



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.

For Sale by all Druggists
THE VAPO-CRESOLENE CO.
Leeming-Miles Building, Montreal, Canada.

We buy all kinds of Farm Produce. Pay highest Cash Prices, prompt returns.

John Enright

230 St. Mary's Avenue.
Phone Main 727-8
9-11 City Market
Phone G. 808

POULTRY BUTTER and EGGS WANTED

Will pay best prices delivered, Winnipeg, remitting CASH immediately on receipt of shipment.

We need old hens, old roosters, turkeys, ducks, spring chickens, ducklings, geese.

Butter, Eggs. Write for prices or send along. We'll treat you all right.

D. W. FRASER
357 William Ave. Winnipeg.

Don't Whip Children

Or scold older persons who wet the bed or are unable to control their water during the night or day, for it is not a habit but a Disease. If you have any Kidney, Bladder or Urinary Weakness, write day for Free Package of our Harmless Remedy. When permanently relieved tell your friends about it. Send No Money. Address: ZEMETO CO., Dept. 12, Milwaukee, Wis.

SILK All Fancy Colors—Large Pieces—Just what you need for making Crazy Quilts, Cushions, etc.; large packet 10c, or 3 for 25c.

SEWING EMBROIDERY SILK—Large packet of best quality in assorted colors 10c, or 3 for 25c. We pay postage. Order now and receive our catalog free. United Sales Co., Station B, Winnipeg, Man.

"Kitcheners and the War." Officially approved. Written specially for Canadians. Profusely illustrated. Great opportunity for man or woman. You can make \$550 clear in ninety days or less. Experience unnecessary. Spare time may be used. Winston Co., Toronto.

JAPANESE ROSE BUSHES
The Wonder of the World
Japanese Rose Bushes bloom all the year round. Just think of it. Six weeks after planting the seed, the plants will be in full bloom. It may not seem possible, but we positively guarantee it to be so. They will bloom every two weeks, Summer and Winter, and when three years old the bush will be a mass of roses, bearing from five hundred to a thousand roses on each bush. The flowers are in three shades—white, pink, and crimson. The plants will do well both in and out doors. We guarantee at least three bushes to grow from each packet of seed. Price, including our big catalog, of other novelties and curiosities, only 10c packet, 3 pcks. for 25c postpaid.

Shoe Fly Plant **Weather Plant**
A very remarkable fact—mysterious changes that take place, ship remarkable plant accurately forecasts the weather. Many hours in advance. Will grow anywhere all the year around. An interesting house plant. Gives very pretty flowers. Pink, butterfly shaped flowers. Send for seed. 10c packet, 3 for 25c, postpaid. Send. W. H. M. ALVIN SALES CO., Dept. W. H. M. WINNIPEG, MAN. P.O. Box 56

PEERLESS PERFECTION
Horse High—Bull Strong—Pig Tight
It's made right—from high grade material. In the construction of our PEERLESS FENCING we use Open Hearth steel wire. By this process impurities are removed from the metal, thus eliminating one of the chief causes for the rapid rusting of fence wire. Peersless is guaranteed to give you satisfaction. Send for catalog. Gives details about our poultry and ornamental fencing. THE BARWELL-FOXIE WIRE FENCE COMPANY, Ltd. Winnipeg, Man. Hamilton, Ont.

Belts, Corsets, Laces and Lungs

By Leonard Keene Hirschberg, A.B., M.A., M.D. (Johns Hopkins University)

WHILE it is true that the poise, weight, age and height of a person has much to do at any particular time, with the capacity of the chest to hold air, health and vigor, no less than muscular habits, have almost as much to do with the air-volume of the lungs.

Anyone may easily test his lung capacity by breathing out all of the air in his lungs, loosening all garments or standing almost nude, to take then a deep inspiration, thus filling the "lights" to their fullest capacity. If the chest is now measured and the contents of the lungs are expelled into the mouth piece of an instrument called a "lung tester" or spirometer, an arrow or indicator will mark off the number of cubic inches of air blown into the nozzle by the one explosive, expiratory effort.

In the erect posture an average person of five feet, nine inches in height, will yield a measure of 246 cubic inches. One of five feet, ten inches, otherwise the same, may yield evidence of 254 cubic inches.

Taller men often show 262 cubic inches of air in their lungs, or an increase of about 8 cubic inches to each additional inch of height and in good health.

In some doubtful conditions, a physiologist may form a judgment of the individual's health. If the person seems to be well but is not earning as much as might be expected, a lung test may explain matters. If he is 5 feet 9 inches and registers a lung capacity of 160 instead of 246, some abomination to health may be justly suspected.

A gallon contains about 277 cubic inches or 8 pints, the amount of air expired by a vigorous six footer.

Obese persons have more or less interference with breathing, because of the adipose tissue around the ribs, diaphragm, bronchial tubes and lungs. It weighs down the respiratory machinery and prevents a complete expulsion of stale vapors and waste gases.

Similarly, since the amount of sunlight, fresh air inhaled depends upon the spaces left in the lungs after exhalation, it follows that persons inclined to rotundity and embonpoint sometimes receive less fresh air than the slender.

Indeed, the weight of fat in the abdomen and around other structures impedes the ascent and descent of the air tubes. The mechanism of respiration is ballasted and unbuoyed.

Almost as mischievous, if not more so, than a deficient lung capacity is the puffing, asthmatic, broken-winded individual who thinks himself a near-Caruso, or who perpetrates his follies through a cornet, a French horn, a trombone, or some of the various wind instruments. Of emphysema and bronchiectasis, two maladies of the over-stretched lung structures, I have often spoken.

Singing exercises under the best teachers, dumb bells, swimming and Indian club exercises all help to give elasticity and tone to the human lung apparatus. They maintain a good, average number of cubic inches of air space as well as they prevent undue, over-expansion of the delicate, pulmonary tissue.

Belts, laces and corsets when worn short of full compression of the flesh, are eminently proper and in no wise harmful. Drawn in, however, to the degree of an hour-glass at the waist line, turning the form of Venus or Apollo into an egg-cup, spells disaster to the air-volume of the lungs, the mobility of the stomach, and the very freedom of the heart itself.

The circumference of the waist of a woman of medium height and weight, if not put in the vice of stays and corsets beyond reason, should be about 29 inches, not 20 inches or even less, so often encountered in the tightly laced.

Floating kidneys, loose stomach, painful menstruation have all been blamed by surgeons, perhaps not unjustly, upon the same causes. Is there any wonder, then, that the lungs, too, light and balloon-like

as they are, should mount skyward towards the shoulders, diminished in volume and tone?

For those tainted with tuberculosis or any pulmonary disease, corsets and stays, even when most loose, hamper the resiliency of the lungs. All allegiance to this modish custom must be put in abeyance or cut in twain, if every molecule of available oxygen is to be ensnared for health. Finally, carry out the practices and exercises suggested in these columns and do all things needed to aid the chest in its duty to re-establish its pristine physiology, its native splendor of beauty and form.

Not Her Pie

Hostess (at party) — "Does your mother allow you to have two pieces of pie when you are at home, Willie?"

Willie (who has asked for a second piece) — "No, ma'am."

"Well, do you think she would like you to have two pieces here?"

"Oh" (confidently), "she wouldn't care. This isn't her pie!" — S. C. Clarke, Rhode Island.

A Possible Chance

A young man who last month received his diploma has been looking around successively for a position, employment and a job. Entering an office the other day, he asked to see the manager, and while waiting for that gentleman to become disengaged, he said to the office boy:

"Do you suppose there is any opening here for a college graduate?"

"Well, dere will be," was the reply, "if de boss don't raise me salary to three dollars a week by termorrer night." — S. C. Clarke, Rhode Island.

The Mel-O-Tone

The latest addition to Winnipeg's ever increasing array of industries is the Mel-O-Tone Company, manufacturers of high-class talking machines at popular prices. A representative of The Western Home Monthly recently had the pleasure of being conducted through the factory and was able to see the machines in all their different stages of manufacture, and a most interesting afternoon was spent by the group of newspapermen present. We have no hesitation in declaring the Mel-O-Tone to be the equal of any talking machine we have heard, while it enhances the appearance of any room. Several different types of machines are manufactured but we were particularly interested in one finished in genuine oak, standing three feet high, which would have been good value at \$75, but which we were told is being put on the market for \$39.50. These machines play any make of disc record, and the reproducer will take either sapphire point or needles. The sound box is excellent, every detail of the orchestration being brought to the surface and beautifully modulated, we particularly remember a song from Rigoletto which enthralled us all as we listened to the angelic tones from the golden-throated soprano.

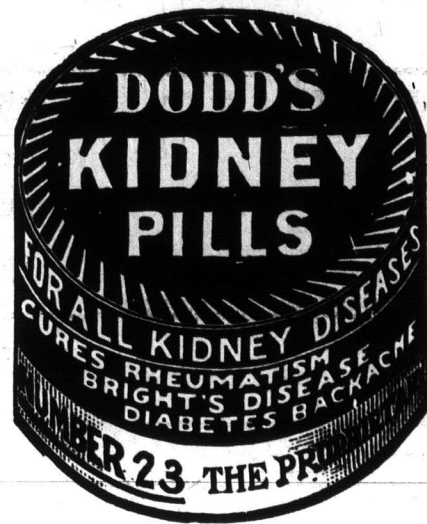
The Mel-O-Tone is going to be a name to conjure with in the musical world, or we miss our guess. The manager informs us that the reason the company is able to sell their machines at such very low prices is because everything is made in Winnipeg, and that no dealers or jobbers are employed, the machine being actually sold direct from the manufacturer to the consumer—no middleman at all—and that means a saving to the consumer of no less than \$35. We recommend the Mel-O-Tone as an excellent talking machine—admirably suited to the needs of the western farmer.



Big Entertainer
120 Parlor Games, 5 Comic Recitations, 15 Tricks with Cards, 127 Jokes, Riddles and Funny Readings, 73 Tosses, 3 Monologues, 50 Money Making Recipes. All for 10 Cents, 3 for 20 Cents. Postpaid. J. C. Dorn, 2709 So. Dearborn St. Dept. 60, Chicago, Ill.

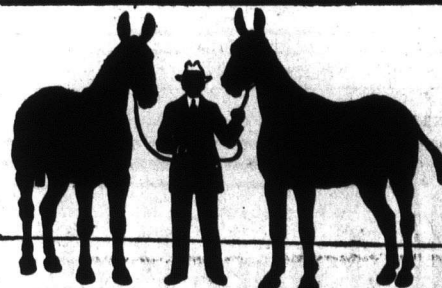


Rose Bud Ring Free Gold Filled Guaranteed for 8 years. Set with beautiful Rose Bud. To introduce our big business we will send this ring any size for 12c to help pay advertising. See Jewelry Co. Dept. 15 Battle Creek, Mich.



New Term Opens
November 1st

Central Business College
Winnipeg

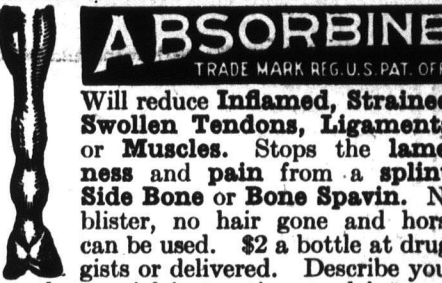


SPAYED MULE + SAVE THE HORSE — Profit \$300
Mr. C. B. Warner, Fort Crane, N. Y., bought a team of mules cheap because one was lame. He located the trouble with "Save-The-Horse Book," treated as directed, made a complete cure and has since been offered twice what he paid.

SAVE THE HORSE
Is sold with Signed Contract-Bond to return money if it fails on SPAYING, Ringbone, Thoracic or ANY Shoulder, Knee, Ankle, Hoof or Tendon Disease.

Our 96-page BOOK, a mind settler on 86 kinds of lameness, and our expert veterinary's advice are free to horse owners and managers. Be sure to send today for this FREE BOOK, also sample copy of Guarantee Bond.

TROY CHEMICAL CO., 142 Van Horne St. Toronto, Ont.
Made-in-Canada
Druggists everywhere sell Save-The-Horse with CONTRACT, or we send by Parcel Post or Express Paid.

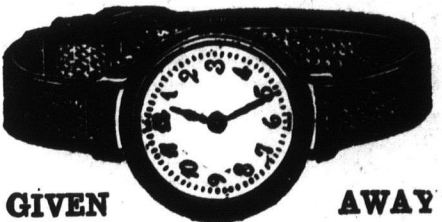


ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.
Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2 M Free.

W. F. YOUNG, P.D.F., 138 Lyman Bldg., Montreal.

Absorbine and Absorbine, Jr. are made in Canada.

The Very Latest!



GIVEN AWAY

Genuine [Swiss Wrist Watch; small, pretty, and fully guaranteed, lady's or gent's size—costs you not one cent, just a little of your time selling only \$6.00 worth of lovely Christmas postcards and booklets, at 3 for 5c, 2 for 5c and 5c each. You know people always buy lots of Christmas cards, and hundreds of thousands more will be bought this year, to send to our Soldiers. You just show the cards and take the money. One girl sold \$5.00 worth in half an hour and another \$5.00 worth in the next hour. A boy sold \$8.00 worth in one afternoon. YOU CAN DO AS WELL; just try them. BE FIRST IN YOUR NEIGHBORHOOD; ORDER TO-DAY. The (old reliable) Gold Medal Co., Dept. X-3 Toronto