

CATARRH STAGNATION
You Can Avoid This By Using PE-RU-NA
44 YEARS LEADERSHIP
 Catarrh means inflammation, which is stagnation—the gorging of the circulation with impure blood.
 Correct all catarrhal conditions, wherever located, by the use of PERUNA, obtainable in either liquid or tablet form at all druggists or the Peruna Company, Columbus, Ohio.

The average man would rather lose \$5 on a horse race than a nickel through a hole in his pocket.

BANISH PIMPLES QUICKLY
 Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free.

Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Woman's silence signifies more than a man's because it is much less frequent.

RECIPE FOR GRAY HAIR.
 To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Fools and children can be relied upon to tell the truth—at the wrong time.

Makes Work a Burden
 A bad back makes hard work harder. All day the dull throbs and the sharp, darting pains make you miserable and there's no rest at night. Maybe it's your daily work that hurts the kidneys, for jarring, jolting, lifting, reaching, dampness and many other strains do weaken them. Cure the kidneys. Use Doan's Kidney Pills. They have helped thousands and should do as well for you. Thousands recommend them.

A Nebraska Case
 Joseph Roeken, Wakefield, Neb., says: "My back pained me severely and the kidney secretions were troubling in passing. I was unable to sleep. Every cold I caught made the trouble worse, and at times I got so sore and lame I couldn't move. Finally I was confined to bed. Seeing Doan's Kidney Pills recommended, I used them. The pains soon left me, my kidneys were strengthened and I was restored to good health."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
 FOSTER-MILBURN CO., BUFFALO, N. Y.

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 bowels. Cure Constipation, Bilelessness, Sick Headache, and Indigestion, as millions know.
 SMALL PILL. SMALL DOSE. SMALL PRICE.
 Genuine must bear Signature
 W. H. Hill Company - Detroit

Cure that Cold—Do it today
HILL'S CASCARA QUININE
 The old standard remedy—In tablet form—No unpleasant after-effects. No drowsiness—Cures colds in 24 hours—La Grippe in 3 days—Money back if it fails—Tastes genuine—Box with red top—Mr. Hill's picture on it—25c—At Any Drug Store.
 W. H. Hill Company - Detroit

CANCER
 Tumors and Lupus successfully treated without knife or pain. All work guaranteed. Come, or write for free Illustrated Book. Dr. WILLIAMS SANATORIUM, 290 University Ave., Minneapolis, Minn.

PILES CURED
 I treat piles by a mild safe method without knife or hospital operation. Established for years. Write for list of patients.
 C. Y. Clement, M. D., 252 Good Bldg., Des Moines

PATENTS Watson E. Coleman, D.C., Adviser and books free. Reasonable. Highest references. Best service.

Seeds A. J. Beck & Son, 311 Milwaukee Ave., Chicago. 31 Mulhall, 200 City, Ia.

Sioux City Directory
 "Hub of the Northwest"

RICE BROTHERS
 Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

AT THE ENGLISH HOME OF THE WASHINGTON FAMILY

Sulgrave Manor, in Northamptonshire, is preserved as a peace memorial between Great Britain and the United States. Here is an interesting story of the historical place



Home of Washington's Ancestors

In a quiet, rural neighborhood, where the farmhouses are quaint, and antiquated, stands Sulgrave Manor, the one-time English home of the Washington family. The manor never really saw George Washington or his father, or even his grandfather, but the Washington family possessed and occupied it during most of the sixteenth and seventeenth centuries. It is still possible to distinguish over the main entrance to the old building the heraldic device of stars and stripes which Washington accepted as his own coat of arms, and which is commonly regarded as the origin of the American flag.

In the summer of 1911 the suggestion was made by a prominent member of the British Peace committee that the historical property should be purchased and dedicated as a memorial to the peaceful relations existing between the two countries during the past century, the dedication to be one of the features of the international celebrations in 1914. This idea immediately met with popular favor. The British committee acquired the property, and dedicated it to peace between England and the United States.

The manor has been made into a Hall of Records, where matter pertaining to Anglo-American unity is kept. It is understood that a lecture chair soon will be supplied by the purchasers and that James Bryce, ex-ambassador to the United States, will be its first occupant.

Charming Old Place.
 The manor is a charming piece of old architecture, gray with the rains, frost and sunshine of 400 years. The house stands at the eastern extremity of the village of Sulgrave, in Northamptonshire, and it is approached from the west by a pretty green croft, separated from the almost encircling road by a hedge.

To the right of the gate end of the manor is a low stone wall with a large gate, facing a small courtyard, partly paved and partly in grass. From the courtyard the house is entered by a handsome old stone doorway, above which a little attic projects from a tiled roof. The fine old Tudor doorway is surmounted by a shield containing the Washington coat of arms, which three centuries have somewhat robbed of its original sharpness, but which is still unmistakable.

What a fortune had that shield of a private English gentleman—become the most notable blazon of all the world! Strange to think that this little obscure stone coat of arms in a secluded Northamptonshire village should be the original of so much—should still be extant. As strange to think of the contrast between the torpid and monotonous rustic life surrounding it for so many generations with the rush and roar of existence in our great republic.

There is very little doubt that the three stars and the three stripes furnished the idea for the American flag. In the flag, as in the original, the stars signify divine influence guiding the bearer in the right way, while the bars denote one who sets the bar of conscience and religion against wicked temptations and evil desires. The colors, red and white, seem to follow also; the red meaning military bravery and fortitude; the white peace and sincerity.

Tradition attributes the suggestion to Benjamin Franklin. Tupper is probably right when, in his "Centennial Drama," he makes Franklin say:

I proposed it to the congress.
 It was the leaders old crusading blazon,
 Washington's coat, his own heraldic shield.
 And on the apex, when we must choose a flag
 Symboling independent unity,
 We and not he—all was unknown to him—
 Took up his coat of arms and multiplied
 And magnified it, in every way to this
 Our glorious national banner.

He adds, also, some allusions to the old man's name:

The Washingtons, of Wassyngton,
 In County Durham, and on Sulgrave Manor,
 County Northampton, bore upon their shield
 Three stars atop . . . and for the crest
 An eagle's head upspringing to the light,
 The architraves of Sulgrave testify,
 As sundry printed windows in the hall

At Wessyngton, this was their family coat. And at Mount Vernon I myself have noted An old cast-iron, scutcheoned chimney-back Charged with that heraldry.

The old building is in an excellent state of preservation. The main hall has a fine fireplace and an oak beam ceiling. The ancient oak staircase has very beguiling twisted banisters and a fascinating secret cupboard at the intermediate landing. The drawing room is on the second floor, as was the custom in the days when it was built, and in one of the bedrooms it is said that Queen Elizabeth once slept.

The estate surrounding Sulgrave manor consists of about two hundred acres of gently rolling land, substantially all of it in full view of the manor. The ownership carries with it the lordship of the manor, "with the Rights, Royalties, Privileges and Appurtenances thereto belonging," and is subject to "a fee farm rent of 11s 6d (\$2.34) per annum."

Sulgrave Manor is the place in England most closely associated with the name of Washington, and yet it is true that George Washington himself attached little importance to this fact. In the early days of the American republic, ancestry was despised much more than is now the case. In 1788 George Washington refused to accept the dedication of a book on heraldry because a portion of the community were:

"Clamorously endeavoring to propagate an idea that those whom they wished individually to designate by the name 'well-born' were meditating in the first instance to distinguish themselves from their compatriots and to wrest the dearest privileges from the bulk of the people."

But the ability to trace one's ancestors has a greater value in this country today than it had in the days of the first president. Washington knew very little about his own forefathers. When he was asked about them by the Garter King-of-Arms, he said the first of his family in Virginia had come from one of the northern counties in England, possibly Yorkshire or Lancashire, or even farther north. Later there was considerable dispute about the root of the family tree from which he was descended, and it was finally agreed by genealogists that the Washingtons of Sulgrave and Brighton did actually spring from the Washingtons in Warton, Lancashire, a place on the Westmoreland border.

Several generations of Washingtons of Warton are recorded, and one of these was the father of Laurence Washington, mayor of Northampton in 1532 and 1545. He seems to have taken up his residence at Sulgrave, though members of his family continued to remain at Warton for several generations. This Laurence Washington had for mother the daughter of Robert Kyton of Hengrave in Suffolk. This proved a matter of very considerable importance in their history, because it brought them into connection with the Spencers of Althorp and Wormleighton, through the marriage of Sir Thomas Kyton's daughter, Catherine, to Sir John Spencer of Wormleighton, whose grandson, Sir Robert Spencer, was created Baron Spencer of Wormleighton in 1603.

In the process of time the Washingtons of Sulgrave appear to have got into financial difficulties. Laurence Washington entered the wool trade, perhaps induced to do so by the fact that Lord Spencer was one of the great flock-masters of his day. This Laurence acquired considerable riches in the wool trade. In 1539 he became possessed of the Manor of Sulgrave for the sum of three hundred and twenty-one pounds, fourteen shillings, and subsequently he purchased additional property.

Sundial With Washington Arms.
 He had many sons, of whom the oldest was Robert, the ancestor of George Washington. He succeeded his father in 1587, when he was of the age of forty, but he does not seem to have been so prosperous as his father. Yet it appears that he was able to send both his sons, Christopher and William, to Oriel college, Oxford, where they were in 1588, the year of the great armada. Robert's oldest was named Laurence, probably after the mayor of Northampton, and in 1610 Robert, in agreement with his son, agreed to sell Sulgrave to their cousin, Laurence Makepeace. The second Laurence Washington then removed to Brighton, near Northampton, his father perhaps going with him, though the latter was buried in the family vault at Sulgrave. Laurence Washington had seventeen children, two of whom rose

to high positions and were knighted—Sir William Washington of Packington in 1622 and Sir John Washington of Thrapston in 1623.

The old church of St. Mary's, where the Washington family worshipped for years, is near the old manor, and is in a good state of preservation. It forms a point of considerable interest containing, as it does, three memorial brasses on the gray stone slab put down in memory of Laurence Washington and his family. These brasses consist of Laurence Washington's effigy, a shield bearing the Washington arms, and the following inscription:

"Here lyeth buried ye body of Laurence Washington, Gent, & Anne his wyf by whom he had issue thre sons and thre daughters. He dyed ye . . . day . . . anno 15 . . . & Anne Deceased the xj of October ano Dni 1564."

Apparently Laurence Washington, great-great-grandfather of George Washington, devised this monument as a memorial to his wife, leaving the date of his own death blank to be filled in after his death. This, however, has never been done.

Two other records of the Washingtons are found in the village of Brighton. In this little township, not far distant from Northampton, stands the house in which the family moved from Sulgrave. It was in this house that Robert Washington died in 1622, and in the yard, engraved upon a sundial, is found the Washington coat of arms.

In the Church of All Saints, near at hand, where Robert Washington is buried, an inscription reads as follows:

"Here lies interred ye bodies of Elizab Washington, widow, who changed this life for immortality ye 19th day of March, 1622. As also ye body of Robert Washington, Gent, her late husband second son of Robert Washington of Sulgrave ye county of North, Esq., who departed this life ye 10th of March, 1622, after they lived lovingly together."

Laurence Washington, grandson of the Laurence of Sulgrave, died in 1616, and is also buried here.

Unfortunately little of the village of Sulgrave as it was in the days of the Washingtons now remains. A disastrous fire in 1675 swept the village, and only a relic may be seen here and there in an ancient house. Most of the streets are set with neat brick houses. Coming toward the Church of All Saints, one might fancy oneself in the business center of some minor New England city, but with rather less of glare and noise, and the community held in a certain abeyance by the presence of the old church.

In dedicating the manor as a memorial to the peaceful relations existing between the two great English-speaking nations during a century, the British committee has created a permanent memorial of permanent interest.

First to Die for Liberty

It would be difficult to say who was the first man killed in the Revolutionary war. The spirit of revolt prevailed and some collisions between the people and British soldiers occurred before the war actually began. The battle of Concord occurred more than a year before the Declaration of Independence, but there was bloodshed before the battle of Concord. One of the earliest of these collisions was the so-called Boston massacre, March 5, 1770, in which British soldiers fired upon citizens, killing three and wounding eight. The first to fall in this affray was Crispus Attucks, a mulatto. The first man killed in the battle of Concord, April 19, 1775, was Capt. Isaac Davis of the Massachusetts "minute men." In the battle of Concord the Americans lost 93 killed, wounded and missing, but no complete list of names was preserved.

Kindliness is the true wealth of the mind and I beg you to keep it in your heart as a priceless treasure.—Giusti.

WASHINGTON'S APPEAL TO GOD

First President's High Character.
 It was always known by his friends, and it was soon acknowledged by the whole nation, and by the English themselves, that in Washington American had found a leader who could be judged by no earthly motive to tell a falsehood or to break an engagement or to commit any dishonorable act.

"I have heard his prayer, Hannah, out in the woods today, and the Lord will surely hear his prayer. He will, Hannah; these men rest assured he will." And he did.

One day a Quaker farmer was passing through the winter woods near Valley Forge at twilight. Suddenly he heard a voice, and, following the sound, he came upon Commander Washington upon his knees in the snow, his cheeks wet, his voice pleading brokenly for his country and his people. The farmer returned to his home, his eyes dark and solemn with conviction.

"George Washington will succeed," he told his wife; "George Washington will succeed. The Americans will secure their independence!"

"What makes thee think so, Isaac?" mildly inquired his wife.

"I have heard his prayer, Hannah, out in the woods today, and the Lord will surely hear his prayer. He will, Hannah; these men rest assured he will." And he did.

Men in the Trenches.
 Men who have been under fire in the trenches or in the open, with shells falling all around them and men stricken on all sides, will tell you that they had no fear as long as they could fight and bear their part in the struggle.

But when wounded, lying powerless and helpless on the field, the enemy descended on them, fear of the unknown, of the long hours of waiting torture, of what fate had in store for them, has wrung groans from hearts that no pain could influence.

Each sound, each movement contained a menace for which they had no name, no reason, but which was full of unutterable horror, and for which there was no relief but merciful unconsciousness or removal into the zone of peace and safety.

For a really fine coffee at a moderate price, drink Denison's Semole Brand, 35c the lb., in sealed cans.

Only one merchant in each town sells Semole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Semole dealer.

Buy the 3 lb. Canister Can for \$1.00.—Adv.

Bulletproof Textile Invented.
 The Rome Corriere del Polesina announces an invention by the curate of Ariano consisting of an imperforable textile fabric. Numerous rifle and revolver shots have been fired at the material from a distance of a few yards without penetrating it. The projectiles are said to have fallen without leaving a trace on the fabric. The cure will offer his invention to the government.

PREPAREDNESS!
To Fortify The System Against Grip
 when Grip is prevalent LANATIVE BROMO QUININE should be taken, as this combination with other ingredients, destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S sign nature box, 50c.

Of Course Not.
 Jaggs—I was painting the town red last night.
 Waggs—I'll bet you didn't use water-colors.

The longer a man does nothing the more he seems to like it.

New Strength for Lame Backs and Worn-out Conditions
 Dear Mr. Editor:
 I suffered from lame back and a tired, worn-out feeling. Was unable to stand erect and scarcely able to get around. It would usually come on at first with crick in small of my back. I took Anuric Tablets and my back commenced to get better. I did not have to walk doubled over as I did before using the "Anuric." It is the best remedy I have ever taken for what it is intended to relieve.

A. G. DRAKE.

NOTE:—When your kidneys get sluggish and clog, you suffer from backache, sick-headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. "Anuric" is the most powerful agent in dissolving uric acid, as hot water melts sugar. Ask the druggist for "Anuric," put up by Dr. Pierce, in 50-cent packages.

FROM GIRLHOOD TO OLD AGE WOMEN ARE HELPED
 At the first symptoms of any derangement of the feminine organism at any period of life the one safe, really helpful remedy is Dr. Pierce's Favorite Prescription for every conceivable ailment and disease of a womanly nature. It is a woman's temperance medicine and its ingredients are published on wrapper.

Dr. Pierce's Favorite Prescription is a true friend to women in times of trial and at times of pain when the organs are not performing their functions. For headache, backache, hot flashes, catarrhal conditions, bearing down sensations, mental depression, dizziness, fainting spells, women should never fail to take this tried and true women's medicine.

SEVERE KIDNEY TROUBLE YIELDS TO POPULAR REMEDY
 About four years ago I had a severe attack of kidney trouble and Gravel of the Bladder. I was afflicted this way for one year and had severe pains in my back and shooting pains in my bladder. I got so bad that I was not able to work for about two months; I could not rest at night; I would have to get up several times during the night to urinate, and at these times it caused me great pain. I read so much and heard so much of Dr. Kilmer's Swamp-Root, I decided to try Swamp-Root; after taking several bottles I was restored to good health and I have not been troubled with my kidneys and bladder since. I cheerfully recommend Swamp-Root to others with kidney and bladder trouble.

Yours respectfully,
 F. H. FLEMING,
 802 E. 14th St., Pittsburg, Kansas.

Personally appeared before me this 5th day of May, 1915, F. H. Fleming, who subscribed to the above statement and made oath that the same is true in substance and in fact.

JOSEPH KEYS, Justice of the Peace.
 In and for the County of Crawford and State of Kansas.

Prove What Swamp-Root Will Do For You
 Send ten cents to Dr. Kilmer & Co., Birmington, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Alabastine
 The superior wall finish

The case with which Alabastine can be used and applied, the range of wonderful decorative effects that can be obtained by its use, and the fact that it makes Alabastine preferable to wallpaper and all other forms of finishing walls.

The best decorative advice the two of us could give to you is to get a box of Alabastine and try it for the free Alabastine that we will send you. We will send you a box of Alabastine and a box of Alabastine, and we will send you a box of Alabastine, and we will send you a box of Alabastine.

Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere.

Alabastine Co.
 324 Grandville Rd., Grand Rapids, Mich.
 W. N. U., SIOUX CITY, NO. 8-1916.

Facing the Decorating Problem
 The decorating problem is the woman's problem. Alabastine will solve this problem for thousands of women this spring.

The Alabastine "Free Decorating Service" will assist you to procure the correct colors and combinations that will harmonize perfectly with your rug, furniture, draperies, curtains, and wearing apparel.

Bumper Grain Crops
Good Markets—High Prices
 Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The products comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweepstakes on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle fed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Also Superior Immigrant Information, Ottawa, Canada, or
 J. M. MacLachlan, Drawer 197, Waterbury, S. D. R. A. Garrett, 311 Jackson St., St. Paul, Minn. Canadian Government Agents

I OWE MY HEALTH
 To Lydia E. Pinkham's Vegetable Compound.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would aches all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."—Mrs. ROBT. STORIEL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound. If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

Too Vague.
 "I know a fellow who is unusually successful in handling the grip."
 "Is he a doctor or a bellhop?"

Important to Mothers
 Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of *Dr. J. C. Fletcher*.
 In Use for Over 30 Years.
 Children Cry for Fletcher's Castoria

A slip of the tongue is often more serious than a slip of the foot.

SEVERE KIDNEY TROUBLE YIELDS TO POPULAR REMEDY
 About four years ago I had a severe attack of kidney trouble and Gravel of the Bladder. I was afflicted this way for one year and had severe pains in my back and shooting pains in my bladder. I got so bad that I was not able to work for about two months; I could not rest at night; I would have to get up several times during the night to urinate, and at these times it caused me great pain. I read so much and heard so much of Dr. Kilmer's Swamp-Root, I decided to try Swamp-Root; after taking several bottles I was restored to good health and I have not been troubled with my kidneys and bladder since. I cheerfully recommend Swamp-Root to others with kidney and bladder trouble.

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