

HOW TO PRESERVE YOUTH AND BEAUTY.

One great secret of youth and beauty for the young woman or the mother is the proper understanding of her womanly system and well-being. Every woman, young or old, should *know herself* and her physical make up. A good way to arrive at this knowledge is to get a good doctor book, such for instance, as "The People's Common Sense Medical Adviser," by R. V. Pierce, M. D., which can readily be procured by sending thirty-one cents for cloth-bound copy, addressing Dr. Pierce, at Buffalo, N. Y.

The womanly system is a delicate machine which can only be compared to the intricate mechanism of a beautiful watch which will keep in good running order only with good care and the proper oiling at the right time, so that the delicate mechanism may not be *worn out*. Very many times young women get old or *run down* before their time through ignorance and the improper handling of this human mechanism. Mental depression, a confused head, backache, headache, or hot flashes and many symptoms of derangement of the womanly system can be avoided by a proper understanding of what to do, in those trying times that come to all women.



MRS. WILLIAMS.

Mrs. G. H. WILLIAMS, of Lynnhaven, Va., writes: "It is six years since my health gave way. I had female trouble and all the doctors (I employed three) said I would die. I was not able to do my work, had to hire someone all the time. Finally, I read in the papers about Dr. Pierce's Favorite Prescription, and decided to try it. I had not taken but one bottle until I found it had done me good. I took, in all, five bottles of 'Favorite Prescription' and two of 'Golden Medical Discovery,' and now I am able to do all my housework, and have gained fourteen pounds. I advise all women who suffer from female trouble to try your 'Favorite Prescription.' It's the only medicine on earth."



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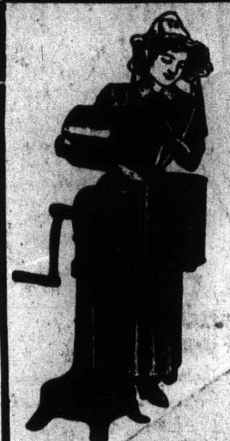
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A Mother's Love

Written for The Western Home Monthly by W. R. Gilbert, Calgary.

THE time was two o'clock and a glorious autumn afternoon, and the place was Simla. The sun shone with a splendor only seen in tropical countries, and a solemn hush lay over the face of the earth, and the unclouded blue of the sky.

In a lofty room opening directly on to the wide verandah of a bungalow stood Colonel Stuart of the Bengal Horse Artillery and a girl of twenty-one summers.

He was a powerfully-built man with dark hair streaked with silver. For the rest, he was brave, honorable and distinguished, and inspired all ranks with confidence in his power and capacity.

"Must you really go to the Viceregal Lodge, John? Couldn't you stay with me for just one afternoon? I cannot understand my own feelings, but I have a presentiment that evil is near—a strong presentiment," said Nora Stuart in an earnest tone with a pleading ring in her accents.

The slightest possible misgiving arose in his mind by the earnestness with which she spoke, but he banished it at once. A tender smile hovered round the corners of the resolute mouth as he placed a hand on each of her shoulders and looked into the upturned eyes which had darkened and softened in a wonderfully touching way as they always did



Taking the Health Cure. G.T.P. Ry., Minaki, Ont.

He had been through the Crimean War, and had rendered important service in India. On the outbreak of the mutiny, he had commanded the troops despatched to Lucknow, and had relieved the besieged residency after a march involving the utmost difficulty and danger.

Since then he had been back to England on furlough, when he had wooed and married a beautiful Irish girl, and had taken her out to Simla, where his regiment had been stationed for two years. He loved her with a tenderness peculiar to certain stern characters, and her love for him was like heaven's love—it knew no variableness.

A perfect unity of feeling existed between the young wife and her husband—that mysterious affinity of souls, properly attuned one to the other, without which no married life can be complete.

His dark, grey eyes usually wore a preoccupied look, but they were not preoccupied now. They were full of admiration as they gazed down on the slender figure by his side.

when she was troubled.

"You mustn't give heed to such foolish fancies, darling. Probably the slight oppression in the air is the sole cause of your fears. Much as I should like to remain with you, sweetheart, I cannot neglect a duty, but I shall not be long away." Then, taking out his watch and looking at it, he observed, "It is ten minutes past two, and I shall be home again by five at the latest, in less than three hours. Now, let me smooth out these wrinkles," shaking her forehead with a caressing touch. "Promise me, little woman, not to worry during my short absence."

She made no answer at first, but her face betrayed hesitation. He bent nearer to her and spoke still more earnestly. Then her lips curved with a smile.

"I promise," she answered in a tone of forced cheerfulness.

With a gentle movement he pressed her head gently backward and his lips met hers. A moment later she was standing outside the verandah intently watching him mount his horse and can-