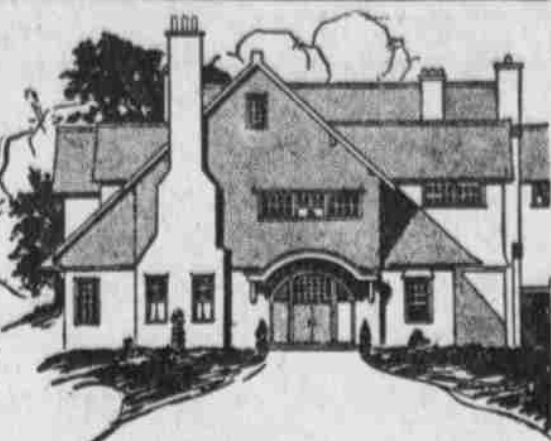


Your New Home should be made artistic, sanitary and livable.



These walls should be Alabastined in the latest, up-to-the-minute nature color tints. Each room should reflect your own individuality and the treatment throughout be a complete perfect harmony in colors.

The walls of the old home, whether mansion or cottage, can be made just as attractive, just as sanitary, through the intelligent use of

Alabastine

Instead of kalsomine or wallpaper

How much better, when you have a new home, to start right than to have to correct errors afterward from former treatment with other materials, when you come to the use of Alabastine, as does nearly every one sooner or later.

Once your walls are Alabastined you can use any material over it should you desire, but having used Alabastine you will have no desire for any other treatment.

Alabastine is so easy to mix and apply—so lasting in its results—so absolutely sanitary—and so generally recognized as the proper decorative material in a class by itself that it is becoming difficult to manufacture fast enough to supply the demand.

Alabastine is a dry powder, put up in five-pound packages, white and beautiful tints, ready to mix and use by the addition of cold water, and with full directions on each package. Every package of genuine Alabastine has cross and circle printed in red.

Better write us for hand-made color designs and special suggestions. Give us your decorative problems and let us help you work them out.

ALABASTINE COMPANY

Grand Rapids Michigan



Harvest 20 to 45 Bushel to Acre Wheat in WESTERN CANADA

Think what that means to you in good hard dollars with the great demand for wheat at high prices. Many farmers in Western Canada have paid for their land from a single crop. The same success may still be yours, for you can buy on easy terms.

Farm Land at \$15 to \$30 an Acre
located near thriving towns, good markets, railways—land of a kind which grows 20 to 45 bushels of wheat to the acre. Good grazing lands at low prices convenient to your grain farm enable you to reap the profits from stock raising and dairying.

Learn the Facts About Western Canada
—low taxation (none on improvements), healthful climate, good schools, churches, pleasant social relationships, a prosperous and industrious people.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., write Department of Immigration, Ottawa, Canada, or

W. V. BENNETT, Room 4, Bee Building, OMAHA, NEB.
Canadian Government Agent.

BEST CROPS FOR SPRING GREENS

Spinach is Most Excellent and Should Be Found in Every Home Garden.

RICH LOAM MOST ESSENTIAL

One of Good Points About Swiss Chard is That Leaves May Be Cut Without Injuring Plant—Dandelion and Kale Are Good.

(Prepared by the United States Department of Agriculture.)

Spinach is one of the best crops grown for greens and should be found in every home garden. In the North it may be planted in early spring, or it can be planted in the autumn and carried over winter by mulching with straw or leaves. Sow the seeds of spinach in drills 1 foot apart at the rate of 1 ounce to 100 feet of row or 10 to 12 pounds to the acre. To produce good spinach, a rich loam which will give the plants a quick growth is required. As ordinarily grown, spinach occupies the land during the autumn and winter only and does not interfere with summer cultivation.

Spinach is an easily grown garden crop, and there is, perhaps, no other of its kind that will give as good satisfaction. Three or four ounces of seed planted in the autumn after a summer crop has been harvested from the land, will produce an abundance of greens for the average family during the late autumn and early spring. In gathering spinach, the entire plant is removed and not the leaves. The larger plants are selected first, and the smaller or later ones are thus given room to develop. No thinning is required if this plan of harvesting is practiced.

The Savoy is the variety most commonly grown.

Chard.

Chard, or Swiss chard, is a beet which is grown for its foliage instead of its root. The leaves are cooked and used in very much the same way as asparagus. One of the good points about this vegetable is that crop after crop of leaves may be cut without injuring the plant.

Chard is planted about the same time and in the same manner as beets, but as the top grows larger it should be given more space than the garden beet. The edible part of this plant is the root, which somewhat resembles the carrot and is used in the same manner. The leaves are used the same as parsley for garnishing and in flavoring soups.

New Zealand Spinach.

The plant known as New Zealand spinach is not a true spinach but grows much larger and should be planted in rows 3 feet apart, with the plants 12 to 18 inches apart in the row. Some difficulty may be experienced in getting the seeds to germinate, and they should be soaked one or two hours in hot water before plant-

CELERY SEED BED IS OF BIG IMPORTANCE

In North Seed Should Be Started in Hotbed.

Watering Should Be Attended to Very Carefully and Bed Not Allowed to Dry Out—Keep for Winter by Banking.

(Prepared by the United States Department of Agriculture.)

For celery in the North, sow the seed in a hotbed or coldframe and transplant to the open ground. Celery plants are generally improved by transplanting twice. Celery seeds are very small and are slow in germination, and the temperature of the seed bed should be kept low. The seed bed should be especially well prepared, and the seeds should not be covered to a greater depth than one-eighth of an inch. Watering should be attended to very carefully and the bed should not dry out. After the plants are up, care should be taken that the bed



Celery May Be Planted After Some Early Crop.

does not become too wet and the plants damp-off. Five hundred plants will be sufficient for the ordinary family. They should be set 6 inches apart in rows 3 to 5 feet apart.

Celery requires a deep, rich, moist soil, with plenty of well-rotted barnyard manure or fertilizer and frequent shallow cultivation. In the garden, celery may be planted after some early crop, such as lettuce, radishes, peas or beans. As soon as the plants attain considerable size the leaves should be drawn up and a little soil compacted about their bases to hold them upright. If the blanching is done with earth, care should be taken that the hearts of the plants do not become filled. Boards, paper, duntlines, or anything that will exclude the light may be used for blanching; but earthing up will produce the finest flavor.

Celery may be kept for winter use by banking with earth and covering the tops with leaves or straw to keep it from freezing, or it may be dug and removed to a cellar, coldframe, vacant hotbed, or pit, and reset close together, with the roots bedded in earth. While in storage celery should be kept as cool as possible without freezing.

The blanched stems of celery are eaten in the raw state, and both the stems and enlarged roots are stewed and creamed. Celery seed is used for flavoring soups and pickles.

Celeriac is a large-rooted form of celery used for cooking only. Cultivate the same as celery, but banking or blanching is not required. The roots may remain in the ground until wanted for use provided a light covering is applied to prevent freezing.

LIVE STOCK NOTES

Cows and mules have kicks in them.

Our domestic animals have acute hearing. Why yell!

Very often hogs get tired of the same feed and want a change.

Nowadays the hog is allowed to range from farrowing time to marketing day.

A lamb does not need to be very old to take care of itself with the rest of the sheep.

Both clover and alfalfa have given satisfactory results when fed with corn to brood sows.

On a good grain ration, it is customary for lambs to gain about one-fourth of a pound per head daily.

Corn and tankage alone is a splendid ration for fall pigs, and in experiments at the Iowa station has uniformly proved profitable.

At the Iowa station they have pastured as many as forty spring pigs per acre on rape. On ordinary soil, however, rape does not do nearly so well.

Thousands of Women



Owe Their Health To

Lydia E. Pinkham's Vegetable Compound—overshadowing indeed is the success of this great medicine. Compared with it, all other medicines for women's ills seem to be experiments.

Why is it so successful? Simply because of its sterling worth. For over forty years it has had no equal. Women for two generations have depended upon it with confidence.

Thousands of Their Letters are on our files, which prove these statements to be facts, not mere boasting.

Here Are Two Sample Letters:

Mother and Daughter Helped.
Middleburg, Pa.—"I am glad to state that Lydia E. Pinkham's Vegetable Compound did me much good when I was 25 years old. I was run down with female trouble and was not able to do anything, could not walk for a year and could not work. I had treatment from a physician but did not gain. I read in the papers and books about Lydia E. Pinkham's Vegetable Compound and decided to try it. The first few bottles gave me relief and I kept on using it until I got better and was able to do my work. The Vegetable Compound also regulated my daughter when she was 15 years old. I can recommend Vegetable Compound as the best medicine I have ever used."—Mrs. W. YERGER, R. 3, Box 21, Middleburg, Pa.

Full River, Mass.—"Three years ago I gave birth to a little girl and after she was born I did not pick up well. I doctored for two months and my condition remained the same. One day one of your little books was left at my door and my husband suggested that I try a bottle of Lydia E. Pinkham's Vegetable Compound. I started it immediately and I felt better and could eat better after the first bottle, and I continued taking it for some time. Last year I gave birth to a baby boy and had a much easier time as I took the Vegetable Compound for four months before baby came. On getting up I had no pains like I had before, and no dizziness, and in two weeks felt about as well as ever."—Mrs. THOMAS WILKINSON, 363 Columbia Street, Fall River, Mass.

Wise is the Woman Who Insists Upon Having

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

DON'T LET THAT COUGH CONTINUE!

Spohn's Distemper Compound

will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S". It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. 60 cents and \$1.15 per bottle at all drug stores. SPOHN MEDICAL COMPANY, Goshen, Ind.

No Siackers.
"There is said to be a great demand for \$10,000-a-year men," remarked Mr. Gadsper.
"So I hear," said Mr. Dumbwaite.
"Any special requirements?"
"Well, I understand there isn't much talk about a five-day week and a six-hour day in \$10,000 a year circles. The idea seems to be that a man can work six days a week for eight or ten hours a day without wrecking his health, and he might even look in on the job for an hour or two on Sunday, if necessary."—Birmingham Age-Herald.

Smartlee—I've invented a machine to let fresh eggs.
Smarter—Tell them what?
"CARRY ON!"
If Constipated, Bilious or Headachy, take "Cascarets"

Feel grand! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh pills. Cascarets bring sunshine to cloudy minds and half-sick bodies. They work while you sleep. Adv.

It's just as desirable to know when to forego an advantage as it is to know when to grasp an opportunity.

Sure Relief

BELLANS FOR INDIGESTION 25 CENTS

6 BELLANS Hot water Sure Relief FOR INDIGESTION

The fireman in the stable is looking around for a horse.
"I suppose he wants a plug."
A pretty girl doesn't fully appreciate her beauty unless some one is constantly reminding her of it.

Where is Relief From Blazing Skin Diseases?

Must I Endure Forever the Torturous Itching?
The skin is fed from the blood, and upon the condition of the blood depends whether or not your skin will be healthy and free from boils, pimples, scaly irritations, red eruptions and other disfiguring and unsightly disorders. The sensible treatment that will show real results is a remedy that will cleanse the blood thoroughly and kill the germs that cause the trouble. And for this purpose no remedy ever made can approach the record of S. S. S. which cleanses the blood of the disease germs, at the same time building up the general health.
For valuable literature write to Chief Medical Adviser, 100 Swift Laboratory, Atlanta, Ga.

LONG SINCE HE HEARD WORD GOT MARK TWAIN STIRRED UP

Tramp Probably Would Have Needed Dictionary to Get Proper Definition of Morals.

The tramp was a long, skinny individual with a particularly villainous cast of countenance, and he wore a pair of trousers that had been designed for a man of at least three times his diameter. His rap on the farmhouse door brought out a sour, hard-faced puritanical woman who froze him with one glance and then proceeded to eye him up and down—especially down.

"You needn't ask me for anything," she said, harshly. "I can see that your morals are of the loosest kind and that you deserve nothing."

"Well, mum," replied the tramp, glancing down at his nether garments, "mebbe so, though I ain't never heard 'em called that name before. Prob'ly me tailor ain't jes' up to date, but if you won't give me somethin' to help fill 'em out maybe you'd spare me a bit of rope to hold 'em up with."—Exchange.

A Clew to Perkins.
Caller—Is Mr. Perkins at home?
Maid—Which one, sir? There are two brothers living here.

Caller—The one that has a sister at Birmingham.—London Tit-Bits.

A girl is apt to have many pressing engagements before she marries.

Humorist, Tired of Listening to Series of Remarkable Stories, Rose to the Occasion.

A naval officer said at a banquet in New York:

"Some of the war stories that I hear remind me of Mark Twain. Mark, you know, once sat in the smoking room of a steamer and listened for an hour or two to some remarkable lies. Then he drawled:

"Boys, these feats of yours that you've been telling about recall an adventure of my own in Hannibal. There was a fire in Hannibal one night, and old man Hankinson got caught in the fourth story of the burning house. It looked as if he was a goner. None of the ladders was long enough to reach him. The crowd stared at one another with awed eyes. Nobody could think of anything to do. Then all of a sudden, boys, an idea occurred to me. "Fetch me a rope!" I yelled. Somebody fetched a rope, and with great presence of mind I flung the end of it up to the old man. "Pie her round your waist!" I yelled. Old man Hankinson did so and I pulled him down."

Latin ceased to be spoken as the language of the people of Italy about the year 58.

Most young men haven't even a lame excuse for carrying a cane.



Swiss Chard Has Been Bred for Foliage for Salads Instead of Root.

ing. New Zealand spinach is satisfactory for growing in warm climates, as it withstands heat better than the ordinary spinach. The fleshy leaves and tender stems are cooked the same as spinach.

Dandelion.

Sow the seed of dandelion in spring in drills 18 inches apart, covering it one-half inch deep. Thin the plants to about 12 inches apart and give good clean cultivation throughout the summer. In the colder parts of the country it may be desirable to mulch slightly during the winter, to prevent the plants heaving out of the soil. Early the following spring the plants will be ready for use as greens, but they are greatly improved if blanched by setting two boards in the form of an inverted V over the row. The blanching not only makes the leaves tender but destroys a part of the bitter taste. Dandelion greens should be boiled in two waters to remove the bitterness.

There are a large number of forms of kale, and these are thought by some to be the original type of the cabbage. Kale does not form a head, and has convoluted leaves and thick stems. It may be set in rows and cultivated the same as cabbage or may be sown broadcast, but may be set somewhat closer. This crop is very hardy and will live through the winter in the open ground in localities where freezing is not too severe. The flavor of kale is improved by frost.

Kale is used for greens during the winter and as a substitute for cabbage.

One Trial of Grape-Nuts

will do more than many words to convince you of the goodness of this wheat and barley food.

But it's worth saying that Grape-Nuts contains all the nutriment of the grains, is ready to eat, requires no sugar and there's no waste.

Grape-Nuts is a Builder