

noise for just that. I can assure him that I know a good thing when I see it. I hope he was not the young man that was left behind by the girl who preferred a boy that could take a glass of liquor. I think he must be a "tight-wad" the way he puts down "Spends all his money on her."

"Lone Star" has my sympathy, for I think that anyone who lives out on the ranch must find it lonesome. I would not mind corresponding with him if he will only write first. "One of the 68" may hear from me before long, so as to help him pass the winter evenings in the barracks. I will let "Western Sport" know what we do to help our soldiers at the front. I have learned how to knit and have helped mother making three pairs of socks. I have also made knap-sacks for the soldiers and have taken part in the concerts given here for the Red Cross Society. There is a "Five-hundred Card Party" to be given to-morrow night for the Red Cross Society, and we furnish the lunch.

Lonely Brown Eyes.
P.S.—My address will be with the Editor and will be pleased to answer any letters.

Skating Preferred

Dear Editor,—I have been reading The Western Home Monthly for quite a while now and I like it very much. I think most of the stories in it are very interesting.

It is pretty cold up here in Alberta these days. It keeps up between 30 and 40 below zero every day. I am very fond of sport. I like hockey about the best of all. I go to a dance now and again, but I like skating better than dancing. I am a quiet young man of seventeen and I would like to hear from some of the correspondents if they would take the trouble to write. I would like to make the acquaintance of "Shy Boots." I will close, hoping to see this letter in print. My name is with the Editor.

A True Westerner.

No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.

Against Liquor and Tobacco

Dear Editor and Friends,—We have had The Western Home Monthly in our home for a number of years and I must say we would not be without it for anything, and the correspondence columns are the first pages I turn to.

Well, I am one of those boys of the middle West who live away out on the broad open prairie of Saskatchewan. Now let me tell you, dear readers, those of you who are in Ontario and who have never been in Saskatchewan, if you could just come out here and live for a year or two, I don't believe you would want to go back to Ontario to live for anything. Well, I must not dwell on this great West of ours much longer, but I must say I think all these Westerners are proud of these great plains.

Well, friends, I am between 20 and 25, tall, and have light hair and blue eyes, so now I think you can guess that I am not bad looking. I am very proud to say I do not use tobacco or liquor in any form, and you who indulge in these bad habits, just put them under your feet. Now, Mr. Editor, I think you will agree with me. And I say, girls, stay with the boys who can avoid these bad habits. I quite agree with what "Just a Boy" says in January issue on this subject.

Isn't this an awful war which is raging now in Europe, and if it wasn't for my farm and mother I believe I would be at the front right now.

Well, I must close now, hoping to see this in print, and would be glad to hear from anyone who would care to write.

Prairie Lad.

An Outdoor Sport

Dear Editor and Readers,—I have at last taken courage to write to your most interesting columns and hope to see my letter in print.

We have taken The Western Home Monthly for a long time, but although I always read the letters first, I certainly enjoy all the paper.

My, we are having such a lot of snow this winter, and more yet to come I guess. Christmas is past once more and I suppose you all received something. I got a lovely wrist watch for one thing and I like it best of all.

I think the "Country Girl's" letter, in your December number, comes up to my views exactly. I certainly am not ashamed of my father in his overalls. I can imagine I see him out working around the stable in his good clothes. Some of the people around towns dress worse than the farmers.

For myself I like nothing better than a good long horseback ride, on good roads, in overalls and leggings. I think when I get dressed in men's clothes I am just about "it." I have been seen by nearly all my friends and I don't think they think any the less of me. I am fond of all outdoor sports and it is much handier to ride in overalls than with skirts flying, I think. But, of course, everyone has their own opinion.

I cannot skate very good, neither can I dance, but intend to learn.

It is very quiet around here in winter time, as there are not many young people, but we try to put in the time some way. We have the telephone in around here and you can often have as much fun on it as if you were altogether.

Well, I guess I had better close for this time. I will give a slight description of myself. I am tall and brown hair, hazel eyes, fair complexion and am considered fairly good looking, but will leave that part for others to judge.

Isn't this war terrible? I know several boys that have gone. Some were back here for Christmas and they seem to think soldiering is alright. If I was a boy I would certainly enlist. My, I hope it will soon be over.

A Soldier's Admirer.

Although well known, it is worth reminding lamp users that chimneys which have been boiled will not crack easily, that is, put on in some cold water and brought gradually to the boil.

HONESTLY BELIEVED HE WAS GOING INTO CONSUMPTION.

DR. WOOD'S Norway Pine Syrup CURED HIM.

Mr. Frank E. Anthony, 69 Ellen Street, Winnipeg, Man., writes: "Having taken several bottles of Dr. Wood's Norway Pine Syrup, during the past few weeks, to relieve a chronic cough and general throat trouble, allow me to express my unbounded satisfaction and thanks as to its sterling qualities. A short time ago I became suddenly subject to violent coughing fits at night, and directly after rising in the morning, for about an hour, and found I was gradually losing weight. All my friends cheerfully informed me that I looked as though I were going in consumption, and I honestly believed such was the case. However, after having taken several bottles of 'Dr. Wood's' I am pleased to relate that the cough has entirely disappeared, along with all the nasty symptoms, and I have since regained the lost weight. I have no hesitation in recommending Dr. Wood's Norway Pine Syrup as a sure cure for all those troubled in a like manner."

When you ask for "Dr. Wood's" see that you get what you ask for. It is put up in a yellow wrapper; three pine trees the trade mark; the price, 25c and 50c.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

NURSE'S KIDNEY DISEASE

Was in Frightful Pain and 2 Operations Failed--Cured by Dr. Cassell's Tablets

Two years ago Nurse Dowdeswell, of 37, Alfred-street, Gloucester, England, wrote to say that Dr. Cassell's Tablets had cured her of acute kidney trouble, and saved her from operation. Seen recently by a special representative, she said:—

"I am pleased to say that I have had the best of health since I told you of my cure by Dr. Cassell's Tablets some two years ago. People remark on how well I look. When I think of what I suffered before I knew of Dr. Cassell's Tablets, I feel I can never sufficiently praise your splendid medicine. Kidney trouble had reduced me to such a state of helplessness that I

could not walk alone. I had undergone two operations, and taken endless medicine; but nothing helped me. Often I was in frightful pain, pain that lasted for hours at a time. I was also a martyr to dyspepsia, and so weak and spiritless that I used to wish I could die and be done with suffering. Although, as I have said, I was twice operated on for kidney trouble, I got no relief at all. I was urged to undergo a third operation for the removal of a stone on my left kidney, but by that time I was taking Dr. Cassell's Tablets, and the benefit was so apparent that I refused the operation and persevered with the Tablets. After that I passed no fewer than ten stones at various times. Then I mended rapidly. I had no more pain; the dyspepsia, too, was cured, and I began to gain flesh. In a remarkably short time I was thoroughly well and strong. Now, if ever I feel a little run down—and my work as a nurse is sometimes very trying—I just take a dose or two of Dr. Cassell's Tablets, and they never fail to set me up again. They are just splendid."



Nurse Dowdeswell

DR. CASSELL'S TABLETS

Dr. Cassell's Tablets are Nutritive, Restorative, Alterative and Anti-Spasmodic, and of Great Therapeutic value in all derangements of the Nerve and Functional Systems in old or young. They are the recognized modern home remedy for:

Nervous Breakdown	St. Vitus' Dance	Dyspepsia	Wasting Diseases
Nerve Paralysis	Anaemia	Stomach Catarrh	Vital Exhaustion
Spinal Paralysis	Sleeplessness	Brain Fag	General Debility
Infantile Paralysis	Kidney Disease	Headache	Loss of Flesh
Rickets	Back Pains	Palpitation	Premature Decay

Specially valuable for Nursing Mothers and during the critical periods of life. Drugists and Dealers throughout Canada sell Dr. Cassell's Tablets. If not procurable in your city, send to the sole agents, Harold F. Ritchie & Co., Ltd., 10 McCaul St., Toronto, who will see you are supplied. One tube 50 cents, 6 tubes for the price of five. War tax 2 cents per tube.

SEND FOR A FREE BOX

A free sample box will be sent you on receipt of 5 cents, for mailing and packing, by the sole agents for Canada, Harold F. Ritchie & Co., Ltd., 10, McCaul St., Toronto, Ont. Dr. Cassell's Tablets are manufactured solely by Dr. Cassell's Co., Ltd., Manchester, England.

