

Praise Lydia E. Pinkham's Vegetable Compound

Women from the Atlantic to the Pacific, from all sections of this great country, no city so large, no village so small but that some woman has written words of thanks for health restored by Lydia E. Pinkham's Vegetable Compound. No woman who is suffering from the ills peculiar to her sex should rest until she has given this famous remedy a trial. Is it not reasonable to believe that what it did for these women it will do for any sick woman?

Wonderful Case of Mrs. Stephenson, on the Pacific Coast.

INDEPENDENCE, OPEGON .-. "I was sick with what four doctors called Nervous Prostration, was treated by them for several years, would be better for a while then back in the old way again. I had pulpitation of the heart very bad, fainting spells, and was so nervous that a spoon dropping to the floor would nearly kill me, could not lift the lightest weight without making me sick; in fact was about as sick and miserable as a person could be. I saw your medicines advertised and thought I would try there, and am so thankful I did for they helped me at once. I took about a dozen bottles of Lydia E. Pinkham's Vegetable Compound and also used the Sanative Wash. Since then I have used them whenever I felt sick. Your remedies are the only doctor I employ. You are at liberty to publish this let-ter."-Mrs. W. STEPHENSON, Independence, Oregon.

A Grateful Atlantic Coast Woman.

Hopopon, ME .- "I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year age I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an opera-tion. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and was fat and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."-Mrs. Hayward Sowers, Hodgdon, Maine.

For 30 years Lydia E. Pinkham's Vegetable Git Compound has been the standard remedy for female ills. No one sick with voman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.

Write to LYDIA E.PINEHAM MEDICINE CO. C. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

Up-to-Date Claquer. The theatrical cloquer has ever been

an institution in France, especially Observing Boy Had Sure Way of De-Paris, where a "chef de claque" en-Joys a recognized status and receives a comfortable income. It is a mistake to suppose that the only duty of cinquers is to appland. A well-organ- district, where all the guests were aned chaque includes the art of infec- amateur chicken raisers, after a distions laughter These, called "chatouil- cussion of the egg problem the conleave," attend the lighter forms of versation turned to the best breed of drama and laugh so heartily and hens. After the good points of Orpnaturally that their neighbors join in. ingtons, Minorcas, Leghorns and othand leave the house convinced that the ers had all been brought forth the play must be a most amusing one. host said:

Then too there are the "pleureuses." "Well, the ultimate end of every

LOUP CITY NORTHWESTERN

OPPORTUNITIES IN FOREST PLANTING FOR FARMERS

By ALLEN S. PECK

ORESTRY is but one! The lands which offer opportunities | for this purpose are the white pine, a la de

of the forms of crop pro- for planting may be classified into (1) the Scotch and Austrian pines, and the duction included under cut-over burned lands, not fitted for Norway spruce. agriculture. The wood- agriculture, which are not restocking lot is an integral part of naturally with commercially valuable New England, the farmers of Obio the farm and an essen- species; (2) forest lands originally and Indiana have been the first to tial factor in its success. cleared for agriculture which have recognize the value and importance of Forest planting is that since proven unsuitable for this pur- forest planting. In these two states part of forestry which pose; and (3) farm woodlots. The and generally throughout the central seeks to restock and per- abandoned farms of southern New valley district, the practice has been to petuate desirable timber and to estab. England are striking examples of the plant rapid-growing kinds. For ex-

lish new forests on treeless areas, second class, as are also the lands in ample, in West Virginia and south-



Plantation of Hardy Catalpa, Reno County, Kansas.

where they are needed for protective the southern Appalachians, once or other purposes. Forest planting cleared for farming but now ruined by the states is in the aggregate small should not be confused with tree plant- | erosion.

Forest planting requires a considerable initial investment, and the cost is taken into consideration are cheap land, a good market, a minimum initial cost, and a low rate of taxation.

In the Lake States, which have southern hardwood forest and a north**ALBERTA CROP YIELDS** THICK, GLOSSY HAIR

At MacLeod, Alta., weather conditions were excellent all through the season. Ninety per cent, of the wheat up to Oct. 1st graded No. 1, the only Girls! Beautify Your Hair! Make It No. 2 being fall wheat. The yield ranged from 20 to 40 bushels per acre, with an average of 28. Oats yielded well, and barley about 60 bushels.

Inverary is a new district in Alberta. Here wheat graded No. 2 and of Danderine, you cannot find a single some of it went 50 bushels to the acre, trace of dandruff or falling hair and Except for the early planting in oats going about 75 bushels.

northern."

"All spring grains are yielding betwestern Pennsylvania, walnut, locust, 'Marquis wheat gave 411/2 bushels. sugar maple, red oak, chestnut, and

sown on irrigated land place 'Red Fife' through your hair, taking one small mine props and timber; in Ohio, black wheat in the banner position, with a strand at a time. The effect is imyield of 59.40 bushels per acre. Oats mediate and amazing-your hair will ana, black locust, catalpa, and wal- yielded 132 bushels to the acre.

nut; in Kentucky, black locust, catalpa, tulip, poplar, maple, and wal- barley that went 60 bushels to the parable luster, softness and luxurinut principally for mining timbers and асте posts; in Tennessee, locust, maple and "Red Fife averages in weight from hair health.

cedar; in Missouri, catalpa, locust, 60 to 68 pounds, and at Rosthern the walnut, osage orange, cottonwood; in | Marquis wheat will run as high as 64

In the central section forest plantof Marquis wheat at Arcola weighed ing has been a part of the progress in no less than 68 pounds to the bushel. agriculture and therefore has been This variety is grading No. 1 hard." quite extensive in the region of best Calgary, Alta., Oct. 8 .- The probagricultural development. Nebraska lem of handling Alberta's big grain and Kansas lead in the acreage of crop is becoming a serious one, and plantations. About \$40,000 acres have there is a congestion at many points been planted within the central region in southern Alberta. One thousand Shelterbelts are increasing in the cars could be used immediately. The newer farming districts of the Dako- C. P. R. prepared for a normal year, tas and Oklahoma, and much interest while the yield of grain was everyis being shown in forest planting where abnormal, with an increased throughout the central section of the acreage of about 23 per cent.

Moose Jaw, Sask., returns show In the western region and the Pasome remarkable yields. cific coast states much of the forest Bassano, Alta., Sept. 25, '13 .- Indi-

land is within National Forests, and vidual record crops grown in Alberta forest planting on these lands is chiefinclude 1,300 acre field of spring wheat ly a federal problem. But there are grown near Bassano which went thirabundant opportunities for private ty-five bushels to the acre and weighplanting in the valleys of southern ed sixty-six pounds to the bushel. California and on irrigated lands

Noble, Alta., Oct. 1, '13 .- All records for the largest shipment of grain by one farmer will be broken this year if the estimate of C. S. Noble of Noble, Alberta, proves correct. Mr. Noble has notified the Canadian Pacific Railway here that he will have 350,000 bushels of grain, chiefly barley and oats, ready for shipment very shortly

L. Anderson Smith, writing to a and comparatively insignificant as friend in the Old Country, located at

Killam, Alberta, Says: "Anyone taking up land will find Alberta an ideal province. The soil is a rich black loam, varying from 6 to 12inches in depth. The land here in this district is not wholly open prairie. At intervals, sometimes closely, sometimes widely scattered, there are small plots of poplar and willows. These generally grow round some small depression in the land, and the snow drifts here in the winter and melts in the spring filling these sloughs (province "slews") with soft water. Nearly all these sloughs have old buffalo tracks to them, for it was

FREE FROM DANDRUFF

Soft, Fluffy and Luxuriant-Try the Moist Cloth.

Try as you will, after an application your scalp will not itch, but what will Lethbridge correspondent says: "In please you most, will be after a few the Monarch district the yield on sum- weeks' use, when you see new hair, mer fallow is averaging thirty-five fine and downy at first-yes-but realbushels, a large percentage No. 1 ly new hair-growing all over the scalp.

A little Danderine immediately douter than expected in the Milk river bles the beauty of your hair. No differdistrict, south. A 300 acre field of ence how dull, faded, brittle and

scraggy, just moisten a cleth with "Experimental farm results on grain Danderine and carefully draw it be light, fluffy and wavy, and have an

"John Turner of Lethbridge grew appearance of abundance; an incomance, the beauty and shimmer of true

Get a 25 cent bottle of Knowlton's Danderine from any store and prove pounds to the bushel, while a sample that your hair is as pretty and soft as any-that it has been neglected or injured by careless treatment-that's all. Adv.

The Cheek of Him.

Mrs. Exe-"I never got a real good bargain in shoes but once in my

Exe-"I know. That was when you got me."-Boston Evening Transcript.

Feel Comfortable After eating a Hearty meal? - or is there a sense of fullness-of bloating - or Nausea. This indicates a weakened condition of the Stomach which can be materially benefited by a short course of

HOSTETTER'S Stomach Bitters CORN Ried's Yellow Dent-spackage free to anyone who writes. Bent-Strictly Dakota grown. Matures early-the large shapely ears fill out with deep kernels, sound and hardy. Also free-Jones' Seed Book, showing results of 27 years' experience. Write today. 0 S. Junes Seed Co., 421 S. Fhillips Av., Sieur Falls, S. D.

In



At a recent dinner in a suburban

Served for Dinner.

who z - paid to shake with sobs at the chicken is the pot, and you can't tell the difference when it is on the table. Let's see how many can tell what kind of a hen we have just eaten." All agreed it was a very good kind, but there were many guesses as to the breed. The only child at the table, a welve-year-old boy, was the one who A 27-Year-Old European Larch Planuessed correctly.

The area of plantation already compared to the great area that must made in the eastern region is nearly 93,000 acres, and \$5,000 acres of this are about equally divided between the

northern tier of states and the central hardwood region

relatively higher than that required to start any other form of forest work. Therefore protection of the investment is of the utmost importance, and fire is the source of loss most to be guarded against. Other things that must be





catalpa, have been planted for posts.

locust and catalpa for posts; in Indi-

Arkansas, locust and walnut.

United States.

throughout the region.

It is absolutely essential that the

people of each state and particularly

farm owners, should realize the im-

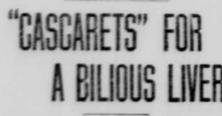
mense importance of individual effort

in providing for a future timber sup-

ply. The quantity of land that can be

restored to value through forest plant-

ing by the federal government or by



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

Get a 16-cent box now. No odds how had your liver, stomach or howels; how much your head

aches, how miserable and uncomfortable you are from constipation, indigestion, billouspess and sluggish bowels you. -you always get the desired results with Cascarets.

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

A 16-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.

Improving With Age.

This lumb is getting pretty bad." said the new clerk. "What shall I do mith it !

"Dues it smell rank?" inquired the market man. "Yes. Shall I throw it away?"

"No. Label it venison and mark up the price to 60 cents a pound.

Calumet the Secret of Economy

The high cost of living nowadays, and the way prices are steadily climbing sky-wards, is making economy in the kitchen even more important than it was in the good old days of our thrifty ancestors. But how to achieve economy? There's the relation the rub!

In many lines, it depends almost en-tirely on the nousewife's knowledge of foods and on her watchfulness-but for-tunately, in one line, baking, economy can be made almost automatic by the use of the famous Calumet Baking Powder.

Economy in baking, as every good cook Economy in baking, as every good cook knows, depends not so much on economy in buying the materials as on the success of her bakings. Failures mean waste-bigger losses by fer than the savings she makes in buying. And the fact that Calu-met alsolutely prevents failures and makes every baking successful has made it the favorite of every cook that seeks to be ecunomical. In other words, Calu-met is the secret of economy in baking. It is the purest, non-attested by hun-

It is the purest, too-attested by hun-dreds of leading physicians-and as for its general quality, it is enough to say that Calumet has received the highest swards at two World's Pure Food Exposi-tions-one in Chicago. Ill., and the other in Parts, France, in March, 1912. Adv.

Modern Form.

Doctor-Do you take any form of fering and advise a trial of Grape-Nuts active exercise?

Fatient-Oh, yes, doctor. I dodge automobiles all the way downtown.

John Quincy Adams was secretary of the Russian Legation at 14 and minister to Holiand at 27.

The host beamed on him and said: limmie, hew did you know it was a Plymouth Rock?"

"Oh, that was easy." he replied. "I found a feather in the gravy."

"Mother."

She's what you chop wood for. She's what feeds you. She's what puts clothes and shoes on

She keeps care of you. She's who's good to you. She's your creator. She's what's dead on to me. Best composite portrait of a mother ever painted -- New York American.

Subway Elecution School.

On the New York subway is a school car in which all new employes take lessons in car coupling, door closing and opening, signaling, the operation of motor and brake mechanism, car lighting and heating and what to do in emergencies. Among the subjects taught is elocution. Each raw recruit has to learn how to shout loudly and clearly "Please watch your step" and call out the names of stations distinctly.

> SKIN CLEARED. By Simple Change in Food.

It has been said by a physician that most diseases are the result of indigestion.

There's undoubtedly much truch in the statement, even to the cause of many unsightly eruptions, which many suppose can be removed by applying some remedy on the outside.

By changing her food a Kan. girl was relieved of an eczema which was a great annoyance to her. She writes: "For five months I was suffering with an eruption on my face and hands which our doctor called eczema and which caused me a great deal of

inconvenience. The suffering was almost unbearable. "The medicine I took only gave me temporary relief. One day I happened to read somewhere that eczema was caused by indigestion. Then I read that many persons had been relieved of indigestion by eating Grape-Nuts. "I decided to the it. I liked the taste of the food and was particularly pleased to notice that my digestion was improving and that the eruption was disappearing as if by magic. I

had at last found, in this great food. something that reached my trouble. "When I find a victim of this affliction I remember my own former suf-

food instead of medicines." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human



tation, Dundee County, III.

trees chiefly for ornamental purposes, while forest planting indicates the

planting of trees in stands of considerable size, in which forest conditions are sought.

In the farming districts of the east. Answers to the question, "What is where almost every farmer has pre-Mother?" given by supposedly feeble- served a small bit of the original forminded school children of New York: | est, which he calls his woodlot, there is very general lack of appreciation of the necessity for utilizing these woodlots to the best advantage, and of the methods by which this may be accomplished. Much may be done by management, which consists largely in careful cutting that will keep the forest cover intact, and in removing dead any dying and inferior trees. Planting, however, is very generally needed in order to hasten the restocking of woodlots with valuable species. One of the fundamental principles of forestry is that the trees in a stand must be sufficiently close together to be mutually helpful; that is, that their crowus must form a continuous cover to shade the ground and the tree trunks, in order that side branches may be self-pruned and the trees be forced into straight upward growth. Where there are open spaces they should be planted, and where it is desirable to cut a portion of a woodlot clean much time can be saved by planting instead of waiting for natural reproduction. On many farms the tract now occupied by the woodlot would be more valuable for crops, while on the same farm there may be an irregular plat of land or a piece of worn-out or rocky land upon which it would be wise to plant trees. Planting is also valuable to check erosion, or soil washing.

Body of Water, at Places Sixty Miles Wide, is the Hope of the Territory of Alaska.

Artist and Policeman.

A friend of Sir Walter Landseer merely remarking how bad that was." Landseer stopped short before his Argonaut. large picture, "A Visit to Waterloo." "I must have been mad," said he. "when I painted that." And, walking

over the part which had attracted new hat is trimmed with feathers. criticism. An attendant policeman then, take your 'ands off there!" "My before I joined.-Boston Transcript. X-rays.

ern coniferous forest, forest planting is rapidly increasing. The principal species which have been planted are white pine, Scotch pine, Norway pine,

European larch, and, to some extent, Interior of a 50-Year-Old White Pine the more rapid growing hardwoods, Plantation, near Bridgewater, Mass.

such as locust, catalpa, black walnut, cottonwood, ash and elm. As in the be forested eventually by private land-



(near St. Michael) at the Behring sea | ful river system of the north is the it is navigable all the way to White hope of Alaska. The wealth of the Horse, in the Yukon territory of Can- past and of today has come from ada, an unbroken stretch of over 2,100 mines and fisheries; and the lifetime the low-grade tailings .- Leslie's.

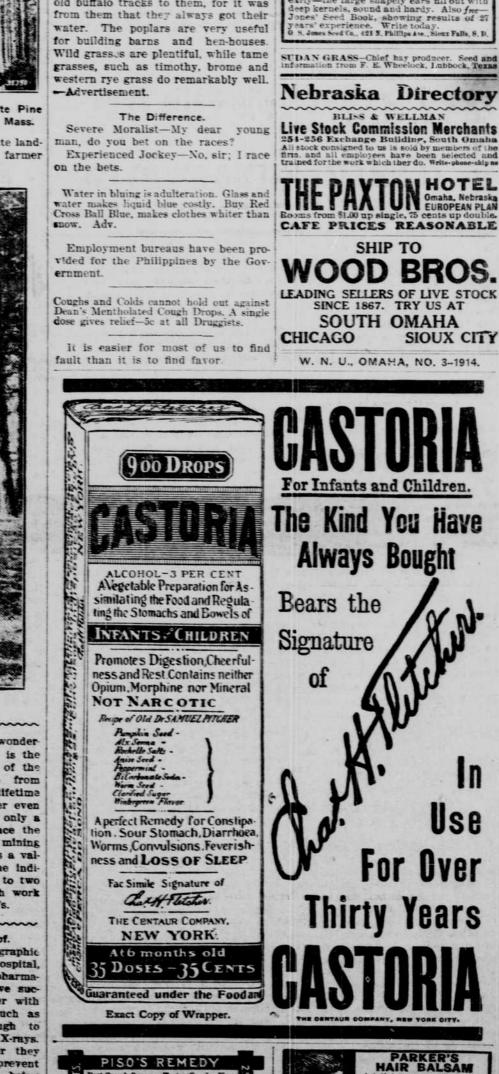
Makes Gloves X-Ray Proof.

M. Menard, chief of the radiographic who accompanied him to Kensington "Then why don't you go and do bet- department of the Cochin hospital, museum on the first occasion of its ter?" said the policeman, who had no Paris, and M. Cousin, chief pharmaexhibition by gaslight relates that idea to whom he was speaking .- The cist of the same hospital, have succeeded in impregnating rubber with the salts of heavy metals, such as lead, in quantity great enough to Friend-I understood you'd joined make the rubber impervious to X-rays. up to the picture, he placed his hand the Audubon society, and yet your With the impregnated rubber they have made gloves which will prevent Wearer of Hat-Yes, but you see the hands of operators from being shouted his polite caution: "Now, the bird they came from was killed burned while administering the

in time.

Bold by Dru

FOR COUCHS AND COL



miles-two-thirds of the distance from | of all mining regions is briefer even Dismiss from your mind any notion New York to San Francisco. Add to than human life. It has been only a that the Yukon river is a puny stream this the navigable water of its tribu- few years, you remember, since the fed by eternal glaciers and trickling taries-370 miles on the Innoko river, Klondike was the most active mining away to the sea. It is a river, so 320 on the Iditarod, 620 on the Koyn- camp in the world; today it is a valmighty that it can spread out over a kuk, and 392 on the Tanana-and you ley long since deserted by the indiwidth of 60 miles on the Yukon flats will begin to have a fair idea of what vidual miner and turned over to two and still have depth enough in the a big river we have in our great em- big dredging companies, which work main channel to ficat heavily laden pire beneath the northern lights. good man," said Sir Edwin, "I was |

No Fanatic.