

Catarrh Truth

TOLD IN A SIMPLE WAY

No Apparatus, Inhalers, Salves
Lotions, Harmful Drugs, Smoke
or Electricity

Heals Day and Night

It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or massage. No powder; no plasters; no keeping in the house. Nothing of that kind at all. Something new and different.



ent, something delightful and healthful, something instantly successful. You do not have to wait, and linger and pay out a lot of money. You can stop it overnight—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at once like magic.

I Am Free—You Can Be Free

My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST 1 CENT

Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz: Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand and I will write to you with complete information. FREE at once. Do not delay. Send postal card or write me a letter to-day. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

SAM KATZ, Room J 2559

142 Mutual Street Toronto, Ont.

RIDER AGENTS WANTED

In every locality to ride and exhibit a 1916 Hyslop Bicycle with latest improvements.

10 DAYS' FREE TRIAL. Every Hyslop Bicycle is sold with the understanding that if owner is not satisfied after using bicycle 10 days it can be returned and money will be promptly refunded.

DO NOT BUY a Bicycle, Sundries, Tires or Sporting Goods until you receive our latest literature and special money-saving proposition.

TWO CENTS. In all it will cost to send us a postal, and we will mail Free, postpaid, a handsome Art Folder showing our complete line of Bicycles in large size (actual colors) also Catalogue of Sundries, Tires and Sporting Goods. Do not wait. Write to-day.

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FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.

Correspondence

Ideals and Our Sacrifice

Dear Editor—We have long known in our hearts what Britain stands for; but it was not until the cry of an outraged nation reached our ears that we were made to search our thoughts and make our ideals explicit to ourselves and to others.

We believe in chivalry, in fair play and in kindness. These things first and foremost, and we believe, if not exactly in a democracy, yet in a government under which we may think and speak as we will. We do not believe in war, but we do not believe in being trampled on. We are firmly convinced that the ideals for which we stand, and which we have insistently tried to carry out, are essential to the peaceful progress and happiness of humanity, and it is for these ideals that we have drawn the sword. But what is the price we are having to pay to maintain these ideals? Surely never was a nation in the world's history put to a greater test of character than the one to which our nation is being subjected at the present time.

Was she found wanting in her national ideals? Surely the glowing tales that have been added to the pages of her history during the last eighteen months give us a satisfactory answer.

The price we are having to pay to maintain these ideals can best be understood when we remember the heroic sacrifice that has been made on the part of those men who have given up all in the maintenance of their country's honor and ideals. Men, noble in character and in strength of purpose, whose memory we shall ever honor. Their loyalty to their country in her hour of need; their love of right and freedom, and above all, their willing sacrifice of self, even unto death, is the "thing that has burned itself into our very heart and soul, and we can never forget."

Who loses his life has made it
Greater than ever it seemed;
All that he loved and longed for,
More than he hoped or dreamed.

Who gives his life for his country,
Is he who has learned to live
Giving for me and others,
All that he has to give.

With holding your life, you lose it,
And most that is precious beside,
The rapture of self-surrender,
Passionate love and pride.

All that our empire stands for;
All that our aims uphold;
Valor and virtue of manhood,
Under our flag enrolled.

This is the day of atonement
For things we have left undone.
O! God, but the price is heavy,
Father and husband and son.

We can never forget the brave sons of Britain who have laid down their rifles on the battle-scarred field of Europe. Neither can we forget the boys from the overseas colonies, for they, too, have fought and still are fighting for these same ideals.

In this fair Canada of ours—a country that has been living in the bracing air of great ideals—a land that has been peculiarly blest with the gospel of Christ—have we not responded in like manner? Are we not proud of the boys who have sacrificed their all in the support of those ideals, and of the great sacrifice that has been made by our fathers, mothers, sisters, brothers, who have not counted self, but the future happiness of our race? We are, and justly so. The memory of their willing self-sacrifice—their response to the greatest call that has ever come to mankind, become our sacred heritage.

They tell us that not a sound has ceased to vibrate through space; that not a ripple has been lost upon the ocean—much more is it true that not one life, when sacrificed to the cause of freedom, honor and justice, will have been given in vain.

Christ and His Mission has not failed, as some sceptics would have us think; nor can the principles for which His

A Straight Talk

Dear Editor—After reading "Ivanhoe's" letter in the March issue of The Western Home Monthly on Votes for Women, I feel I must just reply to it. Ivanhoe wishes us to understand he is entirely in favor of votes for women, for surely doesn't he think his mother and sisters are (mark you) fully as much entitled to express their opinion for the country's welfare and back it up by having the vote as the cad who accepts a bribe directly or indirectly, etc., etc. No very high level on which to place a mother and sisters—still let it pass—for we are classed with lunatics and criminals until we get the franchise.

How does Ivanhoe feel so sure the women do idolize the militant suffragette, and what does he know about "why" some of our sisters are "militants?" If Ivanhoe had had the misfortune to be born a woman and, on account of sex, have no rights, and when slowly but surely he awoke to the injustice of it all, and found out that natural womanly ways would not procure her what she needed for herself and sisters and children and posterity, when she had realized the unfairness of existing laws and conditions, what would Ivanhoe then do—why he would naturally think of what the men do to get what they want when gentlemanly ways fail. Why do they fight just as they are doing to-day, destroying works of art and architecture, life and property, he knows what the men are doing and he knows whose sons are they that have to go under? Woman's sons; she is the greatest loser. Hasn't she raised those sons and as women can raise sons and daughters. Both should have equal rights. If she can raise a son to be a Member of Parliament, so she can raise a daughter to be a Member of Parliament. There would be nothing unwomanly in being a Member of Parliament, and I am sure the woman that would be voted to that position would fill it very ably. There would be nothing ridiculous out of her sphere about it.

I think this "Member of Parliament" is just one little corner Ivanhoe would still reserve for men, but thank goodness there are broad-minded men in the world to-day who will not submit to that injustice, but give the women the same chance as the men and extend to us the whole franchise.

"Rebecca," a Farmer's Wife.

A Canadian's Privilege

Sask., March, 1916.

Dear Editor—Having been a reader of your clean and instructive paper for sometime, I take the privilege of writing to the correspondence column. I am one of the many bachelor homesteaders who feel the winter evenings somewhat long and would like to hear from some of the readers. Quite a number of the boys who came and settled in this district with me have gone and joined the colors. I have three brothers who have enlisted and I would like to join myself but circumstances have made it impossible at present. Yet when we, who cannot go, look around and see the many things we can do to help the boys who have gone, we need not be idle. So let us plan and work out our plans and we can do wonders for our country and ourselves.

What a great privilege to be a Canadian, to live in a country and under a flag which stands for right, liberty and honor, which makes it impossible for us to fail in anything we undertake. So we know our soldiers will return and when victory is ours, with honors which gold cannot buy. My address is with the editor.

"A Canadian."

Heart Was So Weak Could Not Go Up Stairs Without Help.

When the heart becomes weak and does not do its work properly the nerves become unstrung and the whole system seems to go "all to pieces."

When this happens you need a tonic to build up both the heart and nerves, and Milburn's Heart and Nerve Pills will accomplish this for you, providing you do not let your case run too long and allow it to become chronic.

Mrs. Evangeliste Loverdure, Fort Coulonge, Que., writes: "Last summer my heart and nerves were so bad I could not sleep at night, and my heart was so weak I could not go up stairs without help. My doctor said he could do no more for me as my heart was completely done. A cousin of mine came in one day and told me that Milburn's Heart and Nerve Pills cured her completely. I immediately gave her 50 cents to bring me a box, and since that day there is a box always on my sideboard. I am now well, and my heart and nerves are stronger than when I was a little school girl. I advise anyone with heart trouble to try them. No doctor can beat them."

Milburn's Heart and Nerve Pills are 50c per box, 3 boxes for \$1.25; for sale at all dealers; mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

22-inch Switch \$1.98 Special
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Switches Hair Goods

Ladies, send us your combings. We make them up into switches at 50c per ounce.

We will add new hair as desired to combings at from \$2.00 upwards.

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ALLAN CAMERON, General Supt. of Lands, Desk 16, Dept. of Natural Resources, C.P.R., Calgary, Alberta.