

TAY FAT

and Safely Cured.
Try the NEW
TREATMENT.

and a Supply Will Be
Do It To-Day.

despair, for there is a home
quickly and safely reduce their
that it does take off superfluous
m, a trial treatment will be



effect the Kresslin
in hundreds of cases.

who apply for it by simply send-
is called the KRESSLIN
people who have used it have
and a day, often forty pounds
fat were to be taken off. No
ill have the desired effect, and
it is located—stomach, bust,
kely vanish without exercising,
suffering with your customary
a, Kidney and Heart Troubles
does it in an ABSOLUTELY
is not an atom in the treatment
organs. So send name and
o., Dept. 572 W 41 West 25th
will receive a large trial treat-
illustrated book on the subject
from those who have taken the
d themselves to normal. All
e cent to pay in any shape or
n promptly.

Y TIME.

egins January 6th,

ent you starting at

venience to your-

is largely individual.

address the

trial
College

, MAN.

S FREE.

WM. HAWKINS

oals

RWOOD,

TECT.

BLOCK:

OT AVE., E.

PEG.



or
antiseptic
ng's
Pain Expeller

ess and make the
y refunded if it ever
eto three 45-minute
orks just as well on
in. Before ordering
remedy for any kind
a free copy of

est-Pocket

Adviser

inary information,
to the treatment of
ound, indexed and
right beginning by

S., Chemists,
Toronto, Ontario



Aches and Pains.

Hirst's Pain Exterminator
quickly relieves lame backs,
strained shoulders, sprained
ankles, bad knees, bruises,
cuts and burns.

Hirst's Pain Exterminator

40 years the old reliable family
medicine. 25c. at all dealers'.

Try Hirst's Little Liver Pills—natural
tonic and effective. Ask your dealer
or send us 25c. direct. Handsome
Souvenir Water-Color sketch free.

F. F. DALLEY CO., Limited,
Hamilton, Ont.



Note our prices for switches.

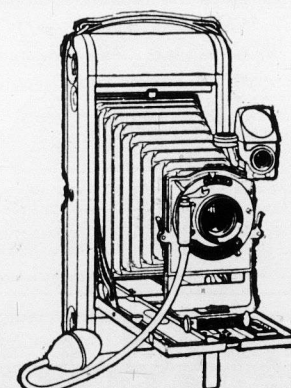
Curly Switches	Straight Switches
16 in. long \$ 2.00	16 in. long \$ 1.00 to 1.50
18 " " 3.00	18 " " 1.50 " 2.50
20 " " 4.00	20 " " 2.50 " 3.50
22 " " 5.00	22 " " 3.50
24 " " 6.00	24 " " 5.00
26 " " 7.00	26 " " 7.00
30 " " 10.00	30 " " 10.00

How to Order—Cut sample full length
of hair, state length of hair and whether
curly or str. ht.

Money back if not perfectly satisfactory.

THE NEW YORK HAIR STORE

SEAMAN & PETERSEN
Y.M.C.A. BLOCK, WINNIPEG



DUFFIN & Co.

Importers and Dealers in

PHOTO SUPPLIES

Both Professional and Amateur

208 Bannatyne Ave. Cor. Main Street
WINNIPEG.

Write for illustrated catalogue and prices.
Mention Western Home Monthly.

Health in the Home

By Marion Dallas.

Once more the changing seasons
have brought us the New Year. The
sun's rays now fail to warm the earth,
leaving us with shorter days and longer
nights, frosty mornings and cool
evenings.

The question has been asked: Does
this change affect our human systems?
Assuredly it does. Like passengers on
a steamer going across the Pacific
Ocean, who must adjust themselves to
the changes in climate they encounter,
so we find it necessary to give some
heed to the change in seasons.

It is commonly thought that all the
change necessary is to put on a little
more clothing, close down the windows,
light the fire, and we are ready for the
winter. There are other things which
require our attention, if we regard our
health, during the winter.

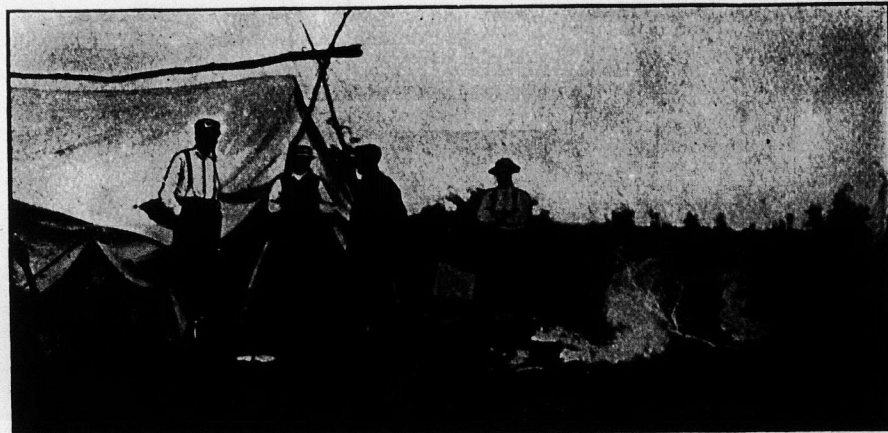
The first thing is air. The problem
of securing fresh air is a difficult
one, because the cold weather necessar-
ily closes windows and doors. During
the summer, the majority of people live
out-doors, and have become accustomed
to plenty of oxygen. This supply of
fresh air must be kept up. No matter
about blizzards and low temperatures,
fresh air must be had at any cost. To
obtain this, first, every member of the
household should get out-doors once a
day. If business requires out-door ex-
ercises, all right. But if not, take a
good brisk walk and fill the lungs with

ous air. It has been estimated that one
gas light consumes as much air as seven
people. Surely, then, it is important
that our homes should be kept supplied
with pure fresh air.

The temperature of the rooms should
be carefully looked after. Thermome-
ters should be hung in different parts
of the house. The temperature of the
sleeping rooms should be about forty
or fifty degrees Fahrenheit. In the liv-
ing rooms the temperature should be
allowed to go as high as seventy, but
never above eighty.

The next important thing at this
time of the year is the internal use of
water. During the summer we use a
great deal of water. Perspiration has
consumed large quantities of water,
and the system has demanded drink.
But now, perspiration is practically
stopped. Much less water escapes from
the system through the skin. This
materially decreases the amount of
thirst, but it does not decrease the
amount of poisonous material that must
be eliminated from the system.

By means of perspiration most of the
uric acid poisoning escapes through the
skin, but now more of this poison must
find exit through the kidneys. A sud-
den transferring of the function of the
skin to the kidneys endangers these
very important organs. In the cold
weather we eat more solid food; this,
too, increases the amount of poison that
the kidneys must eliminate. Together



Camp on Steep Rock Point, Lake Manitoba.

fresh air. Those who work in factories
or school houses should at least walk
one way.

This is not all. The living rooms
should be well ventilated. There are
ventilators contrived which allow the
air to enter the room without a direct
draft. But for the benefit of those
homes which do not boast of these
(and, alas, there are many farm homes
where ventilation is never studied), one
can be made without much expense. A
piece of board fitted to the lower sash,
so that the length of the board is ex-
actly the width of the window, will
answer very well. The board should
be about six inches wide. Raise the
window and allow it to rest on the
board, so that no draft can come under
the window. This will produce an open-
ing between the two window frames,
so that the air will be constantly enter-
ing the room, but there will be no draft.

In the living room, where families
spend most of their time, two such
windows should be arranged. In the
bedrooms, too, there should be such a
window.

Another fact to be kept in mind, that
the fire, whether it be a stove or grate,
is constantly creating a poisonous gas—
carbonic acid gas. If the stove or
grate—it makes no difference—is not al-
lowed free draft all the time this pois-
onous gas is continually escaping into
the room. There must be free vent or
the air will be poisoned. Don't forget
this. Scientists tell us, and common
sense proves it, that a house which is
well aired is easier to heat than one
filled with warm dead air. Let in lots
of sunshine.

Artificial light, especially gas or coal
oil, creates a certain amount of poison-

with the fact that the skin renders less
than usual assistance, makes it a very
critical time for the kidneys, especially
the first few weeks of cold weather.

The kidneys ought to be assisted in
this crisis. How can we assist them?
Simply by drinking plenty of good, pure
water. Medicines that operate upon the
kidneys only do harm. Diuretics in the
long run will weaken the kidneys.

A glass of pure water just before
each meal is the only medicine in the
world that will assist the kidneys.
Some people prefer to take cold water;
either hot or cold water will assist.
Dyspeptics will find hot water more
agreeable. A glass at bedtime would
not be out of place.

Cold water should also be used every
morning. Gargle the throat, and rinse
out the mouth. Those who do not take
a cold bath every morning should
splash the neck and chest with cold
water, and for those who already have
nasal catarrh, sniffing cold water up the
nose will be found useful. This fortifies
the system against the action of the cold
air.

Don't imagine these precautions are
overdrawn; they are just common pru-
dence, and are absolutely necessary to
avoid the many ailments that are di-
rectly due to the winter season. It is
always dangerous to catch cold. The
liability to chronic and fatal disease is
greatly lessened if a cold can be
avoided.

If people would allow themselves
plenty of fresh air for the lungs, pure
water for the kidneys, catching cold
would almost be a thing of the past,
and families who are forever going for
the doctors would get through this
winter with little or no illness.

Barn Roofing

Fire, Lightning
Rust and Storm Proof

Durable and
Ornamental

Let us know the size of
any roof you are think-
ing of covering and we
will make you an inter-
esting offer

The
Metallic Roofing Co
Limited
Manufacturers
Toronto and Winnipeg

Western Canada Factory,
797 Notre Dame Ave., Winnipeg.

Music Lessons Free

IN YOUR OWN HOME

A wonderful offer to every lover of music
whether a beginner or an advanced player.

Ninety-six lessons (or a less number if you
desire) for either Piano, Organ, Violin, Guitar,
Banjo, Cornet, Sight Singing, or Mandolin will
be given free to make our home study courses for
these instruments known in your locality. You
will get one lesson weekly, and your only ex-
pense during the time you take the lessons will
be the cost of postage and the music you use
which is small. Write at once. It will mean
much to you to get our free booklet. It will
place you under no obligation whatever to us if
you never write again. You and your friends
should know of this work. Hundreds of our
pupils write: "Wish I had known of your school
before." "Have learned more in one term in
my home with your weekly lessons than in
three terms with private teachers, and at a great
deal less expense." "Everything is so thorough
and complete." "The lessons are marvelous of
simplicity, and my 11 year old boy has not had
the least trouble to learn." One minister writes:
"As each succeeding lesson comes I am more
and more fully persuaded I made no mistake in
becoming your pupil."

We have been established nine years—have
thousands of pupils from eight years of age to
seventy.

Don't say you cannot learn music till you send
for our free booklet and tuition offer. It will be
sent by return mail free. Address U.S. School
of Music, Box 63, 225 Fifth Ave., New York City.

RAW FURS

Trappers and collectors, ship your raw furs
to me. Highest prices. Fair assortment.

WRITE FOR PRICE LIST

Est'd Toronto

1815

Winkerton

1895

EXPORT AND IMPORT

C. H. ROGERS

WALKERTON,

CANADA.

Millinery by Post

Catalogue of pretty Millinery sent to
any part of the world on receipt of
postcard.

BROWN & BROADBENT, Leeds, Eng.

Established 1865.

Men Wanted.

Reliable men in every locality throughout Can-
ada to advertise our goods, tack up show cards
on trees, fences, bridges and all conspicuous
places; also distributing small advertising mat-
ter. Commission or salary \$3 per month and
expenses \$4 per day. Steady employment to
good, reliable men. No experience necessary.
Write for particulars.

EMPIRE MEDICINE CO., LONDON, ONT.