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MOTHER! CLEAN CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child Is listless, cross, feverish, full of cold, or has collc, give a tenspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste out of the bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "Callfornia" or you may get an imitation fig syrup .--- Advertisement.

Every majority was once a minority.

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

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 be-cause 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, medi-um and large.

um and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mettion this paper. Advertingment mention this paper.-Advertisement.

Sleep 8 hours a day- but at night.

By JOHN DICKINSON SHERMAN



EEPARE for "The President's Forest!" Something new! Something significant !---interesting ! A joint resolution (S. J. Res. 154) "creating the President's Forest, within the present Kaibab National forest, Arizona," has been introduced by Senator Reed Smoot of Utah and referred to the committee on public lands and surveys. The resolution, after defining the boundaries, provides that the land and timber "are hereby withdrawn from settlement, location, occupancy,

grazing or disposal under the laws of the United States and dedicated and set apart as a game sanctuary and forest preserve for the benefit and enjoyment of the people, and shall hereafter be known as the President's Forest." "The President's Forest," if this resolution is passed by both houses, will therefore be the name of approximately 500,000 acres of timber forever set aside for the people and forever barred to purchaser, homesteader, miner, stockman, lumberman, resident, hunter and trapper. Under the present form of the resolution control will remain in the forest service of the Agricultural department, which controls the Kaibab National forest and all national forests. To all intents and purposes the forest will be a part of the Grand Canyon National park, which runs into it on the south and is in charge of the national park service of the Interior department.





however, preferred action by congress to insure permanency. Hence the joint resolution. Senator Smoot was pleased to introduce the resolution. Utah is tremendously interested in the exploitation of the region north of the Grand canyon. Senator

Smoot says it is a "wonderland." It is indeed-a land of scenic beauties, of geological marvels, of strange contrasts, of romantic history.

The High plateau of Utah is divided by canyons into nine distinct plateaus which drop the surface in successive cliffs from nearly the summit-level of the Wasatch mountains to the desert out of which rises the Kaibab plateau. These cliffs expose in turn strata representing many millions of years of world-building. They curve and twist in fantastic outlines. They take every possible erosional form. They literally run the gamut of color and shade and tint.

There is no space here for detailed description of the Pink cliff, the White cliff and the Vermliion cliff; of the great Hurricane fault, the Natural bridges and the Rainbow bridge; of the Painted desert; of Lee's ferry across the Colorado, where John D. Lee hid out for 20 years after the Mountain Meadows massacre; of Utah's "Dixie", land of cotton and semi-tropical fruits; of the variegated hills of sediment from a prehistoric sea along the Pariah river where are gold and free mercury. Zion National park-a deep, many-colored gorge cut in the plateau by the Rio Virgin-is famous. Cedar breaks, a marvel of erostonal forms and stratified color, is yet to be seen by the public. Bryce canyon, a thousand-foot niche in the top of the Pink cliff, an amphitheater-like canyon showing an endless variety of crosional forms painted in every color, shade and tint of the artist's palette, is one of the most gorgeous spectacles of the world. Southern Utah and northern Arizona are working together to exploit this land of wonders. A branch railroad is likely to be run from Lund to Cedar City; the steel may be extended from Marysvale to Panguitch. Cedar breaks, Bryce canyon, Zion and "The President's Forest" are to be connected by automobile highways over the routes indicated by the broken lines, according to present plans. A bridge across the Colorado at Lee's ferry is planned. Two of the Colorado-Utah highways to be constructed by Colorado under the federal ald plan will strike southern Utah, thus connecting this region with Mesa Verde and Rocky Mountain National parks.

Mothers, watch your Daughters' Health **Health Is Happiness** From the time a girl reaches the age of twelve until womanhood is es-tablished, she needs all the care a thoughtful mother can give. The condition that the girl is then passing through is so critical, and may sister and sister-in-law take it and have only the highest praise for it. It has been a household word in my mother's house for years." — Mrs. KATHERYN LYND, 2431 Gladys Ave., Chicago, Ill.

A Little Book Helped Her to Decide A Little Book Helped Her to Decide Milwaukee, Wis. — "My daughter took Lydia E. Pinkham's Vegetable Compound as she was so weak and did not feel like going to school. Sht was like that for a whole year before taking your Vegetable Compound. I found a little book of yours in our mail-box and decided to give her your medicine. She is now strong and well and attends school every day. We recommend your Vegetable Com-pound to all mothers with weak daughters. You may use this letter

So "The President's Forest," is something new, The name, for one thing, is new, And why "The President's Forest"?

Because the United States is a nation governed by laws rather than by men. Presidents come and presidents go. As long as there is a United States there will be a president. And as long as there is a president there will be "The President's Forest."

And "The President's Forest" is new in form too. There's nothing just like it. It's nearest in form to a national park. It has size, majesty and beauty. Private and commercial interests are barred. It is a game sanctuary. It is purely "for the benefit and enjoyment of the people." All of which closely describe a national park.

Certainly it is far removed in form from a national forest. The national forests, as established by law, are purely commercial and industrial institutions for the application for profit of scientific lumbering and grazing to the nation's woodlots, though as a matter of fact there is instead of a profit an annual deficit of a million and more and the forest service is exploiting the national forests as recreational rivals to national parks. Anyway, "The President's Forest" will be one forest where the forest service cannot insist upon trying to combine cattle and campers, wood-choppers and tree-lovers, sheep and tourists. Cattle in a wild beauty spot are a calamity; sheep are a catastrophe.

The movement to create "The President's Forest" has a significance that gladdens the naturelover's heart. It betokens an increasing national appreciation of the value of scenery as a natural resource, as a national asset. It betokens an increasing national consciousness that it is not well 'o lay the ax to every forest, to turn the cattle and sheep loose on the shrubs and flowers of every wild beauty spot.

The Kaibab National forest is approximately 40 miles square, and contains 1,072,900 acres. It stands on the Kaibab plateau, which rises up from the desert that surrounds it on the north, east and west and slopes down to 8,000 feet at the North Rim of the Grand canyon.

"The President's Forest" is the east half of the Kalbab National forest. The northwest part of "The President's Forest" shoulders up on to Buckskin mountain. So there are mountains and valleys covered with gnarled one-seeded juniper and pinon and with majestic western yellow pine which are three and four feet through and rise 100 feet. There is some Douglas fir and some spruce. Ravines are clad with the lighter green of the aspen which changes to vivid yellow, gold and red in the fall. In the little parks within the forest the trees stop half-way down the rimming slopes and leave room for white clover, grass and



flowers and for wild strawberries about a spring. This vast, remote, rugged, heavily-timbered Kaibab National forest is still a wild place in spite of the fact that thousands of cattle and sheep have been grazing in it for years. It is still so wild that there are at least 10,000 black-tail deer in it, though they shrink in disgust from the cattle and sheep. There are many mountain llons that live on the deer.

This is the way Senator Smoot's joint resolution came to be introduced : Stephen T. Mather, director of the national park service, drove from the north through the Kaibab National forest to the North Rim of the Grand canyon. Upon his return to Washington he wrote the following letter to President Harding:

Dear Mr. President:

Last summer I visited the wonderful country at Rim of the Grand canyon and was p foundly impressed with the splendid forest and the extraordinary display of wild life to be found there. This region has been so isolated from transportation centers that it has remained almost untouched, and is one of the very largest areas of virgin forest in the country. It is reliably estimated that there are he thirteen thousand deer in the Kalbab National forest. I was accompanied by Mr. Emerson Hough, th

well-known writer, who suggested for this splendid tract the name of "The President's Forest."

A few weeks later in Los Angeles I met Mr. E. J. Marshall, president of the Grand Canyon Cattle company, the corporation which has conducted cattle grazing operations in this forest for a number of years, and was very much gratified to find a ready and enthusiastic response to the idea of maintaining this region solely as a game preserve and for public enjoyment. Since then he has very generously made the offer which I have the honor of transmitting to you in the accompanying letter. This offer means a very real sacrifice on the part of the Grand Canyo Cattle company in abandoning the improvements which they made and relinquishing the prospect of a considerable profit from their operation. Mr. Marshall's other interests, however, are considerable, and he cheerfully makes this sacrifice in a truly publicspirited manner.

May I express the hope, Mr. President, that you may find an opportunity of visiting the President's Forest yourself and feeling the inspiration of its vast-ness and unspoiled beauty.

The leter of Mr. Marshall to President Harding is in part as follows:

The Grand Canyon Cattle company, a California corporation, has been operating here for a number of years under leases from the United States forest surv-lee, and during that time has made extensive and improvements, particularly in the development of water supply and the erection of stone cat-tle camp buildings. The company owns certain pat-ented tracts of land within the boundaries of the forest reservation and several tracts of located scrip lands in the immediate vicinity. At the present time we are grazing a herd of breeding cattle, numbering about 4,500 head, under permit from the forest service. We desire to register our willingness to vacate and abandon the Kaibab forest reservation and the pubabindon the Katob local reservation and the pao-lic lands immediately adjoining to the east thereof, recognizing that by so doing the purposes of former President Roosevelt in establishing a game preserve here could be more completely fulfilled, and making the entire region avialable for the public enjoyment.

Our only request is that a reasonable time be given the company to dispose of and move its livestock and other personal property, and that in recognition of our action such grazing permits be not hereafter issued to other livestock interests in the area now covered by our permit.

Arrangements have been made through private in dividuals for acquiring the company's patented land holdings, which are to be presented to the United States without cost to the government,

There is a bill in congress to make Bryce canyon the Utah National park. It is more likely to be made a state park. Cedar breaks may be added to Zion National park.

So there will soon be thousands of tourists pushing from the north to the North Rim-there were 1,200 last season. And now that the Kaibab Suspension bridge has been built across the Colorado in the Grand canyon a large proportion of South Rim visitors-of whom there were 66.218 last year-will cross to the North Rim. On the North Rim there is scant room for the public within the national park lines. Hence the need of "The President's Forest."

"In these circumstances," asks Mr. Average Man, "why not make "The President's Forest' a part of the Grand Canyon National park?"

"Because it can't be done," answers the experienced national park enthusiast, "at least not now, The people will be lucky to muster enough votes in congress to get the joint resolution through. The Agricultural department and the forest service as usual would fight to the last ditch to prevent the transfer of national forest land to a national park and the Interior department and the national park service. Huh! Didn't Theodore Roosevelt make the Grand canyon a national monument January 11, 1908, with the idea that it would be made a national park at once in response to the nation-wide demand? But the monument was put in charge of the Agricultural department instead of being transferred to the Interlor department. And didn't it take the people just eleven years, one month and fifteen days from January 11, 1908, to get their Grand Canyon National park? Verb. sap.!"

One enthusiast writes of "The President's Forest" as "the grandest natural work of Almighty God now left in all the world." Suffice it to say that as a forest it is a worthy companion to the Grand Canyon-the Canyon of Canyons!

around with cold or wet feet, from lifting heavy articles, and from overworking. Do not let them over-study. If they complain of headache, pains in the back and lower limbs, they need a mother's thoughtful care and sympathy.

have such far-reaching effects upon her future happiness and health, that it is almost criminal for a mother or guardian to withhold counsel or ad-

Many a woman has suffered years

of prolonged pain and misery through having been the victim of thought-

lessness or ignorance on the part of those who should have guided her through the dangers and difficulties that beset this period.

Mothers should teach their girls

W. N. U., LINCOLN, NO. 9-1922.

YOUNG GIRLS NEED CARE

CORNS

Lift Off with Fingers

A Household Word in Mother's House writes Mrs. Lynd, about Lydia E. Pinkham's Vegetable Compound.

"My mother gave me Lydia E. Pinkham's Vegetable Compound when I was 14 years old for troubles girls often have and for loss of weight. Then after I married I took the Vegetable Compound before each child was born and always when I felt the least run down. Both my

"Here it is," said his friend. "Go-

poet

daughters. You may use this letter as a testimonial."-Mrs.E.KLUCZNY, 917 20th Ave., Milwaukee. Wis.

"I was always feeling tired and sleepy, was losing in weight and would faint at times. I had other troubles too, that made me feel badly. I read your little books and heard friends talk about the good Lydia E. Pinkham's Vegetable Compound had done them, so I have taken it too. The results are most satisfactory, for I have gained in weight and my bad symptoms are gone. I recommend your Vegetable Compound to all my friends and you may make whatever use you like of this letter."-GLORIA RAMIREZ, 1116 9th Ave., Tampa, Florida.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.



People who claim to have no vices "Where's my pipe?" demanded the usually have but few virtues.

> Everything in the way of trouble comes to those who mate.



Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

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