

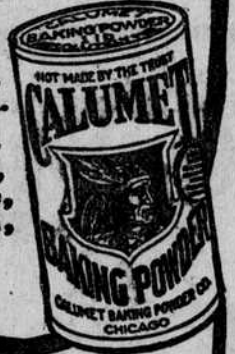


More Economical Both in Use and Cost CALUMET BAKING POWDER

—And it does better work. Simply follow your customary method of preparation—add a little less of Calumet than when using ordinary baking powder. Then watch the result. Light, fluffy, and evenly raised—the baking comes from the oven more tempting, tastier, more wholesome.

Calumet insures the baking of an expert. Ask your grocer to-day.

RECEIVED HIGHEST AWARDS
World's Pure Food Exposition, Chicago, Ill. Paris, Exposition, France, March, 1912.



You don't save money when you buy cheap or big-can baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

HABIT.



"That how did Miss Giggles really laugh at me last evening, don't you know?"
"Well, never mind her—she often laughs at nothing."

The girl who smiles too much makes as great a mistake as she who smiles too little, for though she may be only actuated by an honest desire to please, she lays herself open to the charge of insincerity. A smile can transform a plain face into loveliness, but it only does this when it is the outcome of some special emotion, and not a mere aimless parting of the lips. "Smiling to order," or on any and every occasion, is fatal to charm, and should be carefully avoided.

Neat Differentiation. Senator Lodge, at a dinner in the Back Bay district of Boston, indicated very neatly the difference between a statesman and a politician. "A statesman," he said, "thinks of the next generation; a politician of the next election."

It keeps wives as busy providing for the inner man as it does husbands providing things for the outer woman.

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

FEW CHANGES MADE IN SWISS SCHOOLS

Teachers There Usually Devote Entire Lives to Work In One District—Dr. Claxton Makes Report.

"Nearly 90 per cent. of the teachers in Switzerland are men," said W. K. Tate, supervisor of rural schools in South Carolina, to a conference of educators at the United States Bureau of Education. Mr. Tate has just returned from a three months' investigation in Switzerland under the auspices of the bureau.
"Five hundred dollars is considered a good salary for a teacher. After a lifetime of service he may go as high as \$800. Living is cheaper there than here, however, and in addition to his salary he is furnished with a dwelling, a certain amount of garden land and wood for fuel. His dwelling is generally in the same building with the school. His position is of considerable local importance. Aside from his duties in the schoolroom he is often secretary of the local creamery association, leader of the village band, organist in the church, and general intellectual guide for the community."
When a teacher is engaged for a position it is for life or a long term of years. He settles down with the people whose children he teaches, and generally expects to make that particular job his life work. And he stays. Changes are rare. Twelve new teachers in one year in a system of 240 were considered very unusual. The record for continued service in the same village is held by a teacher in Thurgau, who has occupied the same position for 65 years. One teacher that I visited has held his position for 24 years and his father held the same position for 85 years before him.
"One of the most attractive features of the Swiss schools is the cordial per-

sonal relation that exists between teacher and pupil. There is nothing of the military discipline of the school; no lining-up; no marching to classes. When the children go to the classroom, they shake hands with the teacher, greeting him as if they had not seen him for a long time and are really glad to see him. The whole relation is one of charming naturalness and kindness on both sides.

"In the Swiss cantons school is in session from 8 to 4 in winter time, with an intermission of two hours at noon (three hours for the younger children). In summer the children have to be at school at 7 a. m.
"Failure to be promoted is rare. After the four years of elementary training in the primary school, prescribed for everybody, the children proceed to the school that are differentiated for the various types of children. Some of the children enter upon a technical training; others are sent through the gymnasium and ultimately to the university; and still others are prepared for business life or any other suitable career, according to the ability and aptitude of the individual boy or girl."
Commissioner Claxton, who introduced the speaker, said he believed Americans would derive much benefit from Mr. Tate's study of the conditions in Switzerland, which will soon be published as a bulletin of the bureau of education. "In Switzerland," said Dr. Claxton, "it's a case of the school for the people, not the people for the school."

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FACTS ABOUT COFFEE INDUSTRY OF WORLD

In the world's production of coffee, Brazil holds the pre-eminent place, according to a report just issued by the department of agriculture. In 1900 the exports from Brazil amounted to 1,720 pounds. They have steadily increased until in 1909 they were more than 2,000,000 pounds. The area in Brazil suitable for coffee cultivation covers about 1,168,000 square miles, or an area larger than the states of Indiana, Ohio, Illinois, Iowa, Kansas, Missouri, Nebraska, Michigan, Wisconsin, New York, Pennsylvania, Oklahoma, Texas, and California; but the area under cultivation is small compared with that which could be cultivated, little over 2,000,000 acres being in coffee in 1905. About three-fourths of the world's output is grown in Brazil and the state of Sao Paulo alone produces one-half of the world's supply.
The history of the valorization scheme by Brazil is of great interest, not only to those interested in coffee, but to students of economics in general. The state of Sao Paulo borrowed more than \$70,000,000 in 1903 and bought and stored nearly 1,000,000,000 pounds of coffee for the purpose of maintaining prices on the various markets, these having become very low, due to overproduction. Since the buying and storing of this coffee the government, through a committee, has sold between 800,000,000 and 400,000,000 pounds.
Venezuela and Colombia rank next in amount produced, each growing in the neighborhood of 100,000,000 pounds annually. Mexico, the Central American states and the Dutch East Indies also produce large quantities. The only coffee produced in the United States is grown in Porto Rico, Hawaii and the Philippine Islands.
The United States received coffee from 48 countries in the last five years, the great bulk coming from South and Central America and Mexico. Lesser amounts were imported from the Dutch East Indies and British West Indies, and from 1,500,000 to 2,500,000 pounds from Arabia (Aden).
In the total amount of coffee consumed, the United States leads all other countries by a wide margin. The imports amount to over 200,000,000 pounds annually in three of the last 10 years. Germany, France, Austria-Hungary, Netherlands, Sweden, Denmark and Norway each import large quantities. Netherlands, Cuba, Sweden, Norway, Finland and Belgium also have a larger per capita consumption than the United States. The comparative per capita consumption of coffee and tea in the United States and the United Kingdom, 1865-1910, shows an increase of 87 per cent in the consumption of coffee and a decrease of 11 per cent in that of tea in the United States, while the United Kingdom shows a decrease of 36 per cent for coffee and an increase of 87 per cent for tea, in other words, the United States consumption of coffee per capita is about 15 times that of the United Kingdom, while the consumption of tea is about six times greater than in the United States.
The price of Santos No. 7 coffee on the New York market rose from 5.07½ cents a pound, in 1902, to 12½ to 15½ cents in 1911, an increase of more than 100 per cent in 10 years.
Chicoory, cultivated in Belgium, Netherlands, Germany, France and the United States, is used perhaps more than any other adulterant. In France, the manufacture of chicory into a commercial product is an important industry. Certain coffee substitutes, including roasted chick peas, roasted corns and so forth, are used extensively in several European countries. Over 100 factories said to be engaged in the manufacture of coffee substitutes in France, produce 53,000,000 pounds annually; 668 such establishments, including 41 factories for the manufacture of coffee substitutes from figs, are reported in Austria-Hungary; in Germany, nearly 15,000 people are employed in the coffee substitute trade, and the annual production is approximately 220,000,000 pounds. The imports of chicory and coffee substitutes into the United States have been comparatively small in recent years.

THE BANKS OF CANADA

The closing of the year 1912 has brought out the usual bank statements accompanied by the addresses of the Presidents and General Managers of these institutions. Their reading is interesting as they show in a striking manner the prosperity of the country, and deal with economic matters in a first hand way. Those who know anything of Canadian banking methods know the stability of these institutions, and the high character of the men who are placed in charge. In discussing the land situation the President of the Union Bank of Canada, whose branches are to be found in all parts of the Canadian West, said:—"A good deal has been said about speculation in land. The increase in land values has added enormously to the assets of Western business, and has to some extent formed a basis for extended credit, but this is not felt to be a drawback when the value is real and convertible. We consider that a business standing which is strengthened and enhanced by property holdings is entitled to a reasonable enlargement of credit for legitimate business operations."
It will thus be seen that the banks recognize the certain rise in the value of farm lands in Western Canada. When the facts are known of the wonderful producing qualities of farm lands in the Provinces of Manitoba, Saskatchewan and Alberta, it is simple to understand the liberal stand taken by the banks.
Living not far from Lashburn, Sask., is a farmer named Clarke who in 1912 secured a crop of Marquis Wheat, yielding 76 bushels per acre. This is spoken of as a record yield, and this is doubtless true, but several cases have been brought to notice where yields almost as large have been produced, and in different parts of the country. During the past year there have been reported many yields of from 35 to 45 bushels of wheat to the acre. Oats, too, were a successful crop, and so was the barley crop. Wheat that would yield 40 bushels per acre, would bring on the market 70c (a fair figure) per bushel, a gross return of \$28.00 per acre. At \$12.00 per acre (an outside figure) there would be a balance of \$16.00 per acre net profit. This figure should satisfy anyone having land that cost less than \$100.00 per acre. Very much less return than this proves satisfactory to those holding lands in Iowa and Illinois worth from \$250 to \$300 per acre.
The latest Government returns give an approximate estimate of four hundred thousand of an immigration to Canada during 1912. Of this number 200,000 will be from the United States. Most of these are of the farming class and it is not difficult to understand why farming lands in Canada will advance from ten to twenty per cent. within the next twelve months. Therefore investment in Western Canadian lands is not looked upon as being in the speculative class. Those fortunate enough to secure free homesteads in Canada will acquire in the intrinsic value of the land alone the best possible start for a splendid future. Advertisement.
She Knows.
"You never thank a man for giving you a seat in a street car." "Not any more," replied Miss Cayenne. "I used to until I noticed that almost invariably he was going to get out at the next corner anyhow."

Demagogue.
William H. Maxwell, the superintendent of New York's schools, said the other day, apropos of certain demagogic proposals:
"But the best definition of a demagogue will always remain that of a little girl of seven, who said:
"A demagogue is a vessel containing beer and other liquids."

Wedding Rings That Wear.
The next time you are married—or, if you will when you are married—don't buy a gold wedding ring. It isn't being done. Platinum wedding rings are the newest thing. Mlle. Jeanne Provost, a French actress, is to blame. She thought of the idea, and when she was married to M. Firpo, she had one. Platinum rings are more expensive than gold and wear better. Just why an actress, especially a French actress, should want a wedding ring that will last a long while the jewelers haven't learned.

No Indulgence.
Mrs. Alec Tweedie of the Eugenics Education Society of London, said at a reception in New York:
"Eugenics will save the son from paying for the sins of his father. Eugenics shows us that there has been no escape heretofore from these penalties. In the matter of eugenics it is not as it was with Spence."
"Let bygones be bygones," Spence indulgently said to his old debts, as he started in to make some new ones."

Nature generates facts, but fiction is manufactured by man.
It takes a genius to save money or write good poetry.

Wm. A. Rogers Silverware

Absolutely Free

GALVANIC SOAP

This Is Our Offer, Read It: For each teaspoon desired send us one two-cent stamp and twenty Galvanic Soap wrappers (front panel only) or coupons from Johnson's Washing Powder.

SPECIAL OFFER FOR SIX TEASPOONS Send 100 Galvanic Soap wrappers and 5 two-cent stamps to pay postage; we will send you a set of SIX TEASPOONS ABSOLUTELY FREE.

These spoons are Wm. A. Rogers silverware, the name stamped on every piece. They are the Lavigne or Grape Pattern, Heavy A-1 Silver Plate and guaranteed. You'll be proud to own them. Go to your grocer to-day and buy Galvanic soap used by a million housewives. This offer absolutely expires May 1st, 1913. Mail wrappers to **B. J. Johnson Soap Co., Milwaukee, Wis.**

Of Course.
"What did your lawyer say when you stated your purpose to him?"
"He said it was fees-ible."

Mrs. Winlow's Soothing Syrup for Children Teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. 4A

A Diplomat.
Son—Pa, is a diplomat a man who knows how to hold his tongue?
Father—No, my boy. A diplomat is a man who knows how to hold his job.

Shake UP Your Shoes
Allen's Foot-Ease, the Antiseptic powder for tired, aching, swollen, nervous feet. Gives rest and comfort. Makes walking a delight. Sold everywhere. Don't accept any substitute. For FREE sample address Allen S. Gimsted, Le Roy, N. Y. Adv.

Whipped Child's Protest.
"Mamma whips you only when she has reason for it."
"I won't stand it any longer, papa! I'm not married to her."

TAKE FOLEY'S KIDNEY PILLS For Backache Rheumatism Kidneys and Bladder

FREE TO ALL SUFFERERS
If you feel "out of sorts," "run down" or "got the blues," suffer from kidney bladder troubles, chronic weakness, skin eruptions, piles, etc., write for my FREE book. It is the most instructive medical book ever written. It tells all about these diseases and the remedy I have discovered by the French Remedy "Foley's Kidney Pills." No. 1, No. 2, No. 3, and you can decide for yourself if it is the remedy for your ailment. Don't send a cent. It's FREE. No "follow-up" circulars. Dr. L. C. Foley, Co., Haverstock Rd., Hampstead, London, Eng.

Petite's Eye Salve RELIEVES SORE EYES

DEFIANCE Cold Water Starch makes laundry work a pleasure. 10 oz. pkgs. 10c.

Saskatchewan

Your Opportunity is NOW in the Province of Saskatchewan, Western Canada. Do you desire to get a Free Homestead of 160 ACRES of that well known "Wheatland"? The area is becoming more limited but the best available land is still to be had. Free Homesteading in a Swift Current, Saskatchewan, farmer's list. It came on my homestead, March 1906, with about 11,000 worth of horses and machinery, and just 60 in cash. Today I have 500 acres of wheat, 300 acres of oats, and 60 acres of hay. Not bad for six years, but only an instance of what may be done in Western Canada. Write for Literature, Maps, Railways Rates, etc., to J. R. Badgley, Box 578, Waterloo, S. B. W. V. BELL, Box 505, Oshawa, Ontario, and E. J. Smeeth, 35, Post Street, Canadian Government Agents, or address Superintendent of Immigration, Ottawa, Canada. SIOUX CITY PTG. CO., No. 5-1913.

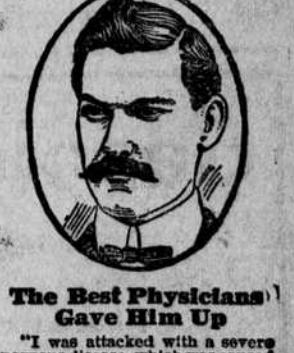
Have You a Disordered Stomach and Liver?

Do you start the day feeling that the whole world is against you? You cannot hope to "make good" under these circumstances. Nobody can. You must have a clear brain and every organ in perfect trim to do justice to yourself.

Dr. Pierce's Golden Medical Discovery

Will Bring Quick Relief

Dr. R. V. Pierce found years ago that a glyceric extract of Golden Seal and Oregon grape roots, queen's root and bloodroot with black cherry bark, would aid in the assimilation of the food in the stomach, correct liver ills and in nature's own way enrich the blood, tone the entire system and consequently help in the restoration of perfect health. Many who have used Dr. Pierce's Golden Medical Discovery testify that they have been restored to health when suffering from stomach and liver ills. Let this famous old medicine start today to lead you to health and strength.



"I was afflicted with a severe nervous disease, which was caused by a disordered stomach and liver," writes Mrs. Z. D. LITTLE, of Washburn, Tenn., Route 2, Box 51. "All my friends thought I would die, and I had been advised to give up. I was advised to try Dr. Pierce's Golden Medical Discovery, and I had no doubt but that it would cure me. It has done so, and I am now perfectly well. I can truly say that I owe my recovery to Dr. Pierce's Golden Medical Discovery. I would advise it to every one suffering from a disordered stomach and liver." "

Now—if you prefer—you can obtain Dr. Pierce's Favorite Prescription tablets of your druggist at \$1 per box, also in 50c size or send 50 one-cent stamps to R. V. Pierce, Buffalo, for a trial box.

You can learn all about hygiene, anatomy, medicine, etc., from the People's Common Sense Medical Adviser, by Dr. R. V. Pierce, a newly revised, up-to-date edition of which is now offered, in cloth covers, post-paid, for 81 cents in one-cent stamps, to cover cost of wrapping and mailing only. Address, Dr. Pierce's Invalids Hotel, Buffalo, N. Y.

Don't be poisoned by sluggish bowels. Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar coated, tiny granules.

Parcel Post and Cost of Living.

From the Washington Times.
To say that the parcel post will have disappointingly small effect on cost of living, is not to disparage the new service. It is important that the public should be fortified against a grave disappointment, and the way to fortify it is to make clear that it must not expect too much.
The passage of the parcel post law was made possible because of the widespread belief that it would bring the farmer, dealer and town consumer closer together. Such articles as butter and eggs were used most commonly as illustrations. The prices of these have long been very high. The parcel post was going to make it possible to eliminate intermediaries and their profits, and bring these necessities directly to the consumer.
It is worth while coolly to examine this proposition. The parcel post regulations permit shipment of "butter, lard and perishable articles such as fish, fresh meat, vegetables, fruits, berries and other articles which decay quickly, when so packed as not to injure other mail."
Thus packed, they may be mailed for local delivery at the postoffice of mailing, or at any rural route starting there. Further, the regulations say:—
"When enclosed in an inner cover and a strong outer cover of wood, metal, heavy corrugated pastboard, or other suitable material, or wrapped so that nothing can escape from the package, they may be accepted for mailing to all offices within the first zone."
The first zone is 50 miles distance. Under no circumstances may such articles as these be mailed more than 50 miles; and then, only when packed in expensive manner.

How much better, lard, fresh poultry, etc., will be delivered "direct from farm to city customer" at any large city, under the regulation? Manifestly, not enough to affect the market or price. No considerable city gets any worthwhile fraction of these supplies from within such a radius.
Eggs, under the regulations, may be shipped as far as one pleases, in light corrugated pastboard containers. The postage on one of these containers with a dozen eggs in it, will be 10 cents for points inside the 100 mile zone. Add the cost of the container and make allowance for the trouble of packing it is very doubtful if there will be any saving as against old marketing conditions.
Farm produce in general cannot be moved from farm to town because of the weight limit. A peck of potatoes weighs more than 10 pounds, so it couldn't be handled, even if it could be shipped without a container. Allow for the weight of the container's weight, about a half-peck of potatoes could be shipped up to 50 miles; but the postage would be 5 cents, or at the rate of 6 cents on a bushel, which plainly is quite prohibitive.
These illustrations indicate how little may be expected from the parcel post in the matter of reducing cost of produce. Without doubt, a vast amount of light merchandise, novelties, etc., will be moved that way. The service will be a great deal of business delivering goods within the large cities.
But until the weight limit is greatly increased—it is 10 pounds in Germany, and does bring farm and town close together—and the rates readjusted, the town-dweller need expect mighty small relief in the matter of cost of living.

The Mountaineer's Rope.
From the Wide World.
Before the Alpine club took the matter in hand, many valuable lives were sacrificed through the inferior rubbish sold to the mountaineer as rope. It was the scandal concerning the fate of the Abbe Chiffet and his two guides which first set ablaze the storm of indignation. They were climbing the eastern slopes of Les Courtes, when four of the party slipped. The others held their ground stoutly enough, and would probably have drawn their companions to safety. At this crucial moment the rope began to creak ominously. It started first above the leading guide, who was supporting the three below with his rope. He made a desperate struggle for his life. His fingers were many inches below the edge of a cliff; his salvation lay in grasping this. In spite of the weight of his friends below, he made a superhuman effort to touch this ledge, and at length, after a few terrible moments, he succeeded in grasping it. Below him, however were sounds of the rope straining and creaking. At this juncture practically the combined weight of the other three men was resting on his fingers.
Flesh and blood could at length endure it no longer. With a moan of agony he relaxed his hold. Once more the rope

grew taut. Once more it cracked and strained. Those above waited with bated breath for the end to come. Their patience was not put to a severe trial, for a very short time after the rope snapped beneath the leading guide, and in an instant the unfortunate Abbe and his companions were dashing to destruction down the cliffs. In their long bounds to the bottom the rope snapped once more. The body of the Abbe was discovered many feet from his companions. From this calamity it will be seen that the quality of the climber's life-line is of first consideration. Whatever guarantees the Swiss shopkeepers may offer you in the purchase of rope, the only safe plan is to insist on having that known as "Buckingham's Alpine rope." It is that adopted by the Alpine club, and is recognized by a crimson thread woven between its strands.
A keen eyed mountaineer led his overgrown son into a country school house. "This here boy," after lacing up, he announced, "What's yer bill o' fare?" "Our curriculum, sir," corrected the schoolmaster, "embraces geography, physiology, arithmetic, algebra, trigonometry"—"That'll do," interrupted the father. "The service we are rendered need expect mighty small relief in the matter of cost of living."