness of a friend, and I always enjoy the correspondence page. So I hope you will permit me to join.

I was just reading "Happy Rube's" letter, and quite agree with her in what she says about "Mere Bachelor."

"Single Handed," I wish I could have a face to face talk with you; I would like to prove to you that all girls are not a bundle of "vanity, conceit and foolishness."

I would like to know what sort of girls you are acquainted with. Also you speak of "manners, paint, powder and style." Now I believe you do not know much about girls or you are just trying to get yourself into an argument.

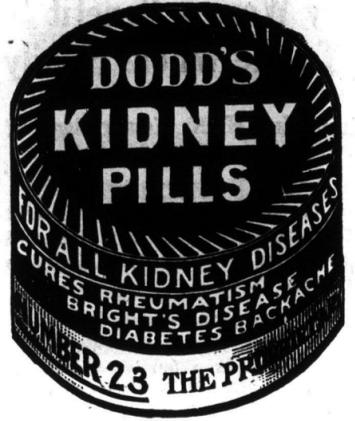
I am a farmer's daughter, but have spent some of my time in the city, and I believe I like the city better than the country. I am a great lover of books, and have read a lot. I have several hobbies, one being collecting poems, and I have quite a number of them.

As this is my first letter I will close now, but first wish to ask some khaki lads or any others to write to me. I'll answer all letters. So, boys, hurry up and write.

"Kissamee."

### Likes a Good Wild Horse

Dear Editor,—We have taken your valuable paper for many years, and enjoy reading the correspondence page very much. I am a farmer's daughter, and have lived in Saskatchewan for fourteen years and Manitoba five. We had a very fair winter in this part. I am very fond of outdoor sports, especially baseball or riding a good wild horse. How many of the readers like riding? Am also very fond of dancing. "Khaki," I think if you went back to the city it wouldn't be long before you would come back to



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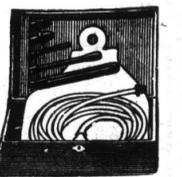
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