

IT'S HARD TO WORK

It's torture to work with a lame, aching back. Get rid of it. Attack the cause. Probably it's weak kidneys. Heavy or confining work is hard on the kidneys, anyway, and once the kidneys become inflamed and congested, the trouble keeps getting worse. The danger of running into gravel, dropsy or Bright's disease is serious. Use Doan's Kidney Pills, a fine remedy for backache or bad kidneys.

A Washington Case

H. R. Hatch, 2515 Cedar St., Everett, Wash., says: "Severe pains in my back made me miserable. The kidney secretions burned in passing. My back got so bad I could hardly work. After specialists failed Doan's Kidney Pills completely cured me."



Get Doan's at Any Store. 50c a Box. **DOAN'S KIDNEY PILLS**. FOSTER-MILBURN CO., Buffalo, New York.



ALLEN'S FOOT-EASE

The Antiseptic powder shaken into the shoes—The Standard Remedy for the feet for a quarter century. 30,000 testimonials. Sold everywhere. 25c. Sample FREE. Address, Allen S. Olmsted, Le Roy, N. Y. The Man who put the E E in F E E T.

There are some good fish in every sea.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugarcoated, tiny granules. Easy to take as candy. Adv.

How He Found It. The Waiter—How did you find that cheese, sir? The Diner—By the smell.

Flattery. Visitor—So he trimmed the people here out of thousands of dollars? He must have been smooth. How did he do it? Native—Simply by addressing every Democrat in town, in an apparently absent way, as "postmaster."—Puck.

MOTTO FOR CHRISTIAN HOME

Ideals, Which Consistently Lived Up to, Cannot Fail to Make for Happiness in Life.

This home is dedicated to good will. It grew out of love. The two heads of the household were called together by a power higher than they. To its decree they are obedient. Every tone of the voice, every thought of their being, is subdued to that service. They desire to be worthy of their high calling as ministers of that grace. They know their peace will go unbroken only for a little time. And often they suspect that the time will be more short even than their anxious hope. They cannot permit so much as one hour of that brief unity to be touched by scorn or malice. The world's judgments have lost their sting inside this door. Those who come seeking to continue the harmony which these two have won are ever welcome. The rich are welcome, so they come simply. The poor are welcome, for they have already learned friendliness through buffeting. Youth is welcome, for it brings the joy which these two would learn. Age is welcome, for it will teach them tenderness.—Collier's Weekly.

AS TO FLAVOUR. Found Her Favorite Again.

A bright young lady tells how she came to be acutely sensitive as to the taste of coffee: "My health had been very poor for several years," she says. "I loved coffee and drank it for breakfast, but only learned by accident, as it were, that it was the cause of the constant, dreadful headaches from which I suffered every day, and of the nervousness that drove sleep from my pillow and so deranged my stomach that everything I ate gave me acute pain. (Tea is just as injurious, because it contains caffeine, the same drug found in coffee.)

"My condition finally got so serious that I was advised by my doctor to go to a hospital. There they gave me what I supposed was coffee, and I thought it was the best I ever drank, but I have since learned it was Postum. I gained rapidly and came home in four weeks.

"Somehow the coffee we used at home didn't taste right when I got back. I tried various kinds, but none tasted as good as that I drank in the hospital, and all brought back the dreadful headaches and the 'sick-all-over' feeling.

"One day I got a package of Postum, and the first taste of it I took, I said 'that's the good coffee we had in the hospital.' I have drunk it ever since, and eat Grape-Nuts for my breakfast. I have no more headaches, and feel better than I have for years." Name given upon request. Read the famous little book, "The Road to Wellville," in pkgs. "There's a reason." Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown. Instant Postum is convenient; there's no waste; and the flavour is always uniform. Sold by grocers—45 to 50-cent tin 20 cts., 90 to 100-cup tin 60 cts. A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek, Mich.—Adv.

SAW 20,000 BULGARS SLAIN IN ONE DAY

Austrian Red Cross Surgeon Tells of Awful Carnage At Chatalja.

Vienna, Special: The first real insight into the awful losses sustained by the Bulgarians, the conditions under which the wounded were cared for and the present state of the cholera epidemic is given by the Austrian Red Cross surgeons who have just returned from the battle fields and Constantinople. Professor Clairmont, who accompanied the unit sent to Bulgaria, declares that the Bulgarian losses before the Chatalja lines were very great, no less than 20,000 falling in one day. According to some of the doctors, the transport arrangements for the wounded were appallingly inadequate. The Austrian unit stationed near Kirk Kilisse, where the most severe cases were treated, had on some days more than 100 operations, averaging a half hour each. The work was carried on under great difficulties, often with insufficient food.

The surgeons and nursing sisters underwent great hardships on the journey to Kirk Kilisse, and on arriving there spent the first five nights in the open air and with only tea and bread on which to subsist. Speaking of the cholera outbreak, the Austrian Red Cross surgeon, Dr. Winter, who has just returned from Constantinople, declares that the disease is still rampant there and that the impression prevailing in Europe that it is all over, is entirely erroneous. When he left Constantinople four days before, 50 to 100 deaths were reported daily. Hundreds died without receiving the slightest care or medical attention.

QUIET, INTIMATE WINTER IS BEING LOST TO US

From Scribner's. "For their season. That, to my mind, means strawberries in June and blueberries in July and huckleberries in August. And when I encounter strawberries in January, blueberries in March, and raspberries in December I feel deeply irritated. It is not only fruits and vegetables that are getting mixed up. The seasons in people seem to be losing some of their individual character, so that we never know just what we are going to get. In some ways this is a gain. For example, the definite putting away of childish things was not an unalloyed good. The complete shutting of the child from the confidence of the adult, the complete alienation of the adult from the interests of the youth, these are not habits to cling to. And yet it is a fact that life ought to bring us its various experiences with a certain regard to their seasonableness, and when we see little children going to "problem plays," and grown-ups spending their mornings over cards and their evenings over picture puzzles, one is tempted to think that something is wrong. Jacques would have to revise his summary of the seven ages of man, and still more of woman, rather thoroughly to make it pass muster now. There seems to be very little springtime in the lives of today; it is mostly winter—quiet, hospitable, intimate, stay-at-home winter—is getting left out entirely. If we don't look out, we shall infect nature. She is a sensitive creature, highly "suggestible," as the psychologists put it. Some one has maintained that it was purely at the suggestion of the pressions that she perpetrated London fogs and purple cabbages. She may do that, but she is not to be trifled with. Let us consider whether we do not, after all, get the most out of things, whether they be grapes or kites or snowstorms or enthusiasm, by taking them in their season.

Sixty-Three Dogs in the Baggage.

From the New York Times. When Mrs. N. Bramber, a widow of wealth, arrived in the station from Atlantic City, the baggage carried in her name consisted of: Sixty-three barking dogs, 16 trunks, five bundles of golf sticks, a fullgrown horse, photographic and tennis equipments, and five boxes of dog rattans.

It was explained after the head of the baggage crew asked feebly, "Is this all?" that automobiles and other luxurious equipment were coming by freight. The baggage force was so amazed that they left the property of Mr. and Mrs. C. Klutz, who had been in charge of Mrs. Bramber's kennels for years. Outside of that, however, the first lineup was correct.

Mrs. Bramber traveled incognito. Mrs. Klutz met all the emergencies. The porter pointed out there were live animals with the 63 dogs, 16 trunks, five bundles of golf sticks, and other contributions to the baggage car jam. "We are glad to have that nightmare of a trip over," said Mrs. Klutz, as she superintended the loading of the dogs and puppies. Calculative express employees figured that it cost Mrs. Bramber \$1,000 to move her kennel and other baggage, while Klutz paid \$470 to bring along his prize trotter.

Horseshoes His Hoodoo.

From the New York Herald. John Osborne, years ago said to have been one of the best known horsemen in the country, today walked into the police station at Eleventh and Winter streets and tossed across the desk to Sergeant Taggart a horseshoe. "That's my hoodoo, Sergeant," said Osborne; "I'm going to leave it with you."

Don't Be Like That.

Some people are like low grade ore. They have gold in them, but so imbedded that it isn't worth the trouble of getting it out.

FATHER HAS RIGHT TO SPANK DAUGHTER

Colorado Springs, Colo.—The right of a father to spank his own daughter, even though she has reached the age of 15 years, was upheld by a jury of six good men, tried and true, in the court of Justice W. H. Gowey here recently. Frank Brown, of Table Rock, published a newspaper in his daughter's name in the school at Table Rock last August.

NEW RULERS CHOSEN BY SMALLEST STATE

San Marino, Wee Independent Sovereignty Hasn't Room to Fire Cannon.

Paris, Special: San Marino, the smallest independent state in Europe—the confines of the country are so restricted that the army has never fired its one piece of artillery for the reason that the projectile would invade foreign soil—has just elected its rulers for the next constitutional period. The election took place at about the same time that France elected M. Poincare to succeed M. Fallieres to the presidency of France, but it was attended with no excitement, no campaigning and no tactical uncertainty, and San Marino will now continue with its new regents for a space of six months, when the next election takes place.

The grand council of San Marino, composed of 60 members, elects the two regents who preside over the destinies of the state under the title of captains regent. The regents are chosen by the council without their having even to go through the formality of announcing their candidature. San Marino has existed as a sovereign independent state since the first dawn of modern history. Its army will never trouble the peace of Europe, consisting as it does of a dozen carabinieri and a few customs house examiners. The state, which lies between two provinces of Italy, has a population of about 10,000 people and an area of 38 square miles. The cannon which is never fired for fear of international complications, rests in peace in the court yard of the government house.

M. Poincare, the president-elect of France, will depart from the customary seclusion of French presidents and accept freely such private invitations as he may desire. The etiquette has been that the president confine his social life to a small circle of intimate personal friends and to vast official entertainments given by himself and paid for out of the \$125,000 allowed for that purpose by the government. M. Poincare, however, in reason, he says, to live the secluded life of a monarch or to deprive himself of instructive and pleasant social intercourse with his fellow men, and he will do neither. Accepting the definition that seasickness is due to a vascular vaso-motor spasm and anemia of the nervous system, a Dr. Burwinkel has tried the use of nitro glycerin as a specific against the illness.

While at sea recently he administered to a number of people suffering from seasickness a tablespoonful of a solution composed of 20 drops of nitro glycerin in alcohol and distilled water. The unpleasant symptoms vanished rapidly and completely. It must be admitted, however, that the beneficial effect did not last for very long, and it became necessary to take several doses during the day.

There has just died in Switzerland the engineer whose duty it had been to drive the special imperial train that carried Emperor Nicholas on his journey to Russia. He was possessed of a considerable fortune, a result of the largess of his master.

Although a Swiss, Dominio Hof had been in the service of the Russian railways for 40 years. During the last 15 of them he had driven the emperor's private trains from Moscow to Odessa and to other places in Russia. Hof, who retired a few months ago, would never say more of his experiences than hint at singular dangers he had encountered. He refused to say that he had refused from revolutionists and from members of the secret police in their desire to test his uprightness.

High Salaries in Business.

From the Philadelphia Times. High salaries are not infallible tests of fitness, but in the business world most of them are. The man who takes money in a day of great accomplishments in making money, the man who possesses the power to pile dollars upon dollars for profit of their associates naturally share liberally in the largess that is to such a marked extent the product of their own effort.

It is probably true that "pull" is less influential in such things nowadays than ever before. Shrewd directors and watchful shareholders are not disposed to heap rewards upon a man because of family influence, personal ties or prestige not gained by participation in the business in hand. And if they take money which might go into their own pockets in increased dividends and place it to the salary account of one of their executive officers, they usually, though not always, of course, have a pretty strong belief that it will come back to them with a large increase.

Philadelphia, like other cities in which great enterprises develop, has its share of high-salaried men. And it has, too, its share of those whose main interest in life is less in money, but in the distribution of wealth is less in some cases, far less than it would be if justice were done. The fight against this form of wrong in the business world and all other forms will keep up until the end of time, and it ought to keep up. With a growth of prosperity and material resources in America, it is unexampled in the history of the world, the crying need is to distribute the benefits more widely among those who deserve them.

But while the struggle goes on, let no one be discouraged. What man has done, man may do. Once upon a time nobody doubted that "America spells opportunity," but there are many who insist that it is less true now than ever before. Yet, if the signs of the times mean anything, they mean that greater opportunities will soon be at hand. The rainbow is in the political and industrial skies. The man who is sick at heart today from failure to realize his just ambition may be singing the song of victory tomorrow.

Solution of An Old Puzzle.

Question: How much may a wife pay for a hat? Answer: As much as she can afford to pay out of the allowance her husband gives her for dressing and adornment. Not a cent more. And she may not have the bill sent to her husband either.

At least that is the solution of the hat question given by Mr. Justice Lynn, of the New York municipal court, who from the bench moralizes thus on love, the home and the hat: "Love should rule the home. Its kindly effects will adorn the household better than any hat. The bare head of the peasant girl oftentimes wins more than the bird of paradise feathers on a hat."

Fairy Palaces.

Do you know what fairy palaces you may build of beautiful thoughts, proof against all adversity? Bright fancies, satisfied memories, noble histories, faithful sayings, treasure houses of precious and restful thoughts, which care cannot disturb nor pain make gloomy; houses built without hands for our souls to live in.—John Ruskin.

TRUCK GARDENING AND POULTRY RAISING

THESE, AS WELL AS OTHER MIXED FARMING BRANCHES, PAY IN WESTERN CANADA.

Truck gardening and poultry growing are two branches of agriculture in which the farmers near the main lines of the three transcontinental lines traversing Western Canada are much concerned. The abundance of sunshine during the long days from May to September, and adequate moisture in the spring and early summer permit of a wide variety of crops. The soil is rich and warm and is easily worked. Close attention to cultivation has resulted in record yields of all sorts of vegetable and small fruits which bring good prices in the cities and at the numerous railway construction camps.

Mr. Harris Olum, an Alberta farmer, came from South Dakota eleven years ago and homesteaded the first 160 acres in his township in 1902, which was divided between grain and pasture. He earned sufficient money to buy a quarter section of railway land at \$11 an acre. The half section netted proportionate profits and he gradually increased his holdings to 1,920 acres, which was devoted to mixed farming last year. He values his land at \$50 an acre.

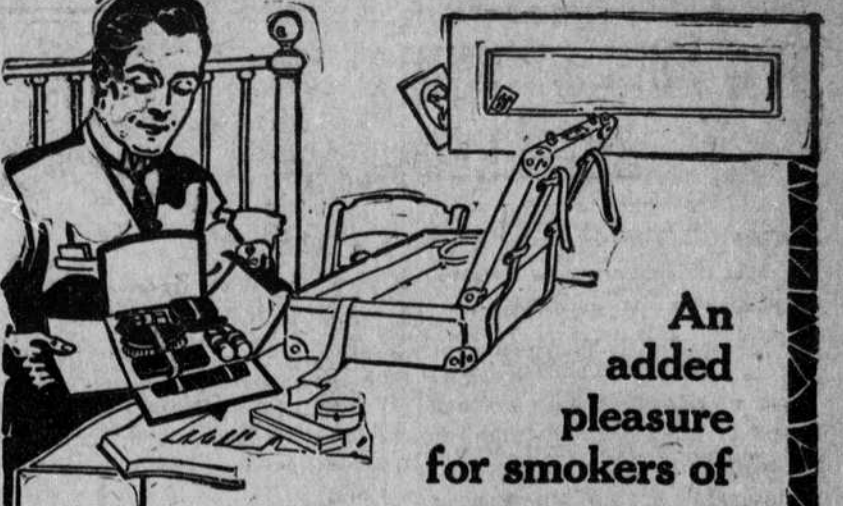
Mr. Olum markets from 100 to 125 hogs and a similar number of beef cattle each year. He has 200 hogs, mostly pure bred Poland China, 25 head draft horses and 35 head of pure bred Hereford cattle. By feeding barley to hogs he estimates that the grain nets him 80 cents a bushel, as compared with 40 cents, the average market price when delivered to the warehouse. His average crop of barley is 40 bushels to the acre, while oats average 80 bushels.

By writing any Canadian Government Agent, full particulars as to best districts on which to secure homesteads will be cheerfully given.—Advertisement.

Julius Caesar. The almost unanimous verdict of ancient and modern times is to the effect that Julius Caesar was what Shakespeare calls him: "The foremost man of all this world." Never before or since has any one exhibited in so high a degree all the qualities of a born ruler of men. And never had any man a grander role to play. To preside over the most important crisis in the history of the human race was a task that none by the greatest of men could successfully perform. Caesar swept one obstacle after another aside, and stood at last where he meant to stand.

Willie Discovered a New Game. They had lived in a flat all of Willie's short life, so that the little boy's knowledge of fauna and flora was limited to canary birds and flower boxes; and when they went to board in the suburb where there was a large yard, Willie very enthusiastically started in pursuit of a chicken, armed with a stick and other missiles. When the hostess protested to his mother, she turned from the window and said, indignantly: "You'll have to forgive dear Willie—he doesn't know that's a chicken."

Some people seem to lie unnecessarily in order to keep in practice.



Duke's Mixture

Here is a smoke with the real, genuine tobacco taste—that beats all artificial tastes. Every grain of it is pure, clean tobacco. Rolled, or tugged into a pipe, it makes a delightful smoke.

If you have not smoked Duke's Mixture, made by Liggett & Myers at Durham, N. C., try it now. In each 5c sack you get one and a half ounces of fine Virginia and North Carolina leaf, that is unsurpassed by any granulated tobacco you can buy.

A Free Present Coupon

These coupons are good for hundreds of valuable presents. There are shaving sets, jewelry, cut glass, baseballs, tennis rackets, talking machines, furniture, cameras, and dozens of other articles suitable for every member of the family—each of them well worth saving the coupons for.

As a special offer, during March and April only, we will send our new illustrated catalogue of these presents FREE. Just send us your name and address on a postal.



Coupons from Duke's Mixture may be assorted with tags from HORSE SHOE, TINSLEY'S NATURAL LEAF, GRANGER TWIST, coupons from FOUR ROSES (10c-15c double coupon), PICO LIG CIG, MONT CIGARETTES, CLIX CIGARETTES, and other tags or coupons issued by us.

Address—Premium Dept. Liggett & Myers Tobacco Co. ST. LOUIS, MO.

Sore of One Thing. "I tell you, the man is a diplomat." "There! I knew he was something dippy."

Having ascertained his weight on the railway station weighing machine the man said to the porter: "Isn't it a lack of business foresight to put one of those machines that distributes prizes to persons who guess their own weight correctly, bang up against other scales that they could get weighed on before hand, and thus guess on a sure thing? You must have great faith in human nature, you?" "Oh, no, sir," said the porter, "but we have in the machine."

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ALCOHOL—3 PER CENT

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral NOT NARCOTIC

Recipe of Old Dr. SAMUEL PITCHER

Pumpkin Seed -
Alo-Senna -
Rhubarb Sulfate -
Anise Seed -
Sage -
Menthol -
Cinnamon -
Worm Seed -
Clarified Sugar -
Wintergreen Flavor

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of
Chas. H. Fletcher

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Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

ALBERTA

THE PRICE OF BEEF

IS HIGH AND SO IS THE PRICE OF CATTLE.

For years the Province of Alberta (Western Canada) has been the leading beef producing country. Many of these ranches have a tremendous grain field and the cattle have given place to the cultivation of wheat, oats, barley and flax; the change has made many thousands of Americans, settled on these plains, wealthy, but it has increased the price of live stock. There is splendid opportunity now to get a

Free Homestead

of 160 acres (and another as a pre-emption) in the newer districts and produce either cattle or grain. The crops are always good, the climate is excellent, schools and churches are convenient, markets splendid, in either Manitoba, Saskatchewan or Alberta. Send for literature, the latest information, railway rates, etc., to J. B. Macdonald, Tower 578, Waterbury, S. B., N. D. 58511, or E. J. McMillan, Regina, Saskatchewan, S. B., N. D. 58501, or Canadian Government Agents, or address Superintendent of Immigration, Ottawa, Canada.

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Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.