

Sick Headache and Biliousness

CURED BY
**MILBURN'S
LAXA-LIVER PILLS.**

Mrs. Willard Tower, Hillsboro, N.B., writes: "I have suffered something awful with sick headache. At times I would become bilious, and would have severe pains in my stomach after eating, and have a bad taste in my mouth every morning. I told some of my friends about it and I was advised to use Milburn's Laxa-Liver Pills. This I did and they cured me."

When the liver becomes sluggish and inactive, the bowels become constipated, the tongue becomes coated, the stomach foul and sick and bilious headaches occur.

Milburn's Laxa-Liver Pills clean the foul coated tongue and stomach and banish the disagreeable headaches.

Milburn's Laxa-Liver Pills are 25c. per vial, 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.



Vapo-Cresolene
(ESTABLISHED 1879)
Used While You Sleep
For Whooping Cough
and Spasmodic Croup:
Asthma: Sore Throat:
Coughs: Bronchitis:
Colds: Catarrh.

A simple, safe and effective treatment, avoiding drugs.
Vaporized Cresolene stops the paroxysms of Whooping Cough and relieves the spasmodic Croup at once.
It is a BOON to sufferers from asthma.
The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy, soothes the sore throat and stops the cough, assuring restful nights.
Cresolene relieves the bronchial complications of Scarlet Fever and Measles and is a valuable aid in the treatment of Diphtheria.

Cresolene's best recommendation is its 30 years of successful use. Send us postal for Descriptive Booklet.
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Rheumatism

A Home Cure Given by One Who Had It

In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered, as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it effected a cure in every case.
I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write to-day.
Mark H. Jackson, No. 320C Gurney Bldg., Syracuse, N.Y.
Mr. Jackson is responsible. Above statement true.—Pub.

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Desk 16, Dept. of Natural Resources, C.P.R.,
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On Saturday afternoons they had a happy time making Christmas presents. They made calendars and blotters and pen wipers for their friends and scrap-books for the poor little sick boys in the hospital. Johnny's mother got the materials and not once that season did he go shopping in the crowded stores, jostled by the greedy, selfish, pushing mob of strangers. He saw no man dressed up as Santa Claus in turkey red and cotton batting fur. He did not see the wonderful display of toys, so far beyond his parent's power to buy and come home tired and discontented.

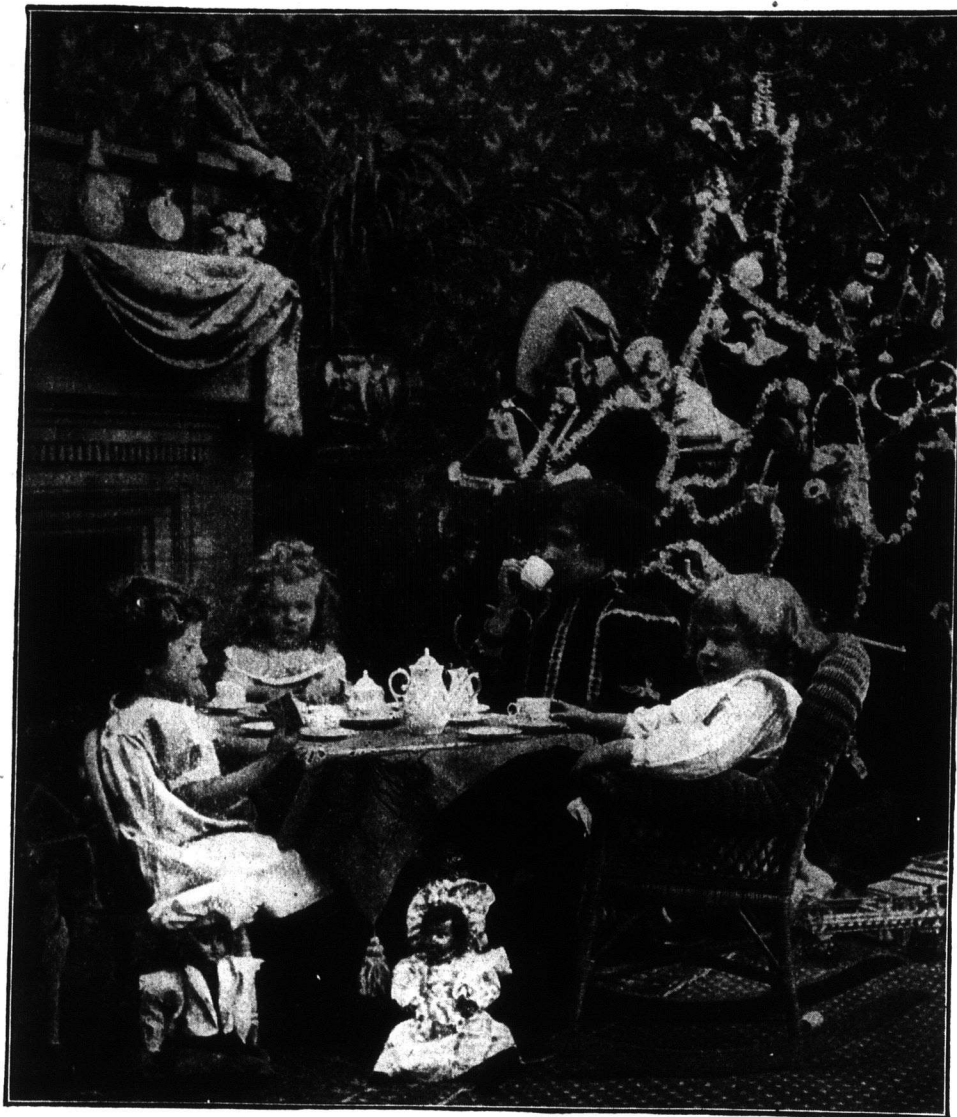
He was so tired and happy after the children's services on Christmas Eve that he forgot all about hanging up his stocking for Santa Claus. Instead he dropped asleep thinking he heard "That glorious song of old, That came upon the midnight clear."

The next morning he awoke to a bright and spotless world of fresh snow and sunshine. After church, Johnny played with his new toys very happily until the splendid turkey dinner was ready. Old Uncle Wallace came to that with his little black and tan dog, "Prim." Uncle Wallace was a bachelor and boarded. He had no other home to go to on Christ-

are putting through the system large quantities of materials from which they cannot or do not receive the proper nourishment. The system is worn out trying to get rid of surplus food.

As we pass on to middle life we naturally require less food, and two meals a day are quite sufficient. Idle women, however, who have little to occupy their minds, frequently nibble all day long at either fruits or candy and systematically gain weight and disease, so that by the time they reach fifty, if their digestion is at all good, they have accumulated fat with its accompanying diseases, and are not only a care and a burden to themselves, but require the assistance of their family even to move from one floor to another. Nature never intended human beings to make such monstrosities of themselves.

Hunger is not a faint feeling at the pit of the stomach; it is a restless, energetic sort of feeling, and should be satisfied with simple, wholesome food, well masticated. There are cases, not normal, where sickness makes it necessary to eat a small quantity four or five times a day, but it must be a small quantity, not three meals a day and a "piece" between.



Happy children at Christmas breakfast

mas Day. He was a fat and jolly uncle to play with.

He took little John on his knee and said "Well, son, was Santa Claus pretty good to you this year?"

"Why he didn't come at all!" said Johnnie with surprise, "But I don't care if there isn't any Santa Claus! He's just a fairy, you know," he added patronizingly.

White Grub

This is a yellowish white grub about one-half inch in length, which causes much damage to onions and other garden crops. It is often confused with the cut worm, but cannot, however, be destroyed with the poison mash. The only remedy is to plow late in the fall, exposing the grub to the birds and to the action of the winter frosts.

Why some People are Always Hungry

Those who are very large eaters at meal-time frequently eat again between meals; they get into a habit which really might be called a disease—one form of indigestion. They are always hungry, never satisfied, for the simple reason that they

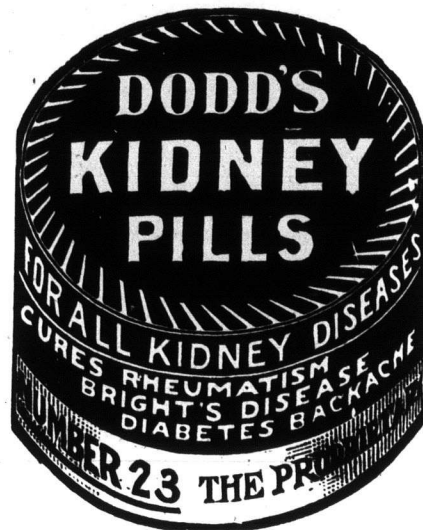
Campbell's New Studio

A representative of this magazine recently had the pleasure of inspecting the new addition to Campbell's Studio, in the Scott Block, Winnipeg, and spent a very instructive half hour. The elaborately furnished reception rooms contain hundreds of the very best examples of the photographer's skill and it is no wonder that this particular studio was selected as official photographer for the recent Beauty Contest which caused so much friendly rivalry amongst the ladies of Western Canada. Mr. Crooks, the manager, issues a cordial invitation to The Western Home Monthly readers to come and visit the studio any time they happen to be in Winnipeg.

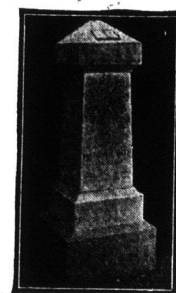
A great deal of the trouble in securing everyday neatness in homes is that the housewife does not set apart a convenient place for the articles in daily use.

On the test paper in answer to the question, "What do we mean by the plural of a word?"

Lucy had written: "By the plural of a word we mean the same thing, only more of it."



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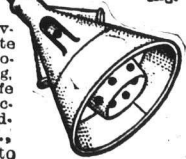
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