HOW MRS. BROWN SUFFERED

During Change of Life—How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman.

Iola, Kansas.—"During the Change of Life I was sick for two years. Before I took your medicine I could not bear the weight of my clothes and was bloated very badly. I doctored with three doctors but they did me no good. They said nature must have its way. My sister advised me to take Lydia E. Pinkham's Vegetable Compound and I purchased a bottle. Before it was gone the bloating left me and I was not so sore. I continued taking it until I had taken twelve bottles. Now I am stronger than I have been for years and can do all my work, even the washing. Your medicine is worth its weight in gold. I cannot praise it enough. If more women would take your medicine there would be more healthy women. You may use this letter for the good of others."—Mrs. D. H. Brown, 809 N. Walnut St., Iola, Kan.

Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

LIVE STOCK AND MISCELLANEOUS

Electrotypes

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY

WESTERN NEWSPAPER UNION
521-531 W. Adams St., Chicago

ALLEN'S FOOT-EASE,

The Antiseptic powder shaken into the shoes—**The Standard Remedy for the feet** for a quarter century. 30,000 testimonials. Sold everywhere, 25c. Sample FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

The Man who put the E E s in F E E T.

Readers of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations

TRUCK GARDENING AND POULTRY RAISING

THESE, AS WELL AS OTHER MIXED FARMING BRANCHES, PAY IN WESTERN CANADA.

Truck gardening and poultry growing are two branches of agriculture in which the farmers near the main lines of the three transcontinental lines traversing Western Canada are much concerned. The abundance of sunshine during the long days from May to September, and adequate moisture in the spring and early summer permit of a wide variety of crops. The soil is rich and warm and is easily worked. Close attention to cultivation has resulted in record yields of all sorts of vegetable and small fruits which bring good prices in the cities and at the numerous railway construction camps.

Mr. Harris Olum, an Alberta farmer, came from South Dakota eleven years ago and homesteaded the first 160 acres in his township in 1902, which was divided between grain and pasture. He earned sufficient money to buy a quarter section of railway land at $11 an acre. The half section netted proportionate profits and he gradually increased his holdings to 1,920 acres, which was devoted to mixed farming last year. He values his land at $50 an acre.

Mr. Olum markets from 100 to 125 hogs and a similar number of beef cattle each year. He has 200 hogs, mostly pure bred Poland China, 25 head draft horses and 35 head of pure bred Hereford cattle. By feeding barley to hogs he estimates that the grain nets him 80 cents a bushel, as compared with 40 cents, the average market price when delivered to the warehouse. His average crop of barley is 40 bushels to the acre, while oats average 80 bushels.

By writing any Canadian Government Agent, full particulars as to best districts on which to secure homesteads will be cheerfully given.—Advertisement.

Julius Caesar.

The almost unanimous verdict of ancient and modern times is to the effect that Julius Caesar was what Shakespears calls him: "The foremost man of all this world." Never before or since has any one exhibited in so high a degree all the qualities of a born ruler of men. And never had any man a grander role to play. To preside over the most important crisis in the history of the most important branch of the human race was a task that none but the greatest of men could successfully perform. Caesar swept one obstacle after another aside, and stood at last where he meant to stand.

What They Trusted.

Having ascertained his weight on the railway station weighing machine the man said to the porter:

"Isn't it a lack of business foresight to put one of those machines that distribute prizes to persons who guess their own weight correctly, bang up against other scales that they could get weighed on before hand, and thus guess on a sure thing? You must have great faith in human nature, you?"

"Oh, no, sir," said the porter, "but we have in the machine."

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugarcoated, tiny granules. Easy to take as candy. Adv.

No sprinter can get over the ground fast enought to overtake the golden opportunity that has escaped.

Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

The devil considers it safe to sleep in the church where the preaching keeps nobody awake.

FRIEND OF CONVICTS

New York Sales Agent Long Active in Prison Reform.

Frederick H. Mills Transferred Men From Jails to Responsible Jobs in Banks and Spent Much Time Aiding Unfortunates.

New York.—In 1881 a Chicago merchant took a young man to the First National bank in that city and introduced him to the president, Lyman J. Gage, afterward secretary of the treasury, as Frederick Mills, chief clerk of the state reformatory at Elmira, N. Y.

"I want to get a position in your bank for a friend of mine, Mr. Gage," said young Mills. "He is a man of experience and ability and has the best of references from the Bank of North America in Montreal, where he was employed for several years."

"Where is he now?" Mr. Gage inquired.

"He is in the Elmira reformatory," replied the young man. "He has just finished his term there and is waiting to get a job in order to be allowed to leave."

The bank president stared hard at his visitor for a moment and, discovering from his manner that he was serious, resisted an inclination to become angry, but laughed long and loud instead.

"Did you come out here with the impression that the Chicago banks select their clerks from the reformatories?" he asked.

Thirty years ago, before the new penology was born of science and philanthropy, the idea of giving an ex-convict employment seemed preposterous to the average man of business. Young Mills, however, was not to be rebuffed. He related to Mr. Gage the story of the coming of the Montreal bank clerk to New York to better his fortunes and of his yielding to temptation in the metropolis; he told of the opportunities he had for studying the other's character in the reformatory office and he asserted his opinion that here was a chance for the bank president to save a human life from wreck.

Mr. Gage argued the matter with Mr. Mills for half an hour and discussed it with him for an equal period and at the end of an hour promised that the Elmira graduate should have a place in the bank. The man rose to the position of head bookkeeper in the First National bank of Chicago and was a trusted employe until his health gave out a few years ago. President Gage then sent him to a health resort in California and took care of him until his death.

This incident is only one of many of the same nature that explain why it is that Frederick Hamlin Mills, who offered his resignation as sales agent of the prison department of the state recently in order to promote harmony between Superintendent of Prisons Scott and Governor Sulzer, is a man of many friends. These friends range from the penologists and students of criminology of America and the rest of the world, the prison officials of the United States and a wide church and social circles, to scores of ex-convicts who are today earning an honest livelihood through Mr. Mills' instrumentality and to men in the prisons who look to him for assistance on their release.

It was his success with the first two ex-convicts for whom he obtained employment that led Mr. Mills to keep up the work. As an illustration of the possibilities of reform among men punished for crime, Mr. Mills relates an experience in Chicago a few years ago. On this occasion he was asked to dine with five one time convicts he had befriended, three of them from the Elmira reformatory. One of the five was Jarvis, then head bookkeeper of the First National bank; another was private secretary to the general manager of one the most famous railroads in the country; a third was vice-president of a big coal company, and the others were the chief cashier of a manufacturing company and a theatrical manager.

HEAD OF NAVY FINGER PRINT BUREAU

Surrounded by files containing over 130,000 cards, holding a silent but positive identification of every man who has enlisted in the navy since 1907, J. E. Taylor, chief of the navy's finger print bureau, is becoming the terror of men who have proved unfaithful in their country's service. In the four years the system has been in operation 1,700 men have been caught. Of those apprehended last year many were deserters, and others had been dishonorably discharged and forbidden to re-enlist.

TELLS OF POLE TRIP

Amundsen Declares He Found It Under a Hot Sun.

Explorer and Party Reached Southern Axis of Earth in Shirt Sleeves, He Asserts in Story to Chicagoans.

Chicago.—Roald Amundsen discovered the south pole in his undershirt. The Norwegian explorer, who on December 16, 1911, planted his country's flag at the earth's southern axis, is himself authority for this statement. It need not startle any one. The sun was shining in a cloudless sky and the thermometer registered only 15 degrees below zero. This seemed real warm and summery to a man who had become inured to temperatures 60 and 75 degrees below during the antarctic winter.

Captain Amundsen was visiting Chicago. As he sat in the University club, immaculate and smartly groomed as any dandy of the boulevards, he did not appear as if he could be capable of anything so unconventional as

Capt. Roald Amundsen.

discovering the south pole in his undershirt. One would fancy he would have done it in evening clothes.

"Our journey was very pleasant," said the suave Norseman. "We underwent no hardships to speak of. We had a little trouble getting over the great ice range of the Queen Maud mountains at 85 degrees south, but after that we came out on a high plateau, which sloped down in one smooth and unbroken expanse of hard, frozen snow to the pole.

"It was downhill all the way and we were on skis. So you might say we tobogganed to the pole. The sled dogs had hard work to keep up with us.

"There were five of us—Holmer Hansen, Oscar Wisting, Sverre Hassel, Olaf Bjaaland and myself. We had plenty to eat, banqueting every day on pemmican, biscuit, chocolate and powdered milk. The weather was hot. We dripped with perspiration, even in our light clothes.

"Our first observation, on December 16, showed 89 degrees, 55 minutes. We were five miles from the pole. We hurried forward. Skiing along under a blazing sun—that's the word, blazing—made us hot. We took off our sweaters and silk coats and threw them on the sleds. Still it was warm work, even in our undershirts. When we thought we had covered five miles we took another observation. We were at 89 degrees 59 minutes. That left the pole a mile away. We traversed that mile and erected a tent and placed a Norwegian flag on top of it above what we believed was the pole itself.

"We remained at the pole three days and set up flags in all directions. Then we went forty-five miles beyond the pole. The land or the ice and snow, that covered it to an unknown depth, still sloped downward. It seemed as if we were still going south. But we were not. We were going north. In taking two steps at the pole we went both south and north, and I may say that at that point where all meridians converge one stride would take us from the longitude of New York to that of San Francisco.

"There was no excitement when we found ourselves at the pole," Captain Amundsen added. "No one danced or hurrahed. I knew we would get there. We all knew it. We had never doubted it. It seemed a perfectly natural thing to be there. We felt at home. If we hadn't got there, there might have been occasion for some excitement."

URGES BLUE DRESS SUITS

Italian Nobleman Says Conventional Black Is Sign of Artistic Decadence Here.

Boston.—Duke Pompeia Litta of Milan, Italy, who is in this city as guest of the Twentieth Century club, believes that the conventional black evening clothes worn by American men is a sign of artistic decadence.

"The art of being magnificent is entirely lost in America," he declared in an interview. "The only thing of color in American life is the color of the hats of ladies. They are wonderful. Where do they come from? Even in Paris I have never seen such hats.

"But the men, I pity them. Always somberly clothed, they seem to go through life so sadly. I can understand why, perhaps, they wear black and grays and browns to business. But even for evening wear they choose black.

"I do not believe in this. Why cannot the American gentlemen, on pleasure bent, relax? I should suggest a dress suit of perhaps pale blue or gray or with a fine stripe, in the future."

Blamed Carrier for Loss.

New York.—"I want to know the name of the parcel post carrier who ate the other half of this cake?" demanded an indignant suffragette as she rushed into the New York post office, exhibiting part of a sponge cake. "I suppose he got hungry while he was carrying it around and kept nibbling at it." Postmaster Lowrie explained that the cake had not been eaten, but crushed into crumbs.

GOTHAM TO GIVE UP NAVY

Cost of Maintaining Training Ship for Merchant Marine Proves Too Expensive for Results Obtained.

New York.—The navy of New York will be put out of commission within the year, unless something unexpected comes up to rescind the order which has just been issued, and the flag of New York will be seen no more on the high seas or in the ports of the Mediterranean and the north Atlantic.

Ever since 1874 New York has maintained a naval school for the training of officers for the American merchant marine. The fact that there was no American merchant marine to speak of did not at all prevent a great many boys from attending the school and cruising six and eight months at a time, partly at the expense of the state, partly of the city and partly of the nation.

In accordance with a long-established policy, the United States navy has furnished a vessel and a commanding officer for each of the naval schools of the coast states. During the winter the ship lay at a pier in the East river, comfortably housed over and furnishing a convenient and cozy schoolhouse for the boys, numbering from 100 to 250, who were students.

The board of education of New York city has had charge of the school since the organization of Greater New York, and it has grumbled occasionally because of the cost of maintaining the schoolship. A few years ago the St. Mary was recalled and the gunboat Newport was substituted. The Newport, unlike her predecessor, has engines and she has proved to be a mighty coal eater at a time when coal is costly. Also, the board complained, parents persisted in looking upon the schoolship as a sort of reformatory, where they could load bad boys and get rid of them for half a year in hands that were capable of handling them without gloves, if it was necessary. Accordingly, the board has applied for a change in the city charter abolishing the naval school altogether.

DINNER BY PARCEL POST

Each Guest Mails an Item on the Menu is the Very Latest Social Novelty.

Peekskill, N. Y.—A "parcel post" dinner was introduced as a social novelty by Mr. and Mrs. A. J. Giles of Peekskill, who gave one in their home with a menu of foodstuffs prepared in distant localities and shipped to them by parcel post. The out-of-town guests mailed their contributions to the dinner before starting for Peekskill to enjoy the feast. There was a large roasted chicken from Bound Brook, N. J., corn bread and cheese from Virginia, meat products from Chicago, fruit from Washington, D. C., and pastry from New York. No food was prepared by the host or hostess.

DOG GUARDS MAN IN DITCH

Remarkable Faithfulness of Animal Shown at Louisville Wreck After Owner Dies.

Louisville, Ky.—When rescuers reached the scene of a wreck which occurred here, when three cars of a Baltimore & Ohio freight train dropped over an eight-foot trestle, they found the mangled body of Charles Woodsmall, switchman, in a ditch still clutching his lantern, with which a moment before he had flashed the danger signal, and, standing above the body, his dog, which had been following the train through the yards. Only after the dog had been dragged away by force were the members of the train crew able to extricate the body.

According to the engineer, the train was backing on the trestle in the yards when Woodsmall, who was on top of the second car from the end, flashed a danger signal and a moment later disappeared. The engineer applied the emergency brakes and stopped the train, but not in time to prevent the three hindmost cars from dropping over the trestle. The cause of the accident has not been determined.

Seek Historic Cup.

Mainz, Germany.—Government detectives are searching for a historic silver cup used by Emperor William in 1898 in toasting the German troops, which has mysteriously disappeared from the Mainz museum.

TAKE PERUNA FOR COUGHS AND COLDS

S. B. HARTMAN, M. D.
Columbus, Ohio

If you used Peruna at the beginning of every cold you would then appreciate the value of this great remedy. Do not wait until the cold has fastened itself upon you. Take it at the first symptom. This is the way to ward off the cold so that it does you no harm.

Peruna used in the beginning of a cold prevents a cough entirely.

Yes, I mean what I say. It prevents a cough. A cough is an effort to expel catarrhal discharges in the bronchial tubes. There would be no catarrhal discharges in the bronchial tubes if Peruna was taken at the beginning of a cold, therefore there would be no cough. Don't you catch the point?

After the cough begins Peruna will stop it just as quickly as it ought to be stopped. To stop a cough before all of the expectoration has been removed is to do great injury. After the expectoration has been properly removed the cough will stop itself. That is the only proper way to stop a cough.

Occasionally a cough depends upon an irritable condition of the larynx or bronchial tubes, in which there is little or no expectoration.

The problem of stopping such a cough is a slightly different one. Even in those cases Peruna ought to be taken, but sometimes it is necessary that local treatment be added.

But in any case Peruna is needed. You do not have to stop to write me. Get Peruna at once and commence taking it. You can get rid of that cough sooner I believe than in any other way.

Should you wish to consult me at any time while you are taking Peruna you are at perfect liberty to write me. Your letters will be held strictly confidential and you will receive prompt answer.

I want to stop that cough of yours. I want to stop it before it really begins. I want to stop it before it has a chance to injure your lungs, an injury that you may not recover from during your whole life. Yes, I do. You do your part. I will do mine. No. 54.

COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same stable, no matter how exposed, kept from having the disease, by using SPOHN'S LIQUID DISTEMPER CURE. Give on the tongue, or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. One bottle guaranteed to cure one case. 50c and $1 a bottle; $5 and $10 dozen of druggists and harness dealers, or sent express paid by manufacturers. Cut shows how to position throats. Our free booklet gives everything. Local agents wanted. Largest selling horse remedy in existence—twelve years.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

SO IT WOULD SEEM.

"What is a 'figure of speech,' pa?"

"Well, if talk is cheap, it must be a pretty small figure."

A GRATEFUL OLD MAN.

Mr. W. D. Smith, Ethel, Ky., writes: "I have been using Dodd's Kidney Pills for ten or twelve years and they have done me a great deal of good. I do not think I would be alive today if it were not for Dodd's Kidney Pills. I strained my back about forty years ago, which left it very weak. I was troubled with inflammation of the bladder. Dodd's Kidney Pills cured me of that and the Kidney Trouble. I take Dodd's Kidney Pills now to keep from having Backache. I am 77 years old and a farmer. You are at liberty to publish this testimonial, and you may use my picture in connection with it." Correspond with Mr. Smith about this wonderful remedy.

W. D. Smith.

Dodd's Kidney Pills, 50c. per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

Where He Got It.

"The first time my little boy fell in love he got it in the neck."

"She snubbed him, eh?"

"No, but he started in to washing his neck without being told."

Robbery is robbery, no matter whether it is done by the sandbag, or a trick in trade.

No Nostalgia.

H. Atterbury Smith, who with his open stairway plan promises to revolutionize the tenement house, said in New York:

"The open stairway tenement, with its abundance of sunshine and fresh air, will make a tenement apartment actually a home. The tenement dweller of the future needn't feel like Captain Salt.

"'I've sailed the seas for 57 years,' Captain Salt, a seasoned old 'shellback,' boasted.

"'Don't you ever get homesick, captain?' a lady asked.

"'Homesick? Me homesick?' said Captain Salt. 'No-sir-ee! I ain't home enough for that.'"

Flattery.

Visitor—So he trimmed the people here out of thousands of dollars? He must have been smooth. How did he do it?

Native—Simply by addressing every Democrat in town, in an apparently absent way, as "postmaster."—Puck.

Will Dawn Upon Him Some Day.

"Oh, yes; Jack adores me; I've known it for weeks."

"Then what's bothering you?"

"What's bothering me! Why I've got to wait for him to find it out."—Boston Evening Transcript.

ALBERTA

THE PRICE OF BEEF

IS HIGH AND SO IS THE PRICE OF CATTLE.

For years the Province of Alberta (Western Canada) was the Big Ranching Country. Many of those ranches today are immense grain fields and the cattle have given place to the cultivation of wheat, oats, barley and flax; the change has made many thousands of Americans, settled on these plains, wealthy, but it has increased the price of live stock.

There is splendid opportunity now to get a

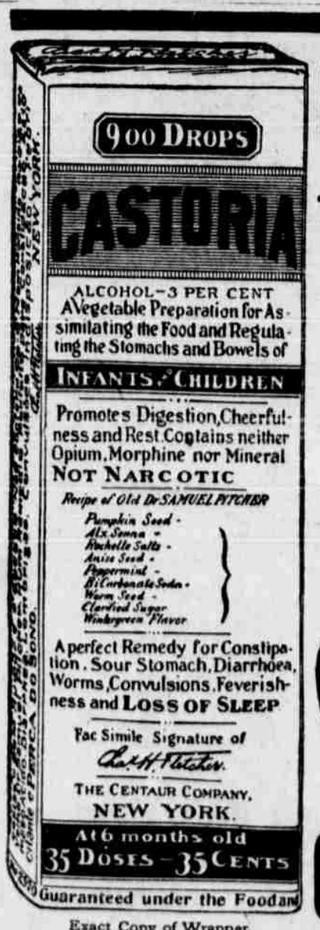
Free Homestead

of 160 acres (and another as a pre-emption) in the newer districts and produce either cattle or grain. The crops are always good, the climate is excellent, schools and churches are convenient, markets splendid, in either Manitoba, Saskatchewan or Alberta.

Send for literature, the latest information, railway rates, etc., to

J. M. MacLachlan, Drawer 379, Waterloo, S. D.
R. A. GARRETT, 315 Jackson St., St. Paul, Minn.

Canadian Government Agents, or address Superintendent of Immigration, Ottawa, Canada.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

6 Silver Spoons Free

For 100 GALVANIC Soap Wrappers

THESE SPOONS must not be confused with the USUAL premium silverware. The spoons shown HERE are the same as you would buy at your jewelers. They are GENUINE Rogers ware, the beautiful and exclusive LaVigne or Grape pattern, finished in the fashionable French Gray. Each spoon is guaranteed extra heavy A 1 silver plate on a WHITE metal base. With ordinary wear they will last a life time.

Here is the Offer

One spoon given for 20 Galvanic Soap wrappers (front panel only) and one 2c stamp or SIX SPOONS for 100 Galvanic wrappers and five 2c stamps. Coupons from Johnson's Washing Powder count the same as wrappers.

Why You Should Buy Galvanic by the Box

1st. It is cheaper than buying a few cakes at a time.

2nd. When the wrappers are removed the soap dries out and goes almost twice as far as when fresh.

3rd. You get six Rogers Silver Teaspoons.

Mail wrappers to the premium department

B. J. Johnson Soap Co.
Milwaukee, Wis.

Actual spoon regular 6 inch length

Ward Commission Company

Expert Sellers of Cattle, Hogs and Sheep

Sioux City, Iowa — Chicago, Illinois

Experienced Salesmen; Competent Yard Men and Our Fine Yard Locations, Insure You Best of Results.

A GROWING BUSINESS BUILT ON A REPUTATION

STEELE, SIMAN & COMPANY

COMMISSION SELLERS OF HOGS, CATTLE AND SHEEP

Write us—Thos. J. Steele, Mgr., Sioux City, Ia. Ship us

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.
FOR COUGHS AND COLDS
25 CTS.

THOMPSON'S EYE WATER Quickly relieves weak, inflamed eyes. Sold everywhere 25c. Booklet free.
JOHN L. THOMPSON SONS & CO., Troy, N.Y.