

MOTHERS TO BE

Should Read Mrs. Monahan's Letter Published by Her Permission.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, some days I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia, I had gained in strength and was able to go around and do all my housework. My baby when seven months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."

Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

Patience and Kindness. "The tricks that man taught his little dog required a great deal of patience and kindness."

"Unquestionably," answered Miss Cayenne. "I can't understand what kept the little dog from biting him."

HEAD STUFFED FROM CATARRH OR COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.—Adv.

Nobody to Hear. "I suppose, if I tried to kiss you, you would scream."

"Of course I would. But I'm suffering from a very weak throat."

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Cirrus clouds have been recorded more than seventeen miles above the surface of the earth.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Perpetual motion seems to be a success as a perpetual failure.

Don't wait until your cold develops Spanish Influenza or pneumonia.

Kill it quick.



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiate—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

Bronchial Troubles Soothe the irritation and you relieve the distress. Do both quickly and effectively by using promptly a dependable remedy—

PISO'S



Economy Corner

Above all things one's millinery must be kept fresh looking and immaculately clean. There are many millinery materials that are always in style, as velvet and velvet ribbons, well-made flowers, laces, ribbons, straw hats, crepe, and chiffons. They become soiled and mussed, but can be cleaned and freshened up by simple processes available at home. Now that spring is near, a becoming straw hat may only need repolishing, or to have the trimmings freshened up, to serve during the early spring and as a change throughout the season.

For colored straw hats there are dyes which are usually on sale in drug stores, ready to apply, which will restore the color of the straw or change it to another color. There are several reliable dyes that will change colored hats into black ones. Most of these dyes give the hat a fine luster and it looks practically new, after dyeing.

Often a faded hat can be successfully restored to color by applying the colors mixed with gasoline, as described in a former article. Some hats can be scoured with soapuds, as leghorn or Panama straws. In this case the suds is used, but with a view to keeping the straw from getting very wet. To restore a natural straw color, a hat may be cleaned with lemon juice and sulphur. A white straw may be washed with oxalic acid diluted with water. After a leghorn hat has been cleaned it may be bleached by suspending it over a burning sulphur candle. Burn the sulphur in the bottom of a barrel, suspending the hat at the top so that it will not scorch. A felt hat may be successfully scoured with the finest sandpaper. Ammonia will often restore color in colored straw hats. Wring a cloth out of half a pint of hot water to which a teaspoonful of ammonia has been added and cover the hat with this cloth. Allow it to re-

main a while. If the brim needs pressing, cover it with the cloth and iron with a warm iron. If the color is not sufficiently restored by this process mix tube paint and gasoline and dip the hat in it, or brush it on. There are several reliable hat dyes that can be bought with directions for using that will quickly renovate straw hats.

To Freshen Flowers.

Mix tube paint and gasoline with the color desired and dip faded flowers into this dye. Petals may be shaded and veined with tube paints. Flowers that are crumpled should be held over dry steam and gently shaken. When they have been steamed and tinted take small, sharp scissors and trim away any frayed edges. One can often make flowers look as good as new by these processes.

Jet Buckles, White Shoes.

White buckskin shoes shown for the South show jet buckles of various sorts. Usually they are very effective. One method of mounting the buckle is to place it on a foundation composed of closely plaited black ribbon, which extends just far enough to give the buckle a little backing. Sometimes, too, white satin evening slippers show jet buckles, or small jet buttons fastened flat against the tongue section or the edge of the shoe as it slopes up to the instep.

To Wash Chamoir Skin.

To wash chamoir skin put it through warm soapuds, rinse in several warm waters, draw it through the hand to squeeze the water out and hang up to dry. Pull while drying, if you would have it smooth.

A nice damask table cloth that has become worn in spots will make over into napkins.

Capes, Comfortable and Full of Style



Capes in great force stand ready to answer the demand for spring wraps, having gradually and surely ingratiated themselves into the likings of fashionable women. Nothing demonstrates better the inexhaustible genius of designers than the constantly varying interpretations of the cape which make it, just now, the most interesting of wraps. It is shown in unending variety.

Capes are long or short, as you will, but mostly long. They are always full and naturally loose. But in many new models the looseness disappears below the knees being restrained by means of cutting or by confining it in a hem that is rather tight about the figure. Among new capes for spring are long and short capes of taffeta with collars—very ample and cozy looking, of sweater-weave silks or wool materials, and linings that lend them warmth. Navy silk with beige-colored linings and collars is the favorite combination. Duvetyn capes, in navy and marine blues, in brown, henna and tomato red, convince one that no other fabric could show these colors to such advantage. One of the simpler capes in marine blue duvetyn is shown in the accompanying

illustration. It is a practical and graceful garment part cape and part cloak since it has sleeves. The body of it hangs from a small yoke and it contrives to hang in at the sides where it slopes toward the hem in the approved way. As a change from coats, and because it is more picturesque and becoming, the cape for spring deserves attention. In duvetyn, cinnamon brown, henna and tomato red they are deliciously soft and rich looking and velvety ought to be as good a vehicle for these colors that make wraps of so much distinction.

Capes are lined with crepe-de-chine to match in color or with checked or cross-bar silks; large checks, in quiet tones, being everywhere present in displays of new spring apparel.

The cape, pure and simple, is to be found, but the cape which borrows something of the coat or is posed on a jacket and is in reality a combination of two wraps into one is oftener in evidence. Nearly all of these wraps have cozy and ample collars. They are successful wraps from every point of view, comfortable and full of style.

Julia Bottomley

LAND IN DEMAND

Opportunities of Western Canada Becoming Known.

Fertile Soil on Which Can Be Produced Record Crops Offered to Settlers at Prices Attractive to Farm Seekers.

In the early months of 1919 there was a demand for farm lands in Western Canada, the greatest that has ever been in the history of the country. This despite the fact that farm lands have increased in price, as the value of the farm product has increased and the fertility and productive value of Western Canada farm lands have come more and more into evidence. Farming there is no longer an experiment. Good crops can be grown in all localities, some probably a little more favorable than others, but on the whole it is good—more than good—general average. Land elsewhere on the continent is used for the developing of one hundred and twenty dollar steers, thirty-five dollar hogs, two dollar and twenty-cent wheat and eighty-five-cent oats, and its price is anywhere from one hundred and fifty to three hundred dollars an acre. Western Canada land sells at from twenty to forty dollars an acre, and the farmer cultivating it gets one hundred and twenty-five dollars for his steer, thirty-five dollars for his hog, two dollars and twenty cents for his wheat, and eighty-five cents for his oats. And he can grow corn, too, but Western Canada is saying no more about it than North Dakota did fifteen years ago, when it was an experiment there, and see what North Dakota is doing today. The prediction is that in less than a decade corn will be grown successfully in all parts of Western Canada. It is, therefore, easy to account for the increased demand for Western Canada lands. The war is ended, and the food that the American and Canadian farmer sent across to the soldier, holding up his strength and maintaining his vitality, won the war. Not! It was just a factor in winning it, as was the soldier of Italy, of France, of Belgium, of Great Britain, of Canada and of the United States. An important factor, nevertheless. People generally have begun to realize what food means, means to everybody—and it is grown on the farm. So people today want farm lands, and they want those that are good. The great, wide, open stretches of wonderfully productive soil of Western Canada are the chief attraction of the land seekers of today, and it will be so tomorrow, and of all days, until these vacant inviting acres are brought into fruition by the hand of man and the multiplied effort of steam and gasoline power, to the influence and operation of which these lands present such a splendid opportunity.

The pulse of today's desire to secure farm lands may be seen to beat in the columns of the local newspaper, recording sales of many tracts of lands, ranging from 100 to 1,200 acres. A Regina (Sask.) paper says, "In farm lands there is so brisk a business being done that it might be considered a boom." Another paper reports the sale of a section of raw prairie seven miles east of Regina for \$35 an acre, and 200 acres at \$50 an acre. One real-estate firm handled in three weeks' time over 3,500 acres of farm lands, the turnover being upward of \$100,000. An improved farm near Regina changed hands at \$47 an acre.

"For the first time in the history of the Moosejaw district farm land has been sold for \$100 an acre, when J. S. Cameron of Victoria, B. C., sold half a section, known as the Lett farm, to John Logan. The farm was bought a year ago for \$85 an acre and is located three miles from the city. It is highly improved and has fine buildings."

An extract from a local paper says: "The movement of farm lands is opening up well this season and there is every indication that a large area of prairie property will be turned over during the months intervening before seedtime.

"The price received for farm lands in each instance is considered as good, particularly for unimproved raw prairie, and shows a considerable improvement on prices for similar properties sold during the years of the war."—Advertisement.

Paradoxical.

"Is Jones of dry tendencies?" "Well, he's on the water wagon."—Baltimore American.

Cuticura Soothes Baby Rash.

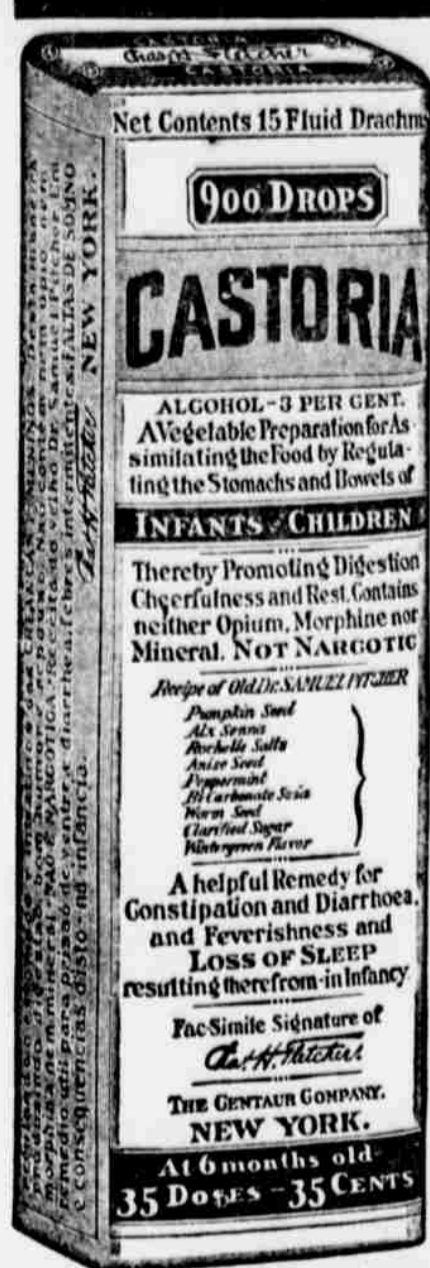
That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

Sin is as rust on a polished blade—you may rub it off, but it's hard to remove the spots.

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.

Never marry a girl named Ann; Ann's an indefinite article.

Your Eyes A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids. "2 Drops" After the Movies, Motoring or Golf will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. All Murine Eye Remedy Co., Chicago



CASTORIA

For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of

In Use For Over Thirty Years CASTORIA

"Bayer Tablets of Aspirin"



SUCCESSOR TO QUININE



True Aspirin! The "genuine."

Buy "Bayer" packages.

For Colds, Grippe, Influenzal Colds

No Discomfort! No Head-buzzing! No Distress! Millions of people take "Bayer Tablets of Aspirin" as the best means to prevent as well as to overcome Colds, Grippe and Influenzal Colds—being far more efficient than quinine. Besides relief comes without discomfort or distress.

"The Master of Colds"—Dependable!

Adults—Take one or two "Bayer Tablets of Aspirin" with water. If necessary, repeat dose three times a day, after meals.

"Bayer Tablets of Aspirin"

Buy only the original "Bayer packages." Look for the safety "Bayer Cross" always. 20 cent package—also larger packages.

Owned by Americans Entirely.

Grow Wheat in Western Canada One Crop Often Pays for the Land

Advertisement for growing wheat in Western Canada featuring an illustration of a farmstead and text describing the benefits of the region, such as fertile land at \$15 to \$30 per acre and high yields.

Why Not Buy the Best?

WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT?



WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT? WHY NOT?

Advo Gold Medal Coffee The Supreme Quality