

WESTERN CANADA AND THE LAND-HUNGRY

It Is Essentially an Agricultural Country.

Western Canada is the Mecca of the land-hungry man who wishes to earn a good living from the soil and save up money to take care of him in his old age without paying a fancy price for the privilege.

Western Canada is the great wheat producing section of the North American continent, with an average production of more than 30 bushels to the acre as compared with an average of 17 bushels to the acre in the States.

Wheat raising can hardly be made profitable on land that costs from \$50 an acre up unless such land will produce a much higher than a 17 bushel average, or unless the price of the cereal reaches an excessive figure.

The initial investment of \$50 an acre is more than the average man can afford to make if he expects to raise wheat and to make a success of it.

A good homestead of 160 acres can still be secured free in Western Canada and additional land admirably suited to the raising of wheat can be secured at so low a cost per acre that it can be made extremely profitable.

No other part of the world offers such tremendous opportunities at the present time to the ambitious young farmer as the three great provinces of Western Canada.

It is worth the while of the land-hungry man to cease his depressing search for local cheap land or for land that is not entirely worked out by long cropping and to look outside his own district. Western Canada is a country that should receive the consideration of all such men. The Western Provinces of Manitoba, Saskatchewan and Alberta are essentially agricultural territory.

Out of 478 million acres there are 180 million acres of first-class agricultural land actually available for development—a block three and a half times as large as the total land area of Minnesota, and equal to the combined land areas of Minnesota, Iowa, Wisconsin, Illinois and Indiana.

But whereas the population of the five states mentioned is fifteen million people, the population of Western Canada is only about one and three-quarter millions.

It has been said that the average yield per acre of wheat in the United States last year was 17 bushels. This average does not, of course, represent the efficiency which may have been reached by individual farmers or by individual states. However, place against this figure the fact that the 1915 Western Canadian average—the average from nearly twelve million acres—was over 30 bushels. In the case of the Province of Alberta, the average reached 32.84 bushels per acre.

There are already a large number of American farmers in Western Canada, so that the newcomer could never overlook the fact that the same language is spoken—feel himself in an alien country. There seems, in fact, a tendency to establish little colonies composed of those coming from the same sections. The characteristics of the country, and the climate and season, are very much the same as in Minnesota or North Dakota. Social conditions bear a family resemblance. Education is free, and is good; its cost being defrayed partly by taxation, partly by grants from the Canadian Government, from the sales of school lands, of which, when the country was first surveyed, two sections in every township were allocated. Taxation in every rural district, in many towns and cities, is based practically on land values alone, improvements of all kinds being exempted.—Advertisement.

Janie's Way.

The young man was in love. He had declared his passion to the young lady and she had passed him along to father. Father listened to his tale patiently.

"It's all right so far as I am concerned," the old gentleman said, "but I am afraid that Janie will not marry you."

"Oh, don't say that," the young man pleaded. "Has she—has she said so?" "No," said the old gentleman, "but from what I know of Janie, if she would have taken you without referring you to me."—New York Times.

DRUGGIST PRAISES POPULAR KIDNEY MEDICINE

I have been selling Dr. Kilmer's Swamp-Root for fifteen years and during that time have heard nothing but praises from my customers for the benefits received from its use. Without exception, it is the most popular kidney remedy on the market and one of the best.

Very truly yours,
CHAS. A. FRASER,
Ex. Member Okla. Board Pharmacy,
Dec. 8th, 1915.

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.

Just So.

"The deepest hole in the world is in Washington county, Pennsylvania, where they are drilling for gas."

"The deepest hole in the world, eh?" "Most of us think it's the one we're in."

But a deaf man can hear money talk.

IF YOU OR ANY FRIEND suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure. Most wonderful book ever written. It's absolutely FREE. Jesse A. Case, Dept. C. W., Brockton, Mass.—Adv.

Had Reason for Labor.

One day a Chinese philosopher was meditating in the fields outside the city of Tientsin. He noticed a woman weeping bitterly beside a fresh grave, which she was fanning vigorously. He was touched by her evident grief, and said:

"Oh, sorrowful one, what is your trouble?"

"Your Honorable Excellency, my husband is dead."

"No doubt he was a good husband, and you are to be pitied, but why are you fanning his grave?"

"Exalted one," replied the woman—and her voice choked with sobs—"my husband made me promise not to marry again until his grave was dry."

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 *Chas. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Bill, the Monopolist.

A socialistic writer was talking in Boston about the dye trust recently formed in Germany.

"It includes all the German dye firms," he said. "Talk about a monopoly, eh? Why, it's as bad as Bill Smith."

"Bill Smith went off to the shore for a week or two, and on his return took Sam Jones to task severely."

"Look here, Sam," he said, "I understand that while I was off at the shore you took advantage of my absence to hang around Mabel Green almost every night."

"No, Bill," said Sam, "you're mistaken. It's her sister, Sallie Green, that I've been hangin' round."

"Well," said Bill, "that makes no difference. I got my eye on both them girls."

Nice Distinction.

"I suppose you will send your family away for the summer?"

"No, indeed," answered the meek-looking man. "My wife and daughters would resent the idea of my sending them anywhere. However, they expect to be away all summer."

When a man is looking for trouble few of his friends are too busy to assist him in the search.

A misfit bargain isn't fit for anything.

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health

than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va. While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

BLACK LOSSES SURELY PREVENTED BY CUTTER'S BLACKLEG PILLS
Low priced, fresh, reliable, prepared by western scientists, because they protect where other medicines fail.
Write for booklet and testimonials.
10-dose pkg. Blackleg Pills, \$1.00
50-dose pkg. Blackleg Pills, \$4.00
Use any laxative, but Cutter's simplest and strongest.
The superiority of Cutter products is due to over 15 years of specialising in VACCINES AND SERUMS ONLY. TRUST IN CUTTER'S. If unsatisfactory, order refunded.
The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

PARKER'S HAIR BALM
A special preparation of herbs. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

Every Woman Wants Paxtine ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. See all druggists, or postpaid by mail. The Paxtine Toilet Company, Boston, Mass.

The KITCHEN CABINET

If you can't get to be uncommon through going straight, you'll never get to do it through being crooked.—Dickens.

There is nothing little to the truly great in spirit.

SEASONABLE GOOD THINGS.

Cut thin slices from the center of a good ham, cover with sour milk and let stand over night. In the morning rinse well with water and broil. Cook very quickly, as long cooking toughens the ham, as does standing after it is cooked.

Curry of Mutton or Lamb.—Brown a tablespoonful of minced onion and one teaspoonful of curry powder in two tablespoonfuls of butter, add a tablespoonful of flour and brown thoroughly. Add one-half teaspoonful of chopped mint and two cupfuls of cooked, chopped lamb; stir for a minute to mix, then add two cupfuls of stock and cook until the sauce has thickened. Season and serve in a rice border.

Cherry Pie With Rose Leaves.—Line a deep pie dish with rice pastry. Fill with ripe stoned cherries, add a cupful of sugar and a tablespoonful of flour; spread over top the petals from two or three roses, cover with crust and bake. Serve cold the same day it is baked.

Cream of Pea Soup.—Cook thoroughly one and a half cupfuls of shelled peas. Brown a slice of onion in one tablespoonful of butter, add the peas, one teaspoonful of salt, two teaspoonfuls of sugar, one sprig of mint and one-half a bay leaf. Simmer 25 minutes or until tender, then press through a sieve. Scald three cupfuls of milk. Mix two tablespoonfuls each of butter and flour together, then add a little milk, stir until smooth and add to the remainder of the milk. Strain and cook until thick, add a cupful of cream and the puree of peas. Season to taste, using parsley or celery salt, or both if liked. One-fourth of a cupful of finely chopped almonds is a most agreeable addition to all cream soups. Add for variety a cupful of finely shredded lettuce to the soup just before serving.

Nut Croquettes.—Chop a cupful of pecans or walnuts, add a pint of mashed potatoes, the yolks of two eggs, a teaspoonful of salt, one of onion juice, one tablespoonful of chopped parsley, a dash of red pepper and a pinch of grated nutmeg. Mix and shape in cylinder forms. Beat the whites of the eggs, add two tablespoonfuls of water, dip the croquettes in egg, then in crumbs and fry in hot fat. Serve with seasoned peas.

Creamed Sweetbreads.—Parboil them and carefully pick out every bit of fiber; then prepare a rich white sauce, seasoned with a touch of onion juice. Fill patty shells with the sauce mixed with the sweetbreads.

DELICIOUS TIDBITS.

Olives stuffed with caviar make a most tasty tidbit to serve as a garnish for roast duck. The best way is to use the olives already stuffed, removing the pepper or almond, or whatever it is stuffed with. This may be used in sandwiches. Fill the olives with caviar, being careful not to break them.

Lemon Jelly With Apples.—This is a delicious dish to serve as accompaniment to roast fowl. Cut good-flavored, firm apples in quarters or eighths and cook in hot sirup until tender; then place in a fancy dish and pour over a lemon jelly and set away to mold. When unmolded and chilled it makes a most attractive dish.

College Sandwiches.—To those who have never tried these nourishing dainties, there is something to look forward to. Spread peanut butter on two half cakes of sweet chocolate and put together in the form of a sandwich.

Lempinor Sauce.—This is an unusual sauce to use for a steamed pudding. Beat an egg and add brown sugar enough to make it of the consistency of hard sauce, then flavor with a few drops of lemon, pineapple and orange extract.

Banana Whip.—Mash six ripe bananas with a cupful of granulated sugar, the juice of a lemon and a pint of whipped cream, with vanilla to taste. Mash the bananas, add the sugar and the lemon juice, put over the fire until the sugar is dissolved, but do not boil; add a fourth of a teaspoonful of vanilla and put aside to cool. When cold fold in the whipped cream, which has been sweetened with

two teaspoonfuls of sugar and a few drops of vanilla. Beat together carefully and serve in sherbet cups garnished with chopped walnuts.

Lemon Ice.—Take three pints of water, the juice of six lemons, three cupfuls of sugar and the whites of two eggs. Cook the sugar and water together ten minutes. Cool, add the lemon juice and freeze. When partly frozen stir in the beaten whites.

HOT WEATHER DRINKS.

There is nothing so cooling or so refreshing as a tinkling, icy drink on a hot day. The root beers which may be so easily prepared and are not expensive are very good. A glass of ginger ale with a snappy ginger cookie is a delightful lunch, with which to refresh a warm visitor.

Strawberry Punch.—Boil together a pint each of sugar and water, then set it away to cool. Crush three quarts of ripe berries and add to them two quarts of water and let them stand in the icebox. After two hours, strain and squeeze through a cheesecloth. Add this sirup to the juice of two lemons. Fill a glass full of crushed ice; on top place two luscious berries sliced. Pour in the mixture and then prepare to enjoy it.

Pinard.—Mix together two cupfuls of water, a cupful of sugar and the juice of three lemons and a can of shredded pineapple. Strain and pour over four cupfuls of chopped ice.

Duchess Punch.—This is delightful when entertaining. Take one can of pineapple (the grated), four cupfuls of sugar, three cupfuls of water, one cupful of strong tea, the juice of five lemons, the juice of six oranges, two cupfuls of maraschino cherries, a cluster of Delaware grapes and a few sprigs of mint. Boil the water, sugar and pineapple together for ten minutes. When cool add the other ingredients and five quarts of ice water.

Cherry Julep.—Cherry is a delicious fruit juice for summer drinks. Boil together for five minutes two cupfuls of sugar and four cupfuls of water; then add one cupful of lemon juice three cupfuls of orange juice and three cupfuls of cherry juice. This will serve twelve punch glasses.

Mint Tea.—This is a good remedy for headache and if you like mint will enjoy this refreshing drink. Pour boiling water on a large bunch of mint, let stand ten minutes and while still hot pour over ice and serve with lemon and sugar. Garnish each glass with a sprig of fresh mint.

TEMPTING SALADS.

One of the important things to remember in preparing a salad is to have a good dressing. If oil is used it is not economy to buy anything but the best, for poor oil will spoil the most delightful combination of foods. Oil should be kept cool and dark; the light has an action upon oil which is said to injure it. At any rate it is easy to give it the benefit of the doubt.

Swiss Salad.—Cut one medium sized, peeled cucumber into dice; add a cupful of cold cooked lamb, cut into cubes; add half a cupful of shredded lettuce, one-half cupful of cooked green peas, one teaspoonful of mint juice, salt, and pepper to season, and a cupful of mayonnaise dressing. Mix lightly together and serve on a bed of lettuce. Garnish with stuffed olives.

Chicken Salad.—Wash carefully, remove all the outside leaves and cut in quarters, two heads of lettuce. Pour over four tablespoonfuls of olive oil, a tablespoonful of chopped onion, a teaspoonful of powdered sugar and two tablespoonfuls of vinegar; sprinkle with chopped parsley and serve well chilled, after seasoning to taste with pepper and salt.

Chicken Salad.—Cut thin slices of cold roast chicken and lay in a salad bowl; season with pepper, salt and vinegar. Place over these a layer of sliced radishes and cucumbers; season and add vinegar and oil. Put on another layer of chicken and repeat with vegetables. Cover with mayonnaise dressing, garnished with chopped pickled walnuts.

Spanish Onion Salad.—Slice peeled Spanish onions and sprinkle with chopped green pepper, chopped red pepper and two chopped olives. Serve with French dressing.

Nellie Maxwell

Taking Care of Him.

One of the local politicians (he insists that he is a statesman) was a guest of honor at a gathering the other night, and while on the subject of economy in government quoted the following conversation between a pay-roll patriot and a United States senator: "Senator, you promised me a job." "But there are no jobs." "I need a job, senator." "Well, I'll ask for a commission to investigate the reason for the scarcity of jobs, and you can get a place on that."—Boston Traveler.

Skeptical.

"Mother, Willie said that Mike eats snakes, and I asked him did he eat snakes." "And what did he say?" asked mother. "He said yes, and I asked him what for, and he said, 'for greens.' Now don't you think that was a funny kind of greens?" "Yes," said mother, "but you must not believe all Mike tells you." "Oh, I don't, mother. He told me that once you were as little as I am and that you were ten times prettier, but of course I did not believe that."

It's a Picnic Getting Ready for a Picnic.
If you choose:
Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf
Chicken Loaf Fruit Preserves Jellies Apple Butter,
Luncheon Meats Pork and Beans.

Libby's Ready to Serve Food Products
Insist on Libby's at your grocer's
Libby, McNeill & Libby
Chicago

Kill All Flies! They Spread Disease
DEFIANCE STARCH
Is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1/2 more starch for same money.
DEFIANCE STARCH CO., Omaha, Nebraska

COLT DISTEMPER
You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPOHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPOHN'S at 50 cents and \$1 a bottle; \$5 and a dozen. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

MADE TROUBLE FOR WRITER

Publisher's Advice Caused Suspicion to Settle on Author Who Had Nothing on His Conscience.

A man whose country place was near a small town recently became conscious of most suspicious glances upon him by his friends and acquaintances. Then he became aware that his footsteps were dogged.

A constable was occasionally seen around his house, and subsequently a stranger, who afterward turned out to be a detective, appeared. Tortured and troubled, the gentleman at last asked a friend the meaning of it all.

"Don't you know," said he, "they suspect you of murder?"

"Of murder!" said the horrified man.

"What do you mean?"

"You received a post card last week."

"Very likely I received a dozen."

"But on this post card was written these words: 'Be sure and save the child, but kill the mother,' and the postmaster read—"

But at this a smile, ending in a guffaw, broke in upon the dialogue. The post card had come from a magazine editor, for whom the gentleman had written a story, which the editor wanted amended according to these directions.

PROBABLY FIXED FOR GOOD

Jane Had Solved the Problem, but Still Her Employer Was Not Entirely Satisfied.

"Jane," said her mistress, "you really will have to put a stop to the visits of your follower."

"Yes, I must ma'am," replied Jane.

"But you've said that before," expostulated her mistress, "and there it's ended."

"I'm sure I've done my best, ma'am," said Jane; "it isn't easy. But I'll try and settle him on my next Thursday out."

Her next Thursday out came and went. Her follower also came and went (with Jane), and Jane eventually returned herself in a radiant mood.

"I've settled him this time, ma'am!" she exclaimed breathlessly.

Her mistress was delighted. But in the hour of victory one should be generous to the fallen foe, so she expressed the hope that Jane had not been too hard on the young man.

"Hard on him!" cried Jane. "No, ma'am that I wasn't. I've just married him, and I leave at the end of the month!"

Tuberculosis.

Doctors are now of opinion that consumption is not inherited, but that some families have a tendency to contract it. They are also of opinion that a child catches the disease from its father or mother, just in the same way as a tuberculous person may infect a healthy person if they live together.

In other words, the child is infected after birth. It is now established that consumption is most infectious, and that the greatest care should be exercised by persons who come into contact with consumptives, so as to avoid infection.

Forty Weeks.

Sentimental Miss—Do you believe in long engagements?

The Man—Certainly! I am an actor.—Boston Transcript.

"DELICIOUS!"

A New Use For This Word

The New Post Toasties are truly entitled to the word "delicious."

They're distinguished by the tiny bubbles found on each flake and they carry the full, rich flavour of choice, white Indian corn—not found in corn flakes of the past.

And unlike common corn flakes, they are not "chaffy" in the package and don't grow mushy in milk or cream.

Note carefully the tiny bubbles—then try a handful dry to test the flavour. In comparison, other corn flakes are as "chaff."

New Post Toasties
Sold by Grocers everywhere.