

THE BUILDING OF A COUNTRY

The Natural Pride of Those Who Take Part in It.

To those who have built railroads through and across the prairies of Western Canada, connecting that great empire of grain and cattle, horse and sheep with the world's markets in the east, must be awarded the privilege of looking upon their work, and its results with pardonable pride. If they reminisce, and tell of the hardships and the privations, why shouldn't they? The broad prairies on which the buffalo roamed and fed, are now alive with cities, towns and villages. Farms—large and small—on which machinery has chased the bugaboo of laborious work off the farm, and making farm life one of the most pleasant and prosperous of occupations—are being cultivated by men of the highest stamp of manhood. Many of these have inherited from their forebears the physical strength and the high type of manliness that was theirs in the days when they hewed their homes out of the virgin forest, and made them what may be seen today, beautiful farms in the east. On the whole the western prairies breed a high type of manhood, wrest from him faults and diseases which would be his were it not for the upbuilding influence and character of prairie life.

When the builder of the western Canadian prairie looks upon the result of his work, why shouldn't he chest expand? It was probably some of this feeling of pride that took possession of Sir Donald Mann, vice president of the Canadian Northern Railway the other day in Winnipeg, when he said:

"I am not in the habit of giving advice, but I have no hesitation in advising the young men of Canada, every young man, to get out and get a piece of western Canada's land that now can be had for the asking and be their own masters."

"It was 36 years ago when I first came to Winnipeg," he said. "At that time there were less than 150,000 people west of Lake Huron in Canada, and the only bit of railway in operation was between St. Boniface and Emerson—about sixty miles. Today there are nearly 20,000 miles of railway in actual operation and the population is over two and a quarter million, a wonderful achievement in such a short period you will agree, when you have contemplated it a moment."

"At that time all the flour, meat and many other supplies for our contracts were brought from the States. Now consider what the west is doing today. You have a grain production exceeding a billion bushels and yet only a comparatively small area of the tillable land of the country is occupied. Five years hence you will be more than doubling that."—Advertisement.

Don't think because a woman is outspoken that she can be outtalked.

Piles Cured in 6 to 14 Days
Druggists refund money if PAXO OINTMENT fails to cure itching, blind, bleeding or protruding Piles. First application gives relief.

If all the world's a stage it's up to each of us to contribute something toward the elevation thereof.

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 *Wm. C. Little*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Pressing Need.
Mistress—What do we need for dinner?

Servant—Sure, ma'am, and I've tripped over the run 'n' we need a new set of dishes.—Philadelphia Evening Ledger.

CONSTANT PAIN IN BACK FROM KIDNEY TROUBLE

I wish to tell you of my condition of about four years ago. I was afflicted with kidney and bladder troubles and had a constant pain in my back all the time for about two or three months. I did not have any appetite and could not rest at night and I was hardly able to do my house work. I saw Dr. Kilmer's advertisement and decided to give Swamp-Root a trial; after taking four bottles of Swamp-Root I was restored to health and have not been afflicted since. I will cheerfully recommend Dr. Kilmer's Swamp-Root to others afflicted with kidney and bladder troubles.

Yours truly,
SARAH FRAYER,
Coffeyville, Kan.

603 E. 6th St.
State of Kansas

Be it remembered, that on this 17th day of April, 1915, before me, W. G. Bowman, a Notary Public, in and for said County and State, came Sarah Frayer, who is known to me to be the same person who executed the within statement, and such person duly acknowledged the execution of the same to be her free and voluntary act and deed.

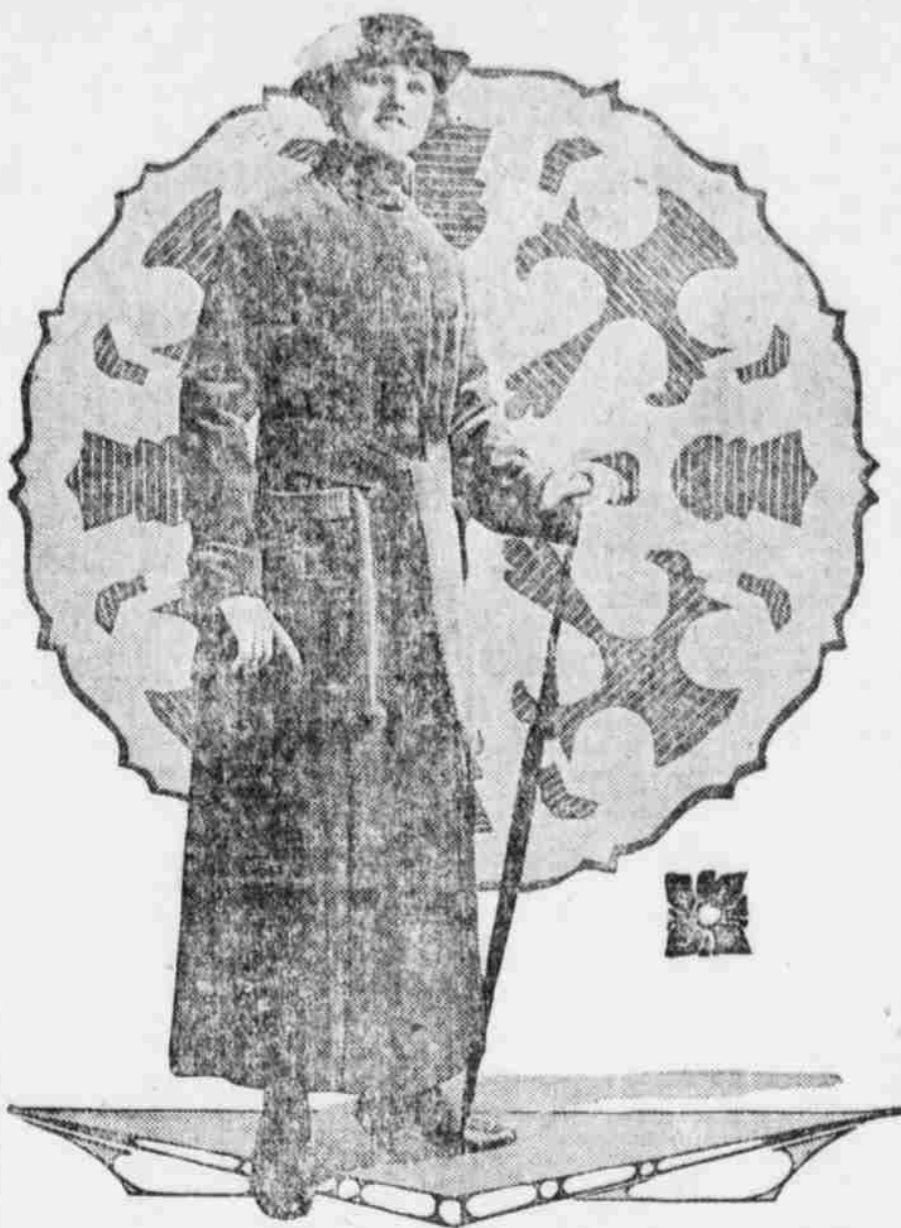
In testimony whereof, I have hereunto set my hand and affixed my Notarial Seal the day and year first above written.

W. G. BOWMAN,
Notary Public.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, 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.

The New Geography.
Knicker—What are diplomats?
Bocker—Bodies of men entirely surrounded by atmosphere.

Corduroy Featured in Winter Wraps



Besides fur-fabrics, which gave chance for a welcome variety in separate coats and jackets to be worn with cloth skirts, corduroy has increased its popularity for this purpose. Like fur-fabric it is more effectively used as a wrap, with skirt of a plain material, than in suits, and it makes a handsome full-length coat for either street or dressy wear.

Its adaptability to many purposes is explained by its manufacture in many colors and of cotton as well as wool or silk. The quieter colorings are chosen for utility coats, the brighter hues for sports coats, and the richer qualities provide wraps for evening. The last are almost always furnished with big fur collars and cuffs.

An effective model in a corduroy short coat is shown here. It is in taupe color with collar and cuffs of the material, and even the large flat buttons covered with it. The skirt is of the heavy, glossy woolen cloth known as "kitten's ear," matches it in shade, and it seems that no other color is

quite so beautiful in these fabrics. But in the better qualities Russian green and warm brown leave nothing to be desired in harmony of color and material. They are very fine in corduroy.

The coat pictured is a loose-hanging garment with a little definition given the waist line by a sash of the corduroy drawn through narrow straps of it, that are sewed to the coat. The sash ends are finished with small silk tassels. A coat of this kind in any of the reserved or staple colors may be worn over dresses in almost any color.

Julia Bottomley

Forecasting Short Jackets.

Short jackets will be worn this spring. Styles tend more toward the 1840 and 1850 periods. Skirts will be longer and ruffled and waists will be tighter.—Paris Letter to Harper's Bazar.

Advance Styles for the Small Boy



For the small boy recently arrived at the dignity of blouse and pants nothing radically new has made its appearance in the suits designed for spring. It is in little details of finishing and an occasional minor change in construction that novelty may be found. Those who wish to get the sewing for spring under way are safe in making up his washable suits and play rompers of the usual fabrics.

Belted blouses and bloomers, or straight pants, are made of colored chambrays or linens. Sometimes they combine a color with white, more often a plain and a striped pattern, and just about as often two colors, in the same suit. These serve, with his rompers, as in past seasons for his daily wear. White linen suits fill in his needs for more pretentious dress, and these or velveteen suits bespeak his best effort to do honor to formal occasions.

Rompers that look trim are made of chambray or serge, with straight pants and long, plain body, cut in one piece. They open down the back and at the waist line and have a belt for the material that buttons in front. It is slipped through narrow straps of the fabric stitched to the body of the garment. The neck is round and split a little way down the front. It is finished with a narrow sailor collar and the sleeves with cuffs. A small patch pocket at the left side and two short straps across the split at the neck, fastened with a button at each end, give a bit of snappy finish.

A velveteen and a linen suit are shown here. Both are made with straight pants and belted blouse. The velveteen blouse is plaited, with slashes under the plaits through which the belt is slipped. The shallow V at the front of the neck is filled in with a white dickey, and the small sailor collar, wide cuffs and belt are all of linen.

The linen suit for midsummer is cut on the simplest lines, with sleeves and blouse in one piece. It is easy to make and reduces the work of laundering to the minimum.

Julia Bottomley

Fur on Transparent Raincoats.

The transparent raincoats that are made of a fine silk fabric treated with certain oils which render it waterproof have been worn a lot in the East this year at winter sports. They are often seen with fur collars and cuffs.

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

Wrong Impression.

A Quaker fell asleep in meeting and soon began to snore. For awhile the nasal notes were soft and smooth and did not disturb the worshippers, but finally the sleeper let out a few extra kinks and the effect was a trifle disconcerting.

"Friend Hezekiah," whispered an acquaintance, digging the other in the ribs. "I think thee had better arouse thyself."

"What did thee say? What did thee say?" cried Hezekiah, somewhat confused. "What is the matter?"

"Nothing, Fried Hezekiah," was the quiet rejoinder of the other, "only thee was snoring a little, and I was afraid that outsiders might think the spirit had moved thee to a trombone solo instead of an expression of thy convictions."—Philadelphia Telegraph.

Leading Question.

In a school for feeble-minded children a haughty young teacher was one day counting out her money, whilst standing at her desk facing her class. Presently one of the youngsters, who had been watching the proceedings with undisguised interest, broke out: "Please, miss, is them yer wages?"

Darting a glance of indignation at the inquisitive boy, she remarked with curt displeasure: "Yes."

"Oh," said the boy, with wide-opened eyes and mouth, "when does ye wark for 'em?"

Switzerland has women miners.

COFFEE WAS IT.
People Slowly Learn the Facts.

"All my life I have been a slave to coffee. I gradually losing my health, but I used to say 'nonsense, it don't hurt me.'"

"Slowly I was forced to admit the truth and the final result was that my nervous force was shattered."

"My heart became weak and uncertain in its action and that frightened me. Then my physician told me that I must stop drinking coffee or I could never expect to be well again."

"I thought of Postum but could hardly bring myself to give up the coffee."

"Finally I concluded that I owed it to myself to give Postum a trial. I got a package and carefully followed the directions, and what a delicious, nourishing, rich drink it was! Do you know, I found it very easy to shift from coffee to Postum."

"Almost immediately after I made the change I found myself better, and as the days went by I kept on improving. My nerves grew steady, I slept well and felt strong and well-balanced. Now the old nervousness is gone and I am well once more."

It pays to give up the drink that acts on some like a poison, for health is the greatest fortune one can have. Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum. —sold by Grocers.

FARM POULTRY

MIXTURE FOR LAYING FOWLS

Scatter Equal Parts of Cracked Corn, Wheat and Oats in Litter—Make Hens Exercise.

In order to obtain eggs it is necessary to have healthy, vigorous stock, properly fed.

A splendid mixture for laying hens is equal parts of cracked corn, wheat, and oats, which should be scattered in the litter.

Bran or middlings and beef scraps should be kept in receptacles to which the fowls have access at all times.

Plenty of exercise increases the egg yield.

Provide four or five inches of good, clean litter in which to scatter the grain.

Cabbages, mangels, potatoes, sprouted oats, etc., make excellent green feed.

When wet mashers are fed be sure they are crumbly and not sticky.

For the first three days chicks may be fed a mixture of equal parts hard-boiled eggs and stale bread, or stale bread soaked in milk. When bread and milk are used, care should be exercised to squeeze all milk out of the bread. From the third or fourth day until the chicks can eat wheat and cracked corn, commercial chick feed is a good ration.

Plenty of pure, fresh water, grit, shell, and green feed should be available from the first day.

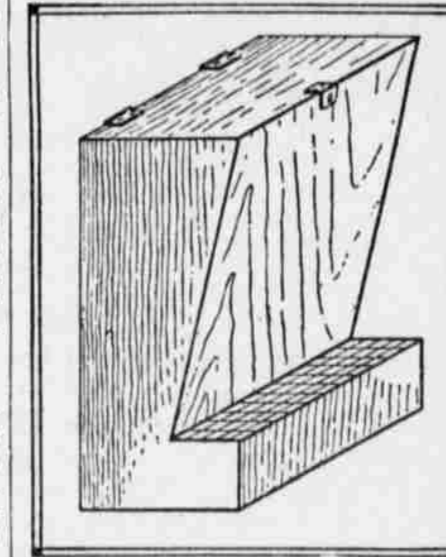
There is very little danger of over feeding young stock.

Feed the chickens about five times daily and only what they will eat up clean in a few minutes, except at night, when they should receive all they want.

FEED HOPPER FOR CHICKENS

Device is Easily Constructed Out of Old Soap Box—Grain Supply Kept Properly Screened.

A feed hopper for chickens can easily be made by sawing the sides of a laundry soap box as indicated. A lid is fastened on the top by hinges, and the feed is poured in at the top. The front slants, which keeps the feed always sliding down as it is taken out



A Feed Hopper for Chickens.

of the opening. The opening is covered with chicken wire to keep the fowls from stepping into the feed and fouling it. The dotted lines show the original construction of the box.—Popular Science.

GOOD EGG-PRODUCTION HINTS

Presence of Male Bird Has No Influence on Number of Eggs Laid—Infertile Eggs Best.

Produce the infertile eggs. Infertile eggs are produced by hens having no male bird with them.

Removing the male bird has no influence on the number of eggs laid by hens.

The hen's greatest profit-producing period is the first and second years, and unless a hen is an exceptionally good breeder she should be disposed of at the end of her second laying season and before starting to molt.

Few eggs can be expected until the pullets are matured.

If possible, mark the pullets that lay in the fall, and use them in the breeding pen for the following spring.

Soft-shelled eggs are often caused by fowls being confined, becoming overfat, and from lack of mineral matter.

CHICKENS NEED GREEN FOOD

Cabbage Tied to Stake is Excellent—Long Stuff is Liable to Cause Trouble With Hens.

When green food is given to hens in confinement it should always be cut or chopped fine. A cabbage tied to a stake is excellent, but a variety is better.

White clover, red clover, lawn grass, tops of vegetables, or even young corn fodder, will be relished by the hens if chopped into short lengths so that they can easily eat it.

Long food sometimes causes the hens to become crop bound.

Grit is Necessary.

It is absolutely necessary to supply grit, in order to keep fowls healthy, as grit takes the place of teeth.

PERUNA TONIC

Are You Well?

What would you give to be perfectly well? All you have got, of course. It may be that your trouble is of a catarrhal nature. Catarrh of the head. Catarrh of the stomach. Catarrh of some internal organ. If so, Peruna will help you on the road to perfect health. If you want to be convinced, buy one bottle. No further argument will be necessary.

Coughs Colds Catarrh

PERUNA TONIC

Jealous. "What a beautiful complexion Mrs. Blank has tonight." "Yes; I've noticed that, too. I wonder what druggist she is patronizing now."

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dosa" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

A diet of oranges will clear muddy complexions and reduce superabundant curves.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Send Eye Book on request.

A girl never looks older than she is unless she has her hair in curl papers.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

No man ever respects a woman who doesn't respect herself.

Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day back-ache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

An Iowa Case

Frank J. Rooney, grocer, 153 Julien Ave., Dubuque, Iowa, says: "I have a rheumatic pain in my left hip, often extending into my shoulder. I feel nervous and had little ambition. I knew my kidneys weren't acting properly and I began using Doan's Kidney Pills. They soon cured me and toned up my system. I am glad to say that the cure has been permanent."



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

The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin, SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature



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