men.

The Young Woman and Her Problem (Continued from Page 19).

We women and girls like to blame circumstances for our disappointments. Every girl is responsible for her own Place these rules before you:

1. I will learn a helpful quotation each day.

2. I will do a thoughtful act each day for some one.

3. I will find something to admire

4. Every day I will learn some definite part of the great aim of my life.

OUR LOVE STORIES

Some very beautiful love stories might be recorded on this page. The Western Home Monthly is proud of the girls who have come to this page for guidance for they have without exception made famous woman. good.

Last week one of our first girls visited us-a happy bride well fitted to be a good home maker. I love her for the brave courageous battles she fought in the midst of trying difficulties—always coming out victorious. A girl whose Night after night she climbs up to her parents are not living is really very _____ dingy cell handicapped at times but often develops greater strength of character than girls whose parents fight all of the battles

obeyed willingly. There was always a smile with her work.

At night she studied in her room. During the day she observed. Magazines on literary topics, helps for the ambitious writer, text books and dictionaries she collected until her room became a haven of pleasure for her. Every day she did Fat jowled and double chinned; her work more skilfully, every night she retired with increased satisfaction.

Finally one day in the mail a letter informed her that her story had been accepted. For several months she re mained at service in the home-creating about her an atmosphere of harmony. Then an offer of a splendid salary from a magazine editor was offered her. Today she visits the home of her former mistress as a friend of the family who feel honored by the recognition of a

THE QUESTION

"Day after day she stands With aching back and busy hands, Smoothing the silks and laces fair; She does not wear.

Whose barren walls foretell

well, the orders from her mistress she The drawn out torture of her future years;

She shudders and her frightened tears Flooding the roses of her skin, Turn it to parchment pale and thin. And then,

We call together sleek and prosperous

To find out why the girl has sinned."

PREPARATION

The Hon. Dr. Ella Scarlett-Synge who organized 1,000 women into a volunteer corps in Vancouver is now on her way to Serbia where she intends to work in the military camps. She has had experience in the Boer war and afterward took a special course in military sanitation in the college of physicians and surgeons in Dublin, Ireland, and is highly qualified for her work.

Only the most competent nurses are accepted for Red Cross work. Many girls ask me how they may apply for Red Cross service, thinking that little preparation is necessary. The nurses who have gone to the front have spent long hard years in preparation—and when a crisis came they were ready.

Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous

50 Cents a Box, all Dealers, or Edmanson, Bates & Co., Limited, Toronto.





Miss Grace Brooking, General Secretary of the Winnipeg Y.W.C.A.

for them. But every girl needs a guide through some of the dangerous places, and the possession of a girl's confidence is a sacred privilege for any woman.

I know four beautiful motherless Scotch girls who are bravely climbing upward and do you know there are men -fathers of families-who are contemptible enough to destroy them? Girls any man or woman who would suggest to you any questionable remark that concerns your character will abandon you at the time when you most need a friend. A true friend will always leave you with a purer and better mind. A true friend inspires—a false acquaintance poisons the mind. I always give this as the test to the question: "How may I distinguish between true and false friend-

And girls what will it profit you to gain a few clothes and motor rides if you lose your soul-your opportunity of honest womanhood which is the necessary possession of lasting happiness.

HER STORY

* "*

She came from the country to somebody's kitchen as a domestic girl. Someone urged her to go into an office but she would not be persuaded.

"Your life will be one continual round of menial service," they pleaded, but she was willing to do what she felt was hest for her. She had dishes to wash and she washed them clean, she had is ors to polish and she polished them

CHRISTIE GRANT LIMITED

WINNIPEG, CANADA

"AT YOUR SERVICE"

Re-Organization



CATALOGS N order to secure a copy of our new re-Organization Fall and Winter Catalog which will be ready for mailing to you about August 15th,, it is only necessary for

you to fill in the coupon and mail it to us. You will find this book, which is considerably larger than any previous issue, filled from cover to cover with quotations of articles suitable for the use of every

member of the family at decidedly money-saving prices. The increase of our business has enabled us to buy in larger quantities at

lower prices, and in every case you are given the benefit of the saving.

You will be interested to know that one of the various lines which we have added is a Grocery Department, under the management of a capable and experienced man. He is now preparing a list of groceries that will give you the benefit of prices direct from the manufacturers to your pantry shelf.

By signing and returning the coupon below, a copy of this Grocery Catalog will be mailed to you about September 1st.

With a new management composed of business men who have had many years' experience in the larger mail order houses of the world, you are assured of receiving prompt, efficient and satisfactory service. Send for your copy of these catalogs now, and convince yourself of the truth

of our statements by giving us a trial order.

TWO EXAMPLES OF OUR MONEY-SAVING VALUES AT POSTAGE OR EXPRESS PREPAID PRICES

DAINTY WHITE VOILE WAIST-Made of fine white voile in a design from one of the latest New York models. The open rolling collar is of lace, edged with a one-inch embroidery with panels of lace; the long set-in sleeves have deep turn back cuffs; white only; sizes, 34 to 44 bust measurement.
2GG201. Very specially priced.

Each

WOMEN'S EXCEPTIONALLY LOW PRICED SKIRT—Made of all-wool serge. The high waistband is snug fitting and comfortable, while the skirt is of the new fashionable width, having a sweep of about 90 inches; the front has a stitched pleat, trimmed with self-covered buttons; colors, black or navy; sizes, 22 to 29 inches waist measurement; length, 37 to 42 inches. In spite of the high price of materials, we are offering this skirt at a remarkably low price. 2.49 1GG200—Each

COMPLETE FALL AND WINTER CATALOG ALSO GROCERY CATALOG

CHRISTIE GRANT Limited

Send me the above Catalogs.

NAME (Mrs., Miss, Mr.)

Skirt, 1E85200

POST OFFICE

PROVINCE.

Aug. W.H.

nd as ng nt er

ke to 10

ing

8

are

ese

eas

ese

en.

nst

eial

of

 \mathbf{cal}

of

he ely ns

vil he ish an ly

he r," re or

ere nt If he