

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

The man who is always telling what a lot of good he would do if he had the money never has any.

Cost Time. First ex-Convict—You said you had a diamond pin. What did it cost you? Second Ditto—Six months.

FIERY RED PIMPLES

Soothed and Healed by Cuticura Soap and Ointment. Trial Free.

Smear the affected skin with Cuticura Ointment on end of finger. Let it remain five to ten minutes. Then wash off with plenty of Cuticura Soap and hot water. Dry without irritation. Nothing like Cuticura for all skin troubles from infancy to age.

Free sample each by mail with Book. Address Postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Serves His Country Well.

Corporal Charles Sarrague, a veteran of the Franco-Russian war, in which he won the Legion of Honor, is again serving his country at the age of seventy-six years. His time as a sapper, and was recently awarded the war medal. He is rather small, with snow-white beard, and has the appearance of a man of forty. In private life he is a civil engineer. For twelve years before the war he was major of his native town of Avallon. In 1870 Corporal Sarrague had been called to the colors as a civil engineer and given the rank of captain. He was twice mentioned in dispatches. After the war he occupied himself with municipal affairs in his native town, and Auxerre owes much to him for his excellent administration. For twelve years before the war he offered his services, passed the examination, and after three months of training was sent to the front.

The Reason. "None of the governments has issued lately out of those white, blue or red books. I wonder why?" "I guess it's because they are all in one another's black books."

His Choice. "The fireman in the stable just now is looking for a horse." "I suppose he wants a plug."

A frenzied financier is one who provides for his family at the expense of those who are not cognizant of his game.

London's telephone and telegraph wires extend 73,500 miles overhead and 921,000 miles underground.

Takes Place of Call Boy. No longer will hotel clerks have to "page" the corridors, lobbies and bars when a visitor asks for a guest who cannot be found in his room. Popular Science Magazine says. It will only be necessary to take the key which Mr. Jones has left at the desk, and after a glance say, "Mr. Jones may be found in the grillroom."

The labor-saving device which will make this possible is a novel key tag which has recently been patented by a Chicago inventor. The tag, on which the number of the room is stamped, is oval, and is imprinted with a clock face. By means of a pin in the center of the tag the key may be fastened so that it will act as the clock hand, indicating the approximate time when the user expects to return. On the outer edge of the tag is a series of small holes. Near these are stamped the names of the various public rooms of the hotel. Another pin is attached to the tag by means of a light cord or chain, and this may be placed in any of the holes, indicating the place where he may be found.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Beautify Your Hair! Make It Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

Advice to the Healthy. Don't spit on floors or sidewalks. Set the consumptive a good example. If you must spit, spit into gutters or into a spittoon.

Live in the open air as much as possible.

Keep the windows open summer and winter, at home and at work.

Sleep with the windows open; but be sure that the entire body is warmly clad.

Fresh air, whether moist or dry, warm or cold, is good for you. Breathe through the nose. Breathe deeply.

Avoid dust. Avoid dusty occupations. Never stir up dust by dry sweeping. Sprinkle water or moist sawdust, or moist pits of paper over the floor before sweeping. Dusting should be done with a moist cloth.

Well, What Are Autos For? Her new electric was standing out in front of her house. She wished to call on the woman who lived across the street. Of course, the electric was right there; there was no need of one's walking. She got in, drove across the street, turning the machine as she did so, and alighted on the opposite curb.

Admonition Applied. "Young man, don't you know that it's better to be alone than in bad company?" "Yes, sir. Good-by, sir."

KIDNEYS CLOG UP FROM EATING TOO MUCH MEAT

Take Tablespoonful of Salts If Back Hurts or Bladder Bothers—Meat Forms Uric Acid.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.—Adv.

Fur-fishing Cooks. "There is a fellow who deals in treasures." "Jewelry?" "Nope, employment office."

For a really fine coffee at a moderate price, ask Denison's Seminoe Brand, 35c the lb., in sealed cans. Only one merchant in each town sells Seminoe. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminoe dealer.

Buy the 3 1/2 Canister Can for \$1.00.—Adv.

Probably. Wife—I don't know what makes Miss Cranleigh so positive about everything. Hub—Probably her sex, my dear.

What She Needed. Mistress—What do we need for dinner? Servant—Sure, ma'am, and I've tripped over the rug an' we need a new set of dishes.

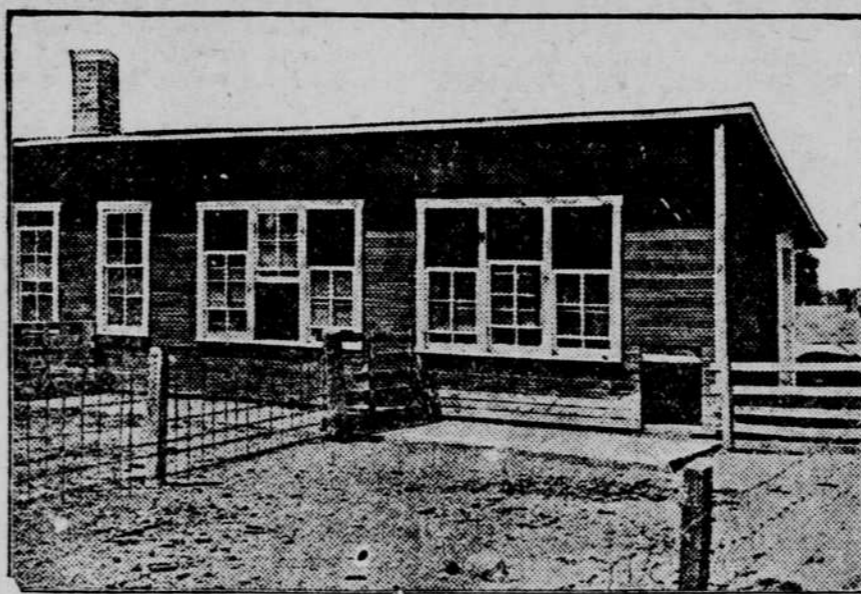
What He Wanted to Know. A countryman while walking along a street saw a sign: "Please ring the bell for the caretaker." After reflecting a few minutes, he walked up and pulled the bell. After waiting a while an angry-faced man appeared.

"Are you the caretaker?" asked the bell-puller.

"Yes; what do you want?" "I saw that notice, so I rang the bell, and now I want to know why you can't ring it yourself!"

Women Showed Their Skill. The skill with which women can do even the heavy work on a farm was shown in a recent plowing match at Aspull, Preston, Lancashire, England. The wife of a farmer and her twenty-one-year-old servant managed to beat all but one man competitor. The woman had only practiced plowing a week before the match. It is said that the night before the match some person had removed the shares and points of all the competitors' plows, rendering them useless. The women went round the district in the morning, borrowed rusty shares and fittings, and got them ready for the match.

HOUSE PIGS TO GET LARGEST PROFIT



Ideal Farrowing Pen.

From United States Department of Agriculture.

(By J. A. WARREN.) Most good hog raisers who have warm buildings try to have their sows commence farrowing about March 1, but without good houses this is impracticable. Breeders find it necessary to have their pigs come about this time in order to have them large enough for the fall demand, and producers of market hogs find the practice profitable. Early pigs have several marked advantages. In the first place, there is usually more time to



Portable Hog House, Showing Ventilator Over Entrance.

care for them early in March. Early March pigs are large enough to begin to eat as soon as pasture is ready and thus get the longest possible pasture season, and can be expected to make more pork from grass than is possible for later pigs. They can be kept on pasture until ready for market, or nearly so. Not only can they make more use of pasture but they can make more economical use of all feed because they can be finished for market before the cold weather of winter sets in when grains are more expensive. If these pigs are crowded, many of them can be marketed by the first of October. Without a good house two litters a year cannot be raised to advantage, because the spring pigs must be put off until so late that the fall litters do not get well started before cold weather, but with a good house two litters can well be raised. Most farmers do not feel that they can keep an old sow for one litter, but with two litters it becomes a different proposition. It is universally conceded that old sows raise better pigs than young ones, and the keeping of old sows enables one to select and keep only the best producers.

A little pig loves sunshine and needs it almost as much as he needs food. No pigery is fit for the purpose unless it admits direct sunshine onto the floor of every pen at the time the pigs are farrowed, furnishes plenty of fresh air, and provides for exercise in the open air. Dryness, sunshine, warmth, fresh air, freedom from drafts, and exercise are of primary importance in raising pigs. These secured, the battle is half won. In putting up buildings the six requirements just mentioned must be kept constantly in mind; not one can be neglected.

The writer knows of one farmer who has a splendid farm with a fine house on it and a large, modern horse barn. His hog shed is 24 feet wide and 84 feet long, and there is not a single window or ventilator in it. The only

GRAIN AND ALFALFA HAY FOR THE LAMBS

Grinding Not Profitable Under Present Conditions, According to Nebraska Station.

Experiments conducted at the Nebraska Experiment station during the last winter indicate that the grinding of grain and alfalfa hay for lambs is not profitable under present conditions. While lambs fed a mixture of ground corn and ground alfalfa went on full feed quickly, cleaned up their feed each meal, and remained thrifty and vigorous throughout the entire feeding experiment, their increased weight was put on at a cost considerably higher than that of lambs fed shelled corn and whole alfalfa hay. The difference amounted to practically \$1 on each 100 pounds gain. The same striking difference was noticeable in comparing lambs fed on ground corn, ground alfalfa, and corn silage and those fed shelled corn, whole alfalfa, and corn silage.

GREAT AIM OF BEEF AND PORK PRODUCER

Set All Gain on the Calves and Pigs During Early Months of Their Lives.

The aim of the beef and pork producer should be to set all the gain on the calves and pigs possible during the early months of their lives. Calves make much cheaper gains up to ten months old and pigs up to six months old than they do after these periods.

It is not uncommon now to see well finished baby beef steers on the market at the age of twelve to fifteen months and occasionally some come in at less age than that; while the bulk of the hogs now come to the market in well finished condition at eight months old weighing around 225 pounds.

Plan for Legume Crop. Don't forget to plan for some Canada field peas or other valuable legumes. If you have had no experience with these, a few trials will soon show you how you can best handle these "soil builders."

Stick to Money-Makers. How many of us are now lamenting because we had no hogs to sell? May we will know enough to stick to the prime money-makers through thick and thin hereafter.

HIGH PRICES—GOOD CROPS

And Good Demand for All Farm Products.

It is no new experience for settlers located in a fertile country such as Western Canada, where lands may be bought at very reasonable prices, to harvest a crop that in one season pays the entire cost of their farm. Undoubtedly this was the experience of many farmers during 1915, but one instance may be quoted. A settler who came to Canada from the United States some years ago decided to add to his holdings by buying an adjoining quarter section near his home at Warner, at \$20.00 an acre, with terms spread over a period of years. He got the land into a good state of cultivation and last spring put the whole quarter section in wheat. When the crop was threshed he found that it only took half the wheat on the farm to pay the whole purchase price of it; in short a single year's crop paid the cost of the land, paid all the expenses of operation and left him a handsome surplus as profit. This settler had some adjoining land, and his whole wheat crop for the season amounted to over 18,000 bushels. He is now planning to obtain some sheep and invest his profits in live stock which will assure him a good living irrespective of what the season may happen to be.

Canada's financial position is excellent. All speculation has been eliminated, and trading is done on a cash basis, with restricted credit. Detailed figures of Canada's trade for twelve months ending October 31 show how the war is forcing Canadian trade into new channels. One of the most extraordinary changes is in commerce with the United States. A couple of years ago Canada imported from the United States two or three hundred million dollars' worth of goods more than she exported. The balance of trade was all with the United States. The balance is rapidly disappearing, and the present outlook is that by the end of this year Canada will have exported to the United States more than she has imported.

The figures for the past four years are illuminating. They are as follows:

	Exports.	Imports.
1912	\$145,721,650	\$412,657,022
1913	179,050,796	442,341,840
1914	213,493,406	421,074,528
1915	314,118,774	346,569,924

Four years ago, in 1912, the balance of trade in favor of the United States was no less than two hundred and sixty-seven millions, and this year, the balance is reduced to only thirty-two millions. The figures are extraordinary and reflect the changed and new conditions in Canada. It looks as if for the first time in nearly half a century this year Canada will sell more to the United States than she will buy from the Americans.—Advertisement.

The average man is willing to get his hands on tainted money for the purpose of removing the taint.

Use Marine after Exposure in Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

Talk is so cheap that many a man has to take it back.

Cruel Comment. "Mr. Smithers says he would die for me." "He can't. He's too bald."

Keep up Your General Health

Watch your health this Spring and be on guard against an attack of Spring Fever, Biliousness or a general run-down condition.

HOSTETTER'S Stomach Bitters

is a splendid medicine for the Spring months. Try it.

A Good Milk

It always a healthy cow. Nine cows in ten can be both healthy and profitable if the Dairymen's Milkery is used as recognized as a danger signal.

Such cows can usually be found by the use of Kow-Kure, the great cow medicine. Used for twenty years for the cure and prevention of Abortion, Harbored Milk, Fever, Scouring, Loss of Appetite, Bunches and Retained Afterbirth. Sold by druggists and feed dealers in 50c and \$1.00 packages.

Dairy Association Co., Lyndonville, Vt.



BLACK LOSSES SURELY PREVENTED BY CUTTER'S BLEACHING PILLS. LEG

The superiority of Cutter's products is due to over 15 years of specializing in various and diverse fields. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

PARKER'S HAIR BALSAM A toilet preparation of merit. Relieves itching dandruff. For Restoring Color and Beautifying Hair of Faded Hair. 50c and \$1.00 at Druggists.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Wheat Food

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

Women Once Invalids

Now in Good Health Through Use of Lydia E. Pinkham's Vegetable Compound. Say it is Household Necessity. Doctor Called it a Miracle.

All women ought to know the wonderful effects of taking Lydia E. Pinkham's Vegetable Compound even on those who seem hopelessly ill. Here are three actual cases:

Harrisburg, Penn.—"When I was single I suffered a great deal from female weakness because my work compelled me to stand all day. I took Lydia E. Pinkham's Vegetable Compound for that and was made stronger by its use. After I was married I took the Compound again for a female trouble and after three months I passed what the doctor called a growth. He said it was a miracle that it came away as one generally goes under the knife to have them removed. I never want to be without your Compound in the house."—Mrs. FRANK KNOBL, 1642 Fulton St., Harrisburg, Penn.

Hardly Able to Move. "Albert Lea, Minn.—"For about a year I had sharp pains across my back and hips and was hardly able to move around the house. My head would ache and I was dizzy and had no appetite. After taking Lydia E. Pinkham's Vegetable Compound and Liver Pills, I am feeling stronger than for years. I have a little boy eight months old and am doing my work all alone. I would not be without your remedies in the house as there are none like them."—Mrs. F. E. Yost, 611 Water St., Albert Lea, Minn.

Three Doctors Gave Her Up.

Pittsburg, Penn.—"Your medicine has helped me wonderfully. When I was a girl 18 years old I was always sickly and delicate and suffered from irregularities. Three doctors gave me up and said I would go into consumption. I took Lydia E. Pinkham's Vegetable Compound and with the third bottle began to feel better. I soon became regular and I got strong and shortly after I was married. Now I have two nice stout healthy children and am able to work hard every day."—Mrs. CLEMENTINA DUEBING, 34 Gardner St., Troy Hill, Pittsburg, Penn.

*All women are invited to write to the author.

For Growing Children

there is no better food than

Grape-Nuts

with cream or good milk.

Many diseases of childhood and youth are due to faulty diet—a diet that restricts the amount of needed mineral salts, the lack of which, as your family physician can tell you, often leads to rickets and other diseases of mal-nutrition.

Grape-Nuts, made of whole wheat and malted barley is rich in these vital mineral elements so necessary to health.

This food tastes good, is easily digested, and many letters from parents, after trial, testify

"There's a Reason"

Grape-Nuts
A Compound made of Wheat, Barley, Salt and Yeast.
Postum Cereal Co., Limited
Boston, Mass., U.S.A.
A FOOD

"A" Shaped Portable Hog House—End Elevation.

means of admitting air and light are the alley doors and a few small hog doors.

The writer has personal knowledge of another hog house quite similar to this but only about half as large, the only openings being one alley door, one hog door, and one small window. In this house over 90 per cent of the early pigs were lost in some seasons, mostly from thumps. The loss in a single season would have more than paid for a good building.

The owner of a new hog house once showed it to the writer with considerable pride. The building was equipped with conveniences of the best sort and appeared to be ideal in every respect except one—cost. It contained 18 pens besides the feed bins, and cost, according to the contractor, approximately \$4,000, or \$222 a pen. The interest on this investment at five

Disinfect Colt's Quarters. Be prepared to receive the foal in clean quarters properly disinfected. The cause for a large percentage of colts dying soon after birth can be traced to infection due to unsanitary conditions.

Efficient Work Horses. Remember that horses in the harness need proper feed and care to perform their work efficiently; a little extra time in feeding and grooming of time well spent.