

# WOMAN'S BACKACHE



The back is the mainspring of woman's organism. It quickly calls attention to trouble by aching. It tells, with other symptoms, such as nervousness, headache, pains in the loins, weight in the lower part of the body, that a woman's feminine organism needs immediate attention. In such cases the one sure remedy which speedily removes the cause, and restores the feminine organism to a healthy, normal condition is **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

Mrs. Will Young, of 6 Columbia Ave., Rockland, Me., says: "I was troubled for a long time with dreadful backaches and a pain in my side, and was miserable in every way. I doctored until I was discouraged and thought I would never get well. I read what Lydia E. Pinkham's Vegetable Compound had done for others and decided to try it; after taking three bottles I can truly say that I never felt so well in my life."

Mrs. Augustus Lyon, of East Earl, Pa., writes to Mrs. Pinkham: "I had very severe backaches, and pressing-down pains. I could not sleep, and had no appetite. Lydia E. Pinkham's Vegetable Compound cured me and made me feel like a new woman."

**FACTS FOR SICK WOMEN.** For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

**160 ACRES WESTERN FREE FARMS**  
 20 to 40 Bushels Wheat to the Acre.  
 40 to 80 Bushels Oats to the Acre.  
 Timber for Fuel and Building FREE.  
 Good Land with Low Taxation.  
 Splendid Railroads and Low Rates.  
 Schools and Churches convenient.  
 Satisfactory Markets for all Productions.  
 Good Climate and Perfect Health.  
 Chances for Profitable Investments.

## What a Settler Can Secure in WESTERN CANADA

180 Acres Grain-Growing Land FREE.  
 20 to 40 Bushels Wheat to the Acre.  
 40 to 80 Bushels Oats to the Acre.  
 Timber for Fuel and Building FREE.  
 Good Land with Low Taxation.  
 Splendid Railroads and Low Rates.  
 Schools and Churches convenient.  
 Satisfactory Markets for all Productions.  
 Good Climate and Perfect Health.  
 Chances for Profitable Investments.

## Revised Homestead Regulations

By which entry may be made by proxy (on certain conditions), by the father, mother, son, daughter, brother or sister of intending homesteader. Entry fee in each case is \$10.00. For pamphlet, "Last Best West," containing full details, routes, best time to go and where to locate, apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 131 Jackson St., St. Paul, Minn., and J. M. MacLachlan, Box 215, Watertown, So. Dakota. Authorized Government Agents. Please see where you saw this advertisement.

## Northwestern Harness Co.

Established 1858. 20 years square dealing. 312-314 Pearl St., Sioux City, Iowa. Order direct from our factory and save for yourself all jobbers' and dealers' big profits. Send for catalog No. 27.



Just as good as sells for \$35.00. When writing to advertisers please say you saw the advertisement in this paper.

**W. L. DOUGLAS SHOES**  
 \$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY.  
 MEN, BOYS, WOMEN, MISSES AND CHILDREN.  
 W. L. Douglas makes and sells more men's \$3.50, \$3.00 and \$2.50 shoes than any other manufacturer in the world, because they hold their shape, are of greater value than any other shoes in the world to-day.  
 W. L. Douglas \$4 and \$5 Bill Edge Shoes Cannot Be Equalled At Any Price.  
 W. L. DOUGLAS, Brockton, Mass.

**NO MORE MUSTARD PLASTERS TO BLISTER**  
 THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT.  
**Capsicum-Vaseline**  
 EXTRACT OF THE CAYENNE PEPPER PLANT TAKEN DIRECTLY IN VASELINE.  
 DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.  
 A QUICK, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c. IN COLLAPSIBLE TUBES MADE OF PURE TIN—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS.  
 A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "It is the best of all my preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine.  
 Send your address and we will mail our Vaseline Booklet describing our preparations which will interest you.  
 17 State St. CHESEBROUGH MFG. CO. New York City

## IMMIGRATION FROM SOUTH EXPECTED.

U. S. Farmers Are Recognizing Splendid Opportunities Offered by Western Canada.

St. Paul, Minn., February.—Present indications are that the Canadian Northwest will draw an exceptionally heavy movement of new settlers from the United States this year. It should surpass the banner record for 1907. This is not only based on the fact that the Americans have come to realize generally that the Canadian Northwest offers splendid opportunities, but also because the railroads have awakened to the fact and are offering rates to the Canadian Northwest which are exceptionally favorable.

The lines which lead to St. Paul from the east and south are offering homeseekers' rates to the Canadian Northwest this year which are on a parity with those in existence to the southwest for a couple of seasons. These rates can be obtained from any agent of the Canadian Government, who will be pleased to give all information possible regarding those districts which offer the greatest inducements to settlers. The weather throughout Western Canada has been remarkably good this year. A telegram from the winter wheat belt of Southern Alberta dated at Cardston, Alberta, January 29th, says:

"This winter up to January 25th, was nothing short of a marvel, in fact, it was the finest anyone can remember for twenty-five years, though there have been others nearly as good. The days were fine, sunny and warm with light frosts at night. Overcoats and gloves, etc., were discarded by most people in the day time. There was so little frost in the ground that potatoes could be dug without any trouble after the first inch was broken through. Winter wheat remained fresh and green although there has been no snow since the September storm. If there is an early spring, winter wheat should gain a great start."

Amongst the reports of the yield last year the following extracts are taken:

H. Howe, of Magrath, Alta., writing on November, 1907, says: "I have 70 acres in crop, 50 acres of wheat and 7 acres of oats. My average yield of oats was 35 bushels to the acre, and of wheat 45 bushels. The value to me was \$35 per acre."

J. F. Haycock, of Magrath, writes in November: "I had 65 acres in winter wheat which went 60 bushels to the acre; oats averaged 80 bushels. I also had 12 tons of hay worth \$10 per ton. I got 600 bushels of potatoes from 3 acres of land; I got 8 tons per acre from 5 acres of sugar beets."

J. F. Bradshaw, of Magrath, had 1,030 acres of winter wheat last year which averaged 39½ bushels to the acre. The value of his farm products per acre was: Wheat, \$31.80; oats, \$11.20, and barley, \$25.15.

An English newspaper had this death notice the other day: "At Stratford-on-Avon, age seventy-five. William Shakespeare. At rest."

**WHAT CAUSES HEADACHE.** From October to May, Colds are the most frequent cause of headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 250, Quincy, N. W. Hide & Fur Co., Minneapolis.

Rome, under Augustus, had a fire brigade and force of night police, numbering in all 7,000 men.

**A BEAUTIFUL WATCH FOR FREE** To those who ship us \$5 worth of hides or to those who buy guns or traps to that amount. N. W. Hide & Fur Co., Minneapolis.

The Zambesi bridge is 420 feet above the water, against 100 feet for the Niagara bridge.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Pain is never known to fall in the region between the first and second catarrhs of the N.W.

Nothing can be better than Nature's mild laxative, **CASTORIA**. Made of Herbs, it overcomes constipation and indigestion, purifies the blood and eradicates disease.

**CASTORIA** For Infants and Children. The Kind You Have Always Bought. Bears the Signature of *Chas. H. Fletcher*

## THE HEATHEN.

The heathen in his folly eats anything that's good. He doesn't fry to choose the food that science says he should; He dies, gray-haired and weary, at four-score years and ten, And what most sorely vexes him is that he can't eat then.

Keep away from pickles, keep away from spics, Keep away from cabbage, corned beef, and rice, Never eat a thing that's sweet, and always eat it cold, And thus you'll save your intellect from growing stale and old.

The heathen drinks the water that bubbles from the spring, He thinks that if it stokes his thirst it is the very thing; He'll kiss his sweetheart on the lips instead of on the chin, And not suspect that he commits a scientific sin.

Keep away from appetite, keep away from thirst— These of all the foes on earth to science are the worst; Keep away from exercise, keep away from thought, And you will live until you die, if you're not sooner caught.

—Norfolk (Va.) Landmark.

## Under the Clock

"Naturally," said Cynthia, "I refused." "Why naturally?" "Oh, because—well, because—" "A remarkably good reason!" I said gravely. "May I ask whether it struck you in that light also?" Cynthia stooped in the middle of the path and turned to face me. "Would you expect any man to take 'No' for an answer and go away, right away, without even waiting to see if I wanted to change my mind," she demanded wrathfully. "Never having had any experience, I can't say; but, still, where you are concerned, I shouldn't."

"Well, he did."

We resumed our progress down the garden.

"And he?" I queried.

"Oh, he!" said Cynthia. "I've never seen him since nor heard a word from him. I expect he has even forgotten my existence."

We stopped at the gate leading into the wood, and I slipped my hand into Cynthia's.

"And you?"

Cynthia rested her elbows on the top of the gate, holding my hand against her soft cheek.

"I?" she repeated. "I would give all my fortune—all in the world, to tell you."

Down went the fair head on to her clasped hands, and I needed no words to complete that unfinished sentence. I let her cry, though Heaven knows my heart was sore for her. Fragile, sunny-hearted Cynthia, with all her love of laughter, reserved and proud, I knew things must have gone hardly with her for her to give way so utterly.

Presently she raised her head and stared steadily out at the moonlit wood.

"He was so different from other men," she said softly. "One felt one could trust him in every way. He never made pretty speeches like the others, nor tried to flatter me. We were just friends all the voyage, but at the end I knew he cared, and I was glad."

"Cynthia," I said, "why did you refuse him?"

Even in that faint light I could see the rush of color to her face.

"It was all so silly, I'll tell you, Caryl, because you always understand. It was just before we got to Marseilles. I was on the deck by myself; it was quite dark, you know, and the two Harris girls—you remember I told you about them in my letters?"

"Yes, the two who were so jealous of you."

"They came and stood quite close to me—I suppose they didn't see me—and they were talking about me and—Maxwell."

"Maxwell?"

"His name was Maxwell Errington. Isn't it a pretty name, Caryl? They were saying he was in love with me, and Jane—that was the elder—said, with a sneer, 'Or her money more likely' and Maud laughed. She said, 'Oh, he'll propose all right before we get home, you see! I wonder if she will accept him, and Jane said, 'Of course she will. Any one can see the little fool is head over heels in love with him, and she wouldn't throw away a chance like that even if she has money.'"

Cynthia's voice faltered.

"Brutes," I murmured indignantly. "Then they went away, and directly afterward he came and—Oh, Caryl, can't you understand what I was feeling? I couldn't help it, my heart was so sore."

Yes, I could understand. Well I knew the storm of wounded pride that would have raged in Cynthia's heart, the irritated, hurt delicacy. Poor Cynthia.

"He was so good, Caryl, even then, though I knew from his voice what he was suffering; he only thought of me. When he took me back to the saloon I never dared to look at him. I was afraid. He went ashore at Marseilles, and I've never seen him nor heard of him since. I don't suppose I ever shall."

She was crying again, softly, and I took her into my arms.

"Don't cry, darling," I whispered. "It will come right some day—it must. You were never made for unhappiness."

"Do you really think so?" she said wistfully.

"I'm quite sure of it. And now you must come back to the house; it is growing chilly, and I have to take care of you."

I lay awake a long time that night thinking of Cynthia. She had only just come home after a two years' absence. The doctor had ordered her a long sea voyage to counteract a constitutional delicacy. Cynthia was an orphan, heiress to a large fortune and we two had been inseparable till her lengthy absence. My mother had taken the lonely child to her heart, and Cynthia

## letter mechanically, not taking in its sense.

"Your affectionate cousin," Thanks; that's all."

Then the words which had danced before my eyes became coherent sentences. It was a short note to a cousin, married, as I saw from the address of the envelope, "Mrs. G. Farnham," asking her to meet him with her husband under the clock at London Bridge Station at 1:30 the next day. Evidently they were going up the river. But were they?

"If you will leave these with me," I said, "I will do them up and see they are posted."

"That will save time," he said, looking at his watch. "Thank you. If you will be so kind."

He gave me the stamps, paid the fee, and with a courteous, "Good morning," hurried away.

I fastened up the envelopes, then tore up the letter I had begun to Cynthia and wrote:

"Dearest Cynthia: Meet me under the clock at 1:30 at London Bridge Station to-morrow without fail. Wire if you cannot come, but don't fail me unless absolutely impossible. Very, very important."

I knew Cynthia would break any engagement rather than disappoint me, and there was just a chance left for her happiness. Somehow or other, I regret to say, I omitted to post Mrs. G. Farnham's letter till 11:30 the next morning.

At five minutes before the time appointed, from behind a sheltering pillar, I saw to my great relief Maxwell Errington's tall figure pacing to and fro. He glanced up at the clock, then turned to watch the people streaming through the barrier. Just then I caught sight of Cynthia hurrying across from the opposite direction. She looked as dainty and sweet as a summer rosebud in her white muslin gown. She went straight to the clock, and Maxwell at that moment turned and saw her.

"Cynthia!"

"Max!"

He had both her hands in his regardless of bystanders, and if ever love shone in a man's eyes it was in Maxwell Errington's as he looked down at Cynthia's beautiful face. Then, apparently oblivious of the fact that each had come to meet a different person, they moved away together.

I fled hastily.

Mrs. G. Farnham, I am glad to say, has quite forgiven me.—Philadelphia Telegraph.

## FIG PACKING IN SMYRNA.

This Means Work for Many Thousands in Early Fall.

The account of fig packing in Smyrna by Consul Norton is of interest to the growing fig industry of California, where, it is claimed, the Smyrna fig is grown better than the original, says the New York Post. The consul says that the fruit ripens about the middle of August, when it is picked and dried in the open air in from three to six days. It is then packed in sacks of about 250 pounds each, two of which constitute a load for a camel, and transported to the nearest railroad station. After arrival at Smyrna camels likewise transport the sacks to the warehouses of the dealers. Camels are not employed in this connection, as the fruit is liable to be damaged when the sacks are piled one on the other. The arrivals from the country are promptly bought up by the various great packing houses, which have each a large corps of employes, chiefly women and girls, for the operations of sorting, washing, drying and packing the fruit. This means work for many thousands in Smyrna during the months of September and October and the average degree of prosperity among the lower classes during the entire year is largely dependent upon the amount of money set in motion during this short period.

The sorting of the figs is carried out with great care. Color, but more especially size and thickness, or rather thinness, of skins, guides the classification. The inferior grades, the so-called "bordas," culls or refuse, are eliminated and sold for purposes of distillation. A certain quantity of this grade is exported to Austria and Hungary and used as a substitute for chicory. The delicate flavor of Vienna coffee is due to the presence of dried fig powder.

The better grades are prepared for export in various ways. The least expensive is packing in linen or other bags and is used usually for the less valuable qualities. The finer grades are subjected to a certain manipulation before being tightly packed in boxes containing from one to eleven pounds. During the manipulation the workmen continually dip their fingers in sea water. As a result the fruit is better preserved and the sweetness is not diminished by long keeping. The term "macaroni figs" is applied to fruit which has been gently rolled between the palms of the hand, so as to resemble an elongated ellipsoid. "Loucoum figs" are prepared by pressing the fruit into a rectangular form, not dissimilar in size and appearance to the oriental confectionery well known under the name of "Turkish delight," or "loucoum."

The great majority of the choicer figs (the so-called oleme, i. e., selected) are packed in layers. The upper side is split and the fig is flattened out. This method allows expert manipulators to give a more presentable appearance to small figs than is possible in preparing "macaroni" or "loucoum" figs. The "macaroni" style of packing involves the least disturbance to the internal structure of the fruit. The "loucoum" style leaves it most nearly the original size and is the best adapted for any subsequent manipulation by importers. The latter two methods are the most favorable for proper curing during transportation. Boxes of figs prepared by any of the three latter methods are usually exported in crates holding about 330 pounds.

## Wonderful Head.

Percy—Yes. It's rather a neat tie. Who gave you the idea?

Clolly—Nobody. I got it out of my own head.

Percy—Oh! Blocked it out yourself, did you? Chicago Tribune.

## REGARDLESS OF BYSTANDERS.

and old Mr. Garton wants me to take down some letters for him now."

"Don't hurry," I answered. "I'll write some letters for myself while I'm waiting if one of the machines is disengaged."

"You can have any one you like," said Marian, picking up her pencil and note-book.

"If any one comes on business, I'll take down the letters," I called after her.

I took off my hat, sat down, and began to type my letters. Marian had taught me some time ago, and often in my spare time I ran in to help her.

I was in the middle of a note to Cynthia, when the door opened and a tall young man came in. He raised his hat courteously as I looked up.

"May I trouble you to write a few letters for me? They are rather important, and I should like to get them off at once."

"Why, certainly. If you will dictate them to me I will take them straight down on the machine."

He placed his hat on a chair, and sat down.

"Thank you. I am leaving for Australia at the end of the week, and there seem so many things to do at the last minute," he said smiling.

I noticed that he glanced in rather a puzzled way at me—perhaps he thought white muslin and red roses hardly a suitable garb for a city typist—but as I placed the paper in the machine he began his letter. I liked his voice, clear, refined, decided; I liked his face, too.

"Only one more," he said; then he stopped suddenly.

It was an oppressively hot day, my head ached after the long journey, and the weight of my hair felt unbearable. I had been running my fingers through it, almost unconsciously, but as I looked up, startled, he stammered:

"I really beg your pardon, but you reminded me, the way you did that, of some one I used to know."

Someone who did that! Why, surely Cynthia also had that same gesture; we had often teased each other about it. My glance fell on the letter he had just signed, "Maxwell Errington" in bold, characteristic handwriting.

"Some one you used to care for?" I asked involuntarily.

"Some one I do care for," he said very gravely.

I bent down, and, taking a fresh sheet of paper, inserted it in the machine, waiting for the last letter, but the action was quite unconscious, for my brain was whirling with a vain effort to find some way of telling him. But no, I simply could not tell him that Cynthia cared for him. I wrote the

## An Easy Solution.

There is usually more than one way to get out of a difficulty. Not every individual, however, is as ingenious in solution as the corporal of a famous Irish regiment. The incident is told in the Red Letter:

While on a march in India the pioneer corporal went to the quartermaster to borrow a camel to carry a spare tent. The quartermaster refused.

"I have only the cart, and this spare camel I am keeping for a case of emergency."

"Well," said the corporal, "can't you put the case of emergency on the cart, sir, and let me have the camel?"

"That will save time," he said, looking at his watch. "Thank you. If you will be so kind."

He gave me the stamps, paid the fee, and with a courteous, "Good morning," hurried away.

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## Along the New Line to the Pacific Coast

Through the Dakotas, Montana, Idaho and Washington, the building of this railway opens up a country full of possibilities. Rich farm lands are now selling at \$10 per acre and upwards. They are bound to increase in value within the next few years. Three new towns—Lemmon, Butte County, South Dakota; Hettlinger, Adams County, N. Dakota; and Bowman, Bowman County, North Dakota—have recently been established. Three months ago the sites of these towns were open prairie lands. Today at each place a well-built town, with a population of close to 500, is established; many trades and professions are represented. But there is plenty of room for more along the Pacific Coast extension of the

Chicago Milwaukee & St. Paul Railway

In the Dakotas, and in Montana, along the new line, the soil is dark loam with a clay subsoil; good water is plentiful; rainfall is ample to raise the crops; the climate is healthy; the air is dry and invigorating; winters are mild; growing seasons are long. The decided lands sell at \$10 per acre, and upwards. Last season many farmers made enough money from their first year's crops to pay for their land. The Judith Basin, in central Montana, offers exceptional opportunities in farming, particularly in wheat and alfalfa raising. The fruit-grower will find a good field along the new line in Washington. Apples, pears, plums, cherries, apricots and small fruits grow well there. Last year hundreds of acres of bearing orchards produced crops which brought from \$500 to \$600 per acre.

Pamphlets describing these openings are free for the asking.

F. A. Miller, General Passenger Agent, CHICAGO

Geo. B. Hayes, Immigration Agent, 95 ADAMS STREET, CHICAGO

## How to Exercise the Bowels

Your intestines are lined inside with millions of little suckers, that draw the Nutriment out of food as it passes them. But, if the food passes too slowly, the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays in transit.

They do not want any precious fluid of the Bowels, as Cathartics do. They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.

They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

Price 10c a box at all druggists. Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every box stamped "C.C.C."

But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it.

That's why Cascarets are the only safe medicine for the bowels.

Discouraging Prospects. "This organization is becoming more and more centralized every year," said the student of politics.

"Yes," answered Colonel Stillwell of Kentucky, "it's getting so that the States don't do much more than furnish titles for battle ships and popular songs."—Washington Star.

## MY CASCARET POCKET

The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely makes slippery the passage for unleading the current cargo. It does not help the Cause of delay a trifle.

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphate of Sodium, Aperient Water, or any of these mixed.

What does the Cathartic do? It mere flushes-out the Bow