In any medical compound as much depends upon the manner in which it is compounded as upon the ingredients used.

First, there must be a due proportion of the ingredients. Each drug in the pharmacopeia has its special action. To combine any drug with other drugs that have slightly different action, the combination must be made with strict reference to the use for which the compound is intended. The drugs may be well selected as to their efficacy, but the compound ENTIRELY SPOILED BY THE PROPORTION in which they are combined.

It takes years and years of experience to discover this proportion.

There is no law of chemistry, of pharmacy, by which the exact balance of proportion can be determined. EXPERIENCE IS THE ONLY GUIDE.

In compounding a catarrh remedy Dr. Hartman has had many years' experience. In the use of the various ingredients which compose the catarrh remedy, Peruna, he has learned, little by little, how to harmonize the action of each ingredient, how to combine them into a stable compound, how to arrange them into such nice proportions as to blend the taste, the operation and the chemical peculiarities of each several ingredient in order to produce a pharmaceutical product beyond the criticism of doctors, pharmacists or chemists.

WE REPEAT, THAT AS MUCH DEPENDS ON THE WAY IN WHICH THE DRUGS ARE COMBINED AS DEPENDS UPON THE of corn. DRUGS THEMSELVES.

The compound must present a stability which is not affected by changes of temperature, not affected by exposure to the air, not affected by age. It must be so combined that it will remain just the same whether used in the logging or mining camps of the northwest or the coffee plantations of

A complete list of the ingredients of Peruna would not enable any druggist or physician to reproduce Peruna. It is the skill and sagacity by which these ingredients are brought together that give Peruna much of its of cornfield means 4.840 ears. How

peculiar claims as an efficacious catarrh remedy.

However much virtue each ingredient of Peruna may possess, the value of the compound depends largely upon the manner and proportion in which they are combined. The right ingredients, put together rightly. is the only way a medical compound can be made of real value.

A Glimpse Into the Czar's Kitchen

A Russian now in New York who

a salary of more than \$50,000 a year,

closed shaft, which the major also en-

room of the Czar, where the major

ensuing, it is then served to the im-

that new dishes be invented by his

regular meals are taken is small, made

But He Swung His Lantern.

swung his lantern when he saw the

if it was lit or not. De oil done give

Engaging Frankpess. Father (of heiress) - Young man, how

do you expect to make a living for your-

The Young Man-Mr. Means, I have

been so absorbed in trying to win your

daughter's affections that I have never

given a moment's thought to that.-Chi-

His Job Safe. "I wish the company would discharge

that conductor. He's the most uncivil

passengers into a car than any conduc-

OVER \$1,000 A YEAR AND

"LIVING."

That Is the Story of a Michigan

Farmer Who Lives in Western

Spruce Coulee Ranch, Olds, Alberta,

Mr. M. V. McInnes, Canadian Govern-

It will be four years next May since

came to Olds, and I have lived here

Since I came here wheat has run

from 25 to 45 bushels per acre, oats

from 65 to 115, that I know of. I

raised that last year: 115 bushels to

the acre of the finest oats I ever seen.

and oats that I sowed the 31st day of

May this year went 721/2 to the acre

and weighed 41 pounds to the bushel.

My barley went 40 bushels last year

and 50 this year, and was not sown

until the latter part of May. I had

three acres of potatoes this year and

sold 700 bushels and put 275 bushels

We have a fine Government creamery

at Olds. Our cows made \$41 per head

and didn't feed any grain-only prai-

rie hay-so you see we are doing well

We have the patent for our homestead

now and am very thankful that we

came to Alberta. We have made a

little over \$1,000 each year besides

making our living. I would not go

back to Michigan to live for anything.

If I had my choice of a ticket to Olds

or a 40-acre farm in Michigan, I would

take the ticket, and in two years I

could buy any of their 40-acre farms.

I will close, thanking you for our

Olds, Alberta, Canada, Box 159.

Information as to how to secure low

prosperity. I remain, yours truly,

(Signed) OTTO YETTING.

This is the country for a poor man as

well as a man with money.

in the cellar and no bugs to pick.

ment Agent, Detroit, Mich. :

Dear Sir and Friend:

ever since.

Dec. 10th, 1906.

"That may be, but he can crowd more

out some time befo' de accident."

self and a wife?

eago Tribune.

man I ever saw.'

tor on the pay roll."

train coming, replied:

"I shorely did, sah!"

which the latter explained:

An old negro watchman was sta-

like a bank vault between meals.

The State of Oklahoma would enter the Union with a population esti-, served two years in the Czar's kitchen mated at nearly 1,250,000, about that at the winter palace in St. Petersburg. of such States at Connecticut, Mary- has given some interesting details as land, West Virginia and Nebraska. to the cuisine of the imperial house Two-thirds of that population is now hold and the precautions taken against within the berders of Oklahoma and any attempt to polson the autocrat of one-third in Indian Territory. In area all the Russians. The head chef of the the proposed new State, with its 70,- imperial kitchens holds the rank of 430 square miles, exceeds slightly Missouri and almost equals North Dakota. In the sixteen years since Okla- and is an important official of the Don't grow nubbins. homa was erected into a territory it State. Under him there is an army of has grown more rapidly than any equal section of the West in wealth,

population and variety of resources, The clothing with citizenship of the prosperous native tribes of the Indian first be partaken of by a major of the Territory is a most significant depar- army, the food is then placed in a ture. The laws of exclusion will be lifted at one stroke from virtually the whole population of 400,000.-New York World.

Do You Upen Your Mouth

Like a young bird and gulp down what-ever food or medicine may be offered you? Or, do you want to know something of the composition and character of that which you take into your stomach whether as food or medicine?

Most intelligent and sensible people now-a-days insist on knowing what they employ whether as food or as medicine. Dr. Pierce believes they have a perfect right to insist upon such knowledge. So he publishes, broadcast and on each bottlewrapper, what his medicines are made of and verifies in mode set. This he feels he can well afford to do because the more the ingredients of which his medicines are made are studied and understood the more will be the studied and understood the more will be the studied and understood the more will be the studied and understood the more will their superior curative virtues

For the cure of woman's peculiar weaknesses, irregularities and derangements, giving rise to frequent headaches, backache, dragging-down pain or distress in lower abdominal or pelvic region, accompanied, ofttimes, with a debilitating, pelvic, catarrhal drain and kindred symptoms of weakness, Dr. Pierce's Favorite Prescription is a most efficient remedy. It is equally effective in curing painful periods, in giving strength to nursing mothers and in preparing the system of the expectant mother for baby's coming, thus rendering childbirth safe and comparatively painless. The "Favorite Prescription" is a most potent, strengthening tonic to the general system and to the scription" is a most potent, strengthening tonic to the general system and to the organs distinctly feminine in particular. It is also a soothing and invigorating nervine and cures nervous exhaustion, nervous prostration, neuralgia, hysteria, spasms, chorea or St. Vitus's dance, and other distressing pervous exercises. other distressing nervous symptoms at-tendant upon functional and organic dis-eases of the distinctly feminine organs. A host of medical authorities of all the

several schools of practice, recommendeach of the several ingredients of which each of the several ingredients of which "Favorite Prescription" is made for the cure of the diseases for which it is claimed to be a cure. You may read what they say for yourself by sending a postal card request for a free booklet of extracts from the leading authorities, to Dr. R. V. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y., and it will come to you by return test. you by return post,

The Handy Doctor in Your Vest Pocket

T'S a thin, round-cornered little Enamel Box-When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cas-

carets, which acts like Exercise on the Bowels and Liver. It will not purge, sicken, nor upset the

atomach. Because it is not a "Bile-driver," like

Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

. . . The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels. Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath

are to the Athletic Muscles. They stimulate the Bowel Muscles to contract, expand, and squeeze the Diges-

tive Juices out of food eaten. They don't help the Bowels and Liver in such a way as to make them lean upon

similar assistance for the future. This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all

other Cathertics and Laxatives. . . .

Cascarets act like exercise.

If carried in your vest pocket, (or carried in My Lady's Purse,) and eaten just when you suspect you need one, you will never know a sick day from the ordinary lils of life. Because these Ills begin in the Bowels, and pave the way for all other diseases.

"Vest Pocket" box 10 cents. 787 Be sure you get the genuine, made only rates to the free grant lands of Westby the Sterling Remedy Company, and never cond in bulk. Every tablet staraged "CCC." Canadian Government agent.



Bran and oats are excellent for feedig ewes, with an occasional handful

Large, thrifty sows are more sure to bring good thrifty litters of pigs

It is only when the sheep and wool are turned into money the farmer can count his profit or loss. An ear of corn to every square yard

many bushels is that per acre? It is as important to know the

standard sorts of corn as it is to be

posted on the popular breeds of stock. To make hogs most profitable a steady daily gain must be secured from the time the pig is farrowed until it is marketed.

While sheep may pay better than any other stock on poor, rough lands, if well managed, they will also pay on smooth,

The farmer who makes two nubbins of corn grow where but one grew begeneral in the Russian army, receives fore may be a benefactor to his race, but he is an enemy to his own family.

some 300 men as chefs, underchefs and \$22 in value in return, we speak out If we give anyone \$25 and get only subordinates, and also the keepers of immediately and in unmistakable terms. Yet in a year we sometimes give a cow prepared for the imperial table must \$25 worth of feed and get \$22 worth of produce without even knowing that we are cheated.

ters, and it then ascends to the dining-Do not overlook the fact that to inagain partakes of it, and, no ill effects torture. Iron and steel rapidly conduct heat, hence the sensation of cold perial household. The menu is ordered when the metals are touched. Rubber each day by the Czar, who is a hearty bits are better, but they should be eater, and who occasionally demands warmed before using.

chef. The dining-room in which the In the winter it must be borne in mind that animal heat is to be kept up of cast iron, is bomb-proof and is sealed as the first importance to egg production, and any deficiency of food will decomposition of other vegetable or aniquickly be made manifest in that respect, but less food will be required Juring the warm season. tioned at a crossing of a Southern

railroad, his duty being to warn trav-There is much variation in the yield elers of approaching trains. One night and quality of milk from the cows, and a farmer's wagon was struck, and dur- no farmer can have a herd uniform ing the lawsuit which followed the old anless he breeds for uniformity by adnegro was star witness for the company. He replied to all the cross-exnecessary to rely on some particular amination and when asked if he had family of the selected breed.

A game law passed in Illinois a few years ago brought about some surpris-The case was won by the company, ing results. By the terms of this law and the lawyer congratulated the old every citizen who desired to hunt had. negro for his valuable testimony, to to pay a \$1 license. It was thought that this license would bring to the "Thankee, Mars John, but I was State treasury the sum of \$20,000 or sorely skeered when dat laywer man \$25,000, but it ran over \$100,000 the begin to ask me about the lantern. I was afraid dat he was goin' to ask me

If sheds are too costly it pays to use cornstalks for providing shelters, or wind breaks, by placing them against poles. Corn fodder is too valuable to ase in this manner, but there are huadreds of farmers who allow corn fodier to be wasted when it might be used on the outside of the sheds or barnvards as wind breaks if it can not be out to any better use.

valuation of his land and at the same plowed under, or by adding barnyard time it is mortgaged for half its value and if the holder of the mortgage pays taxes on his credits, is not that double taxation? To one out on the farm it looks as though the owner should only pay taxes on the equity he has in the and and let the man who holds the nortgage pay on the value of that mort-

Killing Weeds by Spraying, A 5 per cent solution of sulphate of

topper has been found destructive to wild mustard and some other weeds, without injuring grain crops. It is and more liberal use of fertilizers. probable that it will not injure certain kinds of weeds. Spraying has been found of advantage in France, however, n destroying weeds, the cost being about \$2 per acre. It is doubtful if such a method will ever be adopted in this country, as the harrow, cultivator, weeder and hoe can be used more effectively where crops are cultivated in ows, and even if weeds are growing on proadcasted plats, it is probably cheapt to mow the weeds than to spray.

Storing Fruits. Amateurs frequently gather their apples and pears before they are thor- ing and improvement of farm strucoughly ripened. Under these conditions tures. Improvement of fences and t is impossible to obtain the full flavor buildings and good draining aided Harof the fruit. An even temperature in din. Jefferson says it's due to the the fruit store is important, and ade- springing up of large mining towns and quate ventilation must be provided at the subsequent demand for farm proill times. Many excellent varieties of ducts. In Licking it's general improveapples have been pronounced of inferi- ments and electric roads. Lorain is or quality owing to their being placed prosperous because the demand for n ill-ventilated storerooms. The use of farm products from the cities of Lostraw or hay should be avoided. Fruit rain and Elyria is steadily increasing. will taste of the flavor of these materi- Better farming and the use of cow is if used. The choicest dessert varie- peas and clover improved conditions in ties should be placed on wadding or Melgs. In Putnam the causes of the inwood wool in single layers. Take great care in handling the fruit not to bruise | 16 miles of stone road, better tile drainor otherwise damage it in any way .- age, and other permanent improve-"Gardening for Beginners," in the Gar- ments. Richland believes it's because

Checking Rot in Potatoes. for checking rot in potatoes is yet to says, land is bought more freely as a be found. What has proved best in my experience is, first, keeping the storage county corroborates that statement. sellar at a temperature as near 35 to And in Washington county farms have 38 degrees as possible; second, sorting gone up in many instances from \$125 to ern Canada can be secured of any the potatoes after they have completed \$200 per acre because of the more extheir sweat in case any indication of tensive cultivation of the tomato.

wet rot is shown to prevent the rob spreading from the decaying tubers to the sound ones. Dry rot is very rarely if at all transmitted from one potato to another, according to a writer in Or-

ange Judd Famer. If the potatoes are left in pits in the field to sweat prior to putting them in the cellar they will usually show rot that may be in them when they are taken from the pit. Potatoes which are nearly clean of dirt usually show more rapid spread of the wet rot than do potatoes which are covered with a considerable coating of dry soil. Possibly the reason for this may be the fact that the dry soil is not a good medium for passage of the rot from one potato to

Acid Soils and Crap Productions, Certain crops give better results upon acid than upon neutral or alkaline solls. Solls containing a moderate degree of acidity produce potatoes of better quality and less subject to scab than those grown on acid-free soils, says an Oregon bulletin. Cranberries seem to thrive best upon acid soil. The author has made tests in a field of very rank growing dent corn, standing some eight to ten feet in height, and the soil was found to be distinctly acid. Some tests have been made in rank growing clover fields, and in some cases a certain de-

gree of acidity has been found. Notwitstanding these facts the general rule seems to be, according to many experiments, that most of the agricultural plants do best upon soils which contain little or no acid.

The most effective means of overcom ing soil acidity is by using quick or stone lime freshly slaked, or wood ashes, Contrary to a popular belief, gypsum or land plaster does not possess the power of neutralizing or destroying soil acidity to any apprecia-

In many parts of Western Oregon the present high price of lime makes its use prohibitive for agricultural purposes. We believe that if there is a demand for it, a cheap grade of lime sert a cold bit into a horse's mouth is will be prepared suitable for agricultural purposes.

Organic Plant Foods. Plant foods exist in the soil in soluble condition as well as in the form of inert mineral matter. Plants, to accomplish their life, to arrive to the state of being organic, have absolute need of that which is the result of the mal organic matter spread upon the surface of the earth. Some plants are largely beneficial, as there are plants which, although imparting to the soil a part of their nourishment, by the means of their roots left in the ground. appropriate to themselves also a great quantity of atmospheric matter by and have, besides this great advantage, that even when they are carried out of the field they leave more organic matter than they have consumed for their growth. It is largely owing to this admirable property of certain plants to produce more organic matter than they absorb from the earth that it is possible to maintain the fertility of a piece of ground in rendering to it only a part of that which it has produced. If plants were nourished only by the humus spread upon the earth farmers would be compelled to replace the production which can not be converted into manure by a proportionate quantity of vegetables cultivated in another piece of land, and if the strength of the vegetation should diminish even little by little, the money used for the cultivation of the soil would eventually be lost. Fortunately for the farmer, he can increase the quantity of plant food When a man pays taxes on the full in his soil by growing crops to be manure and fertilizer, the advantages thus afforded being within the reach of

Increase in Farm Values.

Farm values from 1900 to 1905 have advanced more than one-third, and the department of agriculture has been investigating the reasons for the advance. Turning to the reports from agents in Ohio, it is interesting to note how local conditions affected the situation. Thus Ashland county attributes the advance to more careful methods Brown county says it's general prosperity, new electric lines and good crops, Clermont county attributes it to new electric roads. So does Columbia. In Cuyahoga county it's the close proximity of Cleveland as a market. Schools, improvements in roads, railroads, electric lines and telephone lines helped Delaware. In Fulton county the erection of large milk-condensing plants in Delta and Wauseon made farm lands more valuable. In Greene county, according to the reports, the credit is due to the efforts of the farmers to increase the fertility of the soil and to the buildcrease are found in the construction of of the improvement in care and cultivation. Trumbull land is more valuable because white oak timber has gone A thoroughly satisfactory treatment up in price. In Tuscarawas, the report safe form of investment. Warren

The Three Species of Moose. There are supposed to be three specles of moose: The European moose or elk, found in northern Europe and adjoining parts of Asia; the common moose of eastern America, distinguished chiefly from its European congener by the skull being narrowed across the maxillaries, also by its greater size and darker color; and the Alaskan moose, separated by its giant stature, its narrow occiput, broad palate and heavy mandibles.

Expressed in external features as Illustrated in the adult male (always best for differentiating species) :

The Scandinavian elk is a small gray animal with little palm and many apikes on its antiers.

Tack This Up.

At the first sign of Backache or pain in the region of the Kidneys, or weakness and Urinary trouble, the following simple prescription should be used: Fluid Extract Dandellon, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Take a traspoonful after each

meal and at bedtime.

Any good prescription pharmacy will supply these three ingredients at small cost, which can easily be mixed by shaking well in a bottle. This is said to force the Kidneys to filter the sour acids and poisons from the blood, overcoming the worst cases of Rheumatism.

Limitations.

"Papa, you always travel first class, don't you?" "Not always, my son. I always pay first class fare—that's all."

A Good Record.

Out of all the external remedies on the market we doubt if there is one that has the record of that world-renowned porons plaster—Allcock's. It has now been in use for sixty years, and still continues to be as popular as ever in doing its great work of relieving our pains and aches. It is the remedy we all need when suffering from any form of ache or pain resulting from taking cold or over-strain.

Allcock's Plasters are sold by Druggists in every part of the civilized world.

The present Princess of Wales, who

was born on May 26, 1867, received no less than eight names at the baptismal font.

Take Garfield Tea. the herb remedy that has for its object Good Health! It purifies the blood, cleanses the system, makes people well. Guaranteed under the Pure Food Law.

Old Hunks.

Mrs. Hunks-Ezra, what is good for a ain in the jaw? Old Hunks-Give the jaw absolute rest.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed. Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be desireyed forever; nine causes out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Take Hall's Sandle Pills for constituation

How Could He Help It.

That the geographical area of the United States is not fully comprehended by the average foreigner is illustrated by an anecdote. An Englishman, accompanied by his valet, had been traveling due west from New York for four days. At the end of the fourth day master and servant seated themselves in the smoker of the train, whence the man looked steadily from out of the car window. At last his

companion grew serious. "John," he said, "of what are you

thinking?" "I was just thinking, sir, about the discovery of Hamerica," replied the valet. "Columbus didn't do such a wonderful thing when he found this country, dld he, sir? Hafter all's said and done, 'ow could 'e 'elp it?"



ALL WOMEN

from the same physical disturbances, and the nature of their duties, in many cases, quickly drift them into the horrors of all kinds of female complaints, organic troubles, ulceration, falling and displacements, or perhaps irregularity or suppression causing backache, nervousness, irritability, and sleeplessness.

Women everywhere should remember that the medicine that holds the record for the largest number of actual cures of female ills is

Lydia E. Pinkham's Vegetable Compound

made from simple native roots and herbs. For more than thirty years it has been helping women to be strong, regulating the functions perfectly and overcoming pain. It has also proved itself invaluable in preparing for child birth and the Change of Life.

Mrs. A. M. Hagermann, of Bay Shore, L. I., writes:—Dear Mrs. Pinkham:—'I suffered from a displacement, excessive and painful functions so that I had to lie down or sit still most of the time. Lydia E. Pinkham's Vegetable Compound has made me a well woman so that I am able to attend to my duties. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound and see what relief it will give them."

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female illness are invited to write Mrs. Pinkham. at Lynn, Mass. for advice She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law Lydia E. Pinkham in advising. Therefore she is especially well qualified to guide sick women back to health.

DOUGLAS

S3.00 AND \$3.50 SHOES THE WORLD W. L. DOUGLAS \$4.00 BILT EDGE SHOES CANNOT SE EQUALLED AT ANY PRICE.

SHOES FOR EVERYBODY AT ALL PRIOES:
Men's Shoes, 85 to \$1.50. Boys' Shoes, \$3 to \$1.25. Women's Shoes, \$4.25 to \$1.00.

W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost. If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit is shoes are made, you would then understand why they hold their shape, fit wear longer, and are of greater value than any other makes.

W. L. Douglas name and ryice is sauged on the bottom, which protocts the wears against his prices and inferior shoes. Take No Substitute. Sold by the best shoe dealers every the real Color Ryeleis used archaetely. Catalog matter free. W. L. BOUGLAS, Brechton, M.

It is generally supposed that Prof. Garner is the first man to study what has come to be called the speech of monkeys. As a matter of fact, the honor belongs to Str Richard Burton, the famous orientalist, who translated the "Thousand and One Nights." Lady Burton tells in her biography of her distinguished husband that Sir Richard believed firmly in monkey speech; that he had forty apes continually with him for several years, and that

ularly of sixty words. This vocabu lary, unfortunately, was lost. Prof. Garner can make a strange monkey drink by saying a certain word, and with another word he can make it eat, and with another word he can frighten it. But Sir Richard Burton could do all these things, too. His vocabularly, furthermore, was larger than Prof. Garner's. Ernst Haeckel, the great German scientist, is in hearty sympathy with the study of the monkey language. He says he believes

be had written down a monkey vocab-

firmly that such language exists.

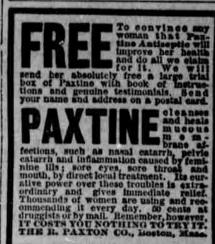
Gritty George-Lady, would yer mind writing off a list of all de things in dis cold meal on a slip of paper? The Lady (in surprise)-What for my poor man?

Gritty George-Well, yer see, mum I am collectin' menus along me travel an' every one helps.

CASTORIA The Kind You Have Always Bought Bears the Signature of Chart Hillthing

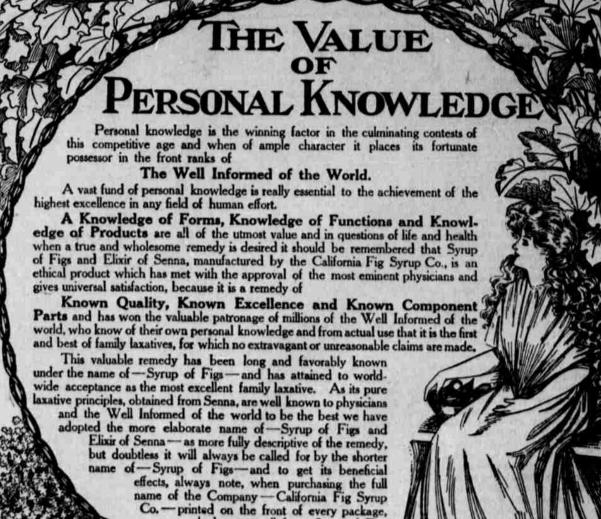
If afflicted with Thompson's Eye Water

A Positive P CURE Elv's Gream Balm brane. It cures Os-tarrh and drives away a Cold in the





Western Washington Timber Lan



ifornia Figs

whether you call for — Syrup of Figs — or by the full name — Syrup of

Figs and Elixir of Senna.

LOUISVILLE, KY. LONDON, ENGLAND. NEW YORK, N.Y