

# HAD THROAT TROUBLE SINCE CHILDHOOD

All Treatments Failed. Relieved by Peruna.



Mrs. Wm. Hohmann, 2704 Lincoln Ave., Chicago, Ill., writes: "I suffered with catarrh of the larynx and throat, and had a terrible cough ever since a child. I would sit up in bed with pillows propped up behind me, but still the cough would not let me sleep. I thought and everybody else that I had consumption. So reading the papers about Peruna I decided to try it, without the least bit of hope that it would do me any good. But after taking three bottles I noticed a change. My appetite got better, so I kept on, never discouraged. Finally I seemed not to cough so much and the pain in my chest got better and I could rest at night. I am well now and cured of a chronic cough and sore throat. I cannot tell you how grateful I am, and I cannot thank Peruna enough. It has cured what doctors have failed and I talk Peruna whenever I go, recommending it to everybody. People who think they have consumption better give it a trial."

AS SCHEDULED.



Mr. Hoze—Well—hic—you married me for better or worse—hic—didn't you?  
Mrs. Hoze—Yes, and I got the worst of it.

Plans for Tuberculosis Day. Sermons on the prevention of consumption will be preached in thousands of churches on April 25, which the National Association for the Study and Prevention of Tuberculosis has set aside as Tuberculosis day. Last year out of 200,000 churches in the United States, over 50,000 observed Tuberculosis day, and millions of churchgoers were told about this disease from the pulpit. This year will be the third observation of Tuberculosis day. Plans are being made to have the gospel of health preached more widely than ever before. The movement will be pushed through the 600 anti-tuberculosis associations allied with the national association and through the boards of health, women's clubs and other organizations in hundreds of cities and towns throughout the country. Through these various bodies the churches will be reached and interested in the tuberculosis campaign.

No Sale. "Hill work?" replied the demonstrator, after Stiggins had inspected the new car carefully. "Hill work? Why that's our strong point, Mr. Stiggins. This car can climb a tree."  
"Ha! hum!" murmured Stiggins. "Then I guess I'll look elsewhere. I never saw a car yet that climbed trees that was any good afterward."—Harper's Weekly.

Tough Preventer. Howell—Why do you call your dog "Strike Breaker"?  
Powell—I have done it ever since he grabbed a fellow who was about to strike me for money.

Some of us are born foolish and never outgrow it.

From Our Ovens To Your Table Untouched by human hands—

## Post Toasties

—the aristocrat of Ready-to-Serve foods.

A table dainty, made of white Indian corn—presenting delicious flavour and wholesome nourishment in slow and appetizing form.

The steadily increasing sale of this food speaks volumes in behalf of its excellence.

An order for a package of Post Toasties from your grocer will provide a treat for the whole family.

"The Memory Linkers"

Post Toasties Company, Limited, Boston, Mass., U.S.A.

# The American Black Bear

by Dan J. Singer

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HAVE spent a good many weeks, even months, at a time, in the various ranges of the black bear, and might really say with truth that we have practically lived together side by side. Sometimes just a little ridge might have separated us, where I could see, possibly the next morning after, that he had been having a fine feast in a blueberry patch. One night we were a little more sociable. I had just removed the pelt from a coyote, and had intended carrying the carcass away from camp the next day, but left it that night a few feet from my tent. During the night my friend (who, by the way, always reminds me of a good-natured boy with a fur overcoat on), came down and saved me the trouble by carrying it away for me. I did not hear him arrive, for I believe I was asleep, but the telltale tracks were enough to convince me in the morning. And so by having lived with him in his own home, watched, photographed, and studied his ways, I can set down for those who may be interested, some of his characteristics and habits.

The range of the black bear extends from Mexico, Alaska, and they have been met with in nearly every state and territory within the United States; also Labrador, Province of Quebec, Alberta and Assiniboia, British Columbia, and the Mackenzie River basin. All black bears hibernates during the winter months. There are, however, woodmen in the south who disagree with me on this point, saying they have seen their tracks during every month of the winter, and the mild climate does not force them to lay up in a cave or den as it would in the more severe weather of northern latitudes. I have myself seen bear tracks during the winter months, and even in the deep snow of the northern state. But this is the exception, and I have no doubt that these bears are simply shifting to another sleeping place, having been driven out for one reason or another. Their dens may not have been well chosen, and they possibly became leaky, or exposed to the winds, or some hunter might pass that way with a keen nose and an inquisitive canine that would cause him to roll out in a hurry. It is safe to say all black bears den up both north and south, sometime between November 1 and January 1, depending on the altitude, weather and latitude. They emerge in the spring, usually from the first part of April to the middle of May, according to conditions, the males often appearing some two weeks before the females. It is at this time in the spring, just after they have left their winter quarters, that a bear's pelt is in its prime. During hibernation, as no food is laid up, they, of course, do not eat, nor do they drink, unless they make use of the snow that has fallen about them. Contrary to the general supposition, they are not in a deep coma or hazy condition, for they are easily aroused. It is true that they sleep, but are quick to detect danger and fully equal to the occasion of making off and looking up other quarters if disturbed.

The cunning little cubs (for what deserves the name more than a little woolly, back cub?) are brought forth during hibernation, usually between February 1 and March 1, and it is several weeks before they are able to leave the den with their mother. From one to four cubs may be born—I would say two or three is the average; four is rare, but three is often met with, and a she-bear followed by one cub does not always indicate that the young hopeful had no brothers or sisters, as they may not have survived all the dangers of cubdom. At birth they are ridiculously small, compared with the size of the mother, and weigh but a few ounces. I have never weighed one, but understand that Dr. Hornaday, director of the New York Zoological park, has, and their weight runs from 8 to 18 ounces, depending on the number in the litter. Their eyes are closed—they have no teeth, nor have they their little furry jacket as yet. The reason advanced for bears being so unusually small at birth, is that the old bear having remained all winter without food, and not being able to forage for some weeks after the young are born, it would naturally be a great drain to nurse cubs that weighed several pounds. So Nature has thus provided in this way.

Unlike the grizzly, the black bears mate every year, or nearly so. Grizzlies may be put down for about every other year. When the cubs are from six to eight weeks old, they are able to accompany their mother and do so all during that summer. It is usually about berry time before the little fellows develop a grown-up appetite and commence to rustle for themselves. Not very long after this the old bear drives them off to shift for themselves. In some cases they have been found denning the following fall with their mother, but this is unusual. Now a little bear knows exactly what he wants, and what is good to eat just as well as you do. He knows every root, every bulb, every berry that will make him fat and happy. How does he know this? I cannot say; you will have to ask him. When I say this I have in mind the following case that was brought to my notice: A young cub, only a few weeks old, was caught one spring and fed on milk. He was kept in camp until the following fall when they moved camp down on some bottom lands. Here, while running about, he would suddenly stop, dig up some roots and devour them with a relish. He seemed to be as fully prepared to forage for himself as if he had been taking lessons from his mother all summer. Another much mistaken idea about the black bear is that he emerges from his winter quarters very thin and emaciated (this so far, is true); that he is desperately hungry after his long fast; or is terribly ferocious, and inclined to attack anything on sight, man included. This is not so, although I have often heard it so stated. Not even a black bear with his enervated digestive apparatus can or does indulge in a hearty meal after so long a fast. The organs of a bear are so different from those of a man in this respect, and after their long disuse are only capable of assimilating the faintest morsels of food—such as grass shoots, tender roots and their like. In fact, at first they show little or no desire to eat, but after a few days they commence to partake again of pretty much everything. I say this because a bear is omnivorous, which means that he eats quite generally everything—both vegetables and meat. They are not as carnivorous as generally supposed, usually being contented with such small animals as ground squirrels and field mice, but still, when the opportunity offers, they have a great propensity for stealing down over so carefully to a nearby farm and carrying off a fat little sheep. They, too, have a great weak point for sheep, and it is hardly necessary for me to mention honey and sweets, for here we see him again like a good-natured, mischievous boy. The various insects form a long list of goodies for them, and they spend much of their time overturning stones, prying open old stumps and logs, poking their nose and sniffing at every



FOUR OF THEM AT HOME



THE AUTHOR AND A NEW BRUNSWICK BLACK BEAR

imagine that summer. It is usually about berry time before the little fellows develop a grown-up appetite and commence to rustle for themselves. Not very long after this the old bear drives them off to shift for themselves. In some cases they have been found denning the following fall with their mother, but this is unusual. Now a little bear knows exactly what he wants, and what is good to eat just as well as you do. He knows every root, every bulb, every berry that will make him fat and happy. How does he know this? I cannot say; you will have to ask him. When I say this I have in mind the following case that was brought to my notice: A young cub, only a few weeks old, was caught one spring and fed on milk. He was kept in camp until the following fall when they moved camp down on some bottom lands. Here, while running about, he would suddenly stop, dig up some roots and devour them with a relish. He seemed to be as fully prepared to forage for himself as if he had been taking lessons from his mother all summer. Another much mistaken idea about the black bear is that he emerges from his winter quarters very thin and emaciated (this so far, is true); that he is desperately hungry after his long fast; or is terribly ferocious, and inclined to attack anything on sight, man included. This is not so, although I have often heard it so stated. Not even a black bear with his enervated digestive apparatus can or does indulge in a hearty meal after so long a fast. The organs of a bear are so different from those of a man in this respect, and after their long disuse are only capable of assimilating the faintest morsels of food—such as grass shoots, tender roots and their like. In fact, at first they show little or no desire to eat, but after a few days they commence to partake again of pretty much everything. I say this because a bear is omnivorous, which means that he eats quite generally everything—both vegetables and meat. They are not as carnivorous as generally supposed, usually being contented with such small animals as ground squirrels and field mice, but still, when the opportunity offers, they have a great propensity for stealing down over so carefully to a nearby farm and carrying off a fat little sheep. They, too, have a great weak point for sheep, and it is hardly necessary for me to mention honey and sweets, for here we see him again like a good-natured, mischievous boy. The various insects form a long list of goodies for them, and they spend much of their time overturning stones, prying open old stumps and logs, poking their nose and sniffing at every

that often "The quintessence of American courtesy," he says, "consists in not getting in people's way, in not stealing your neighbor's valuable time, but in helping him when he is in need of help."

## As a German Baron Sees Us

Cleanliness and Deference to Women. American's Strong Points, Says Visitor.

Baron Ernst von Wolzogen, who, with his wife, recently made an artistic tour through America, is flooding the German press with his impressions of America and the Americans. A Berlin letter to the Brooklyn Eagle says: He was greatly impressed with the Americans' expeditious way of handling baggage, baggage checks being unknown here. The bot, stuffy air of Pullmans also impressed him, but he forgets this in dwelling on a lesson in cleanliness he received in a Pullman. He says: "In a Pullman car, by the way, one may get a good idea of American cleanliness. I shall never forget the very circumstantial morning toilet of a herculean fellow after his night's journey. The man was certainly neither a military attaché nor a 'civilized' fellow. The fellow washed, shaved, combed his hair carefully, brushed his

teeth, manicured his finger nails and polished himself till it was really a pleasure to look at him. He took a whole hour for the job."  
Our genial German critic was struck by American deference toward women and by the great freedom that maintains in social intercourse between young men and women in the United States. He says: "If you see that your young lady friend likes you you can give her all sorts of confidences without being regarded by her or her parents as a suitor for her hand. But you must be careful about kissing. In some states the law regards a kiss as a promise of marriage, in other states a kiss constitutes assault and battery, and each kiss may cost you a considerable cash fine."  
American informal, offhand manners Wolzogen found in strange contrast to German circumspection. He missed in America the custom among men of tipping their hats to each other forty times a day if they happen to meet

## FLAX GROWING IS PROFITABLE

WESTERN CANADA FARMERS BECOMING RICH IN ITS PRODUCTION.

So much has been written regarding the great amount of money made out of growing wheat in the prairie provinces of Manitoba, Saskatchewan and Alberta, Western Canada, that many other products of the farms are overlooked. These provinces will always grow large areas of wheat—both spring and winter—and the yields will continue to be large, and the general average greater than in any other portion of the continent. Twenty, thirty, forty, and as high as fifty bushels per acre of wheat to the acre—yields unusual in other parts of the continent—have attracted world-wide attention, but what of oats, which yield forty, fifty and as high as one hundred and ten bushels per acre and carry off the world's prize, which, by the way, was also done by wheat raised in Saskatchewan during last November at the New York Land Show. And then, there is the barley, with its big yields, and its excellent samples. Another money-maker, and a big one is flax. The growing of flax is extensively carried on in Western Canada. The writer has before him a circular issued by a prominent farmer at Saskatchewan. The circular deals with the treatment of seed flax, the seeding and harvesting, and attributes yields of less than 20 bushels per acre, to later seeding, imperfect and ill-prepared seed. He sowed twenty-five pounds of seed per acre and had a yield of twenty-nine bushels per acre. This will probably dispose of at \$2.50 per acre. Speaking of proper preparation of seed and cultivation of soil and opportune sowing, in the circular spoken of there is cited the case of a Mr. White, living fourteen miles south of Rosetown, "who had fifteen acres of summer fallow a year ago last summer, upon which he produced thirty-three bushels to the acre, when many in the district harvested for want of crop. Now, there can be no proper reason advanced why such a crop should not have been produced on all the lands of the same quality in the adjacent district, provided they had been worked and cared for in the same manner. This year (1911) the same man had one hundred acres of summer fallow, had something over 3,800 bushels of wheat. He also had 1,800 bushels of oats and 300 bushels of flax."

There are the cattle, the horses, the roots and the vegetable products of Western Canada farms, all of which individually and collectively deserve special mention, and they are treated of in the literature sent out on application by the Government agents.

Subject for the Minister. According to reports gathered by the National Association for the Study and Prevention of Tuberculosis, practically 10 per cent. of all deaths in church congregations are caused by tuberculosis. In a study of 312,000 which there were 7,000 deaths in 1910, communicants of 725 churches in the death rate among these church-members was found to be 2.24 for every thousand communicants. This is higher than the rate for the registration area of the United States, which was 1.60 in 1910.

"While these statistics," says the national association, "are not comparable from the point of view of accuracy with those of the bureau of census, sufficient credence may be given to them to indicate that one of the most serious problems of the ordinary church has to consider is that of the devastation of its membership by tuberculosis. Every minister in the United States should give this subject some attention during the week preceding or that following April 25, Tuberculosis day."

Sharp-Eared Maid. Wife—Our new maid has sharp ears.  
Hubby—Yes. I noticed that the doors are all scratched up around the keyholes.

A QUARTER CENTURY. Before the Public. Over Five Million Free Samples given each year. The constant and increasing sales from samples prove the genuine merit of ALLEN'S FOOT-PAWE, the antiseptic powder to be shaken into the shoes for Tired, Aching, Swollen, Tender Feet. Relieves corns and bunions of all kinds. Sample FREE. Address: ALLEN'S Ointment, LeRoy, N.Y.

Needed Reform. Benham—We need a reform in our banking system.  
Mrs. Benham—Yes; it's a shame that a wife can't overdraw her husband's account!—Judge.

Cole's Carbolic quickly relieves and cures burning, itching and torturing skin diseases. It instantly stops the pain of burns, Colic without scars. 25c and 50c by druggists. For free sample write to J. W. Cole & Co., Black River Falls, Wis.

Absent-Minded. "I want a dog-collar, please."  
Yes. What size shirt does he wear?—Life.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

Only to find our duty certainly, and somewhere, somehow, to do it faithfully, makes us good, strong, happy, and useful men.—Phillips Brooks.

## Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale—people lack good, rich, red blood. Their stomachs need invigorating for, after all, a man can be no stronger than his stomach. A remedy that makes the stomach strong and the liver active, makes rich red blood and overcomes and drives out disease-producing bacteria and cures a whole multitude of diseases.

Get rid of your Stomach Weakness and Liver Laziness by taking a course of Dr. Pierce's Golden Medical Discovery—the Great Stomach Restorative, Liver Invigorator and Blood Cleanser.

You can't afford to accept any medicine of unknown composition as a substitute for "Golden Medical Discovery," which is a medicine of known composition, having a complete list of ingredients in plain English on its bottle-wrapper, and the name of the correct maker stated.

# Girls

Read About These Three Girls. How Sick They Were and How Their Health Was Restored by Lydia E. Pinkham's Vegetable Compound.



Appleton, Wis.—"I take pleasure in writing you an account of my sickness. I told a friend of mine how I felt and she said I had female trouble and advised me to use Lydia E. Pinkham's Vegetable Compound, as she had taken it herself for the same trouble with wonderful results. I had been sick for two years and overworked myself, and had such bad feelings every month that I could hardly walk for pain. I was very nervous and easily tired, and could not sleep nights. I had dizzy spells, and pimples came on my face. But I had taken your Lydia E. Pinkham's Vegetable Compound and it has restored my health. I think it is the best medicine in existence."—Miss CECILIA M. BAUER, 1161 Lawrence St., Appleton, Wis.

A SCHOOL TEACHER'S GRATITUDE: Geneva, Iowa—"I have been teaching school for some years and I have neglected my health because I was too busy with my work to attend to myself properly. I suffered greatly every month and was on the verge of a nervous breakdown. I wrote to you about my condition and took Lydia E. Pinkham's Vegetable Compound and the Blood Purifier as you recommended. These remedies have done wonders for me and I can highly and widely recommend them to every suffering woman."—Miss MINNIE SHAVER, R. F. D. No. 1, Geneva, Iowa, c/o Sam Erickson.

A COLORADO GIRL'S CASE: Montrose, Col.—"I was troubled very much with irregular periods. Sometimes two months would elapse. I suffered severe headache, was weak and nervous, could eat scarcely anything. I took both Lydia E. Pinkham's Vegetable Compound and Blood Purifier and the result was wonderful. I feel like another person. I think your remedies are the best on earth and cannot express my thanks to you for what they have done to me. I help my neighbors when they are sick, and I shall always recommend your medicines."—Miss ELLA McCANDLESS, Montrose, Col.

Is it not reasonable to suppose that a medicine that did so much for these girls will benefit any other girl who is suffering with the same troubles? Does it not seem the only sensible thing to give such a medicine at least a trial? You may be sure that it can do you no harm, and there are lots of proof that it will do you much good.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself who will not try this famous medicine, made from roots and herbs, it has restored so many suffering women to health. Write to LYDIA E. PINKHAM MEDICINE CO., (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



Many who cannot afford 10c cigars are now smoking Lewis' Single Binder straight 5c cigar. You pay 10c for cigars not so good.

## W. L. DOUGLAS

\$2.25, \$2.50, \$3, \$3.50, \$4 & \$5 SHOES  
All Styles, All Leathers, All Sizes and Widths,  
for Men, Women and Boys.  
THE STANDARD OF QUALITY  
FOR OVER 30 YEARS  
THE NEXT TIME YOU NEED SHOES  
give W. L. Douglas shoes a trial. W. L. Douglas name stamped on a shoe guarantees superior quality and more value for the money than other makes. His name and price stamped on the bottom protects the wearer against high prices and inferior shoes. Insist upon having the genuine W. L. Douglas shoes. Take no substitute.

HOW TO ORDER BY MAIL. Shoes Sent Everywhere—All Charges Prepaid. W. L. Douglas shoes are not sold in your town, send direct to factory. Take measurements of foot as shown in usual style desired; size and width usually worn; plain or fancy; heavy or light sole. If do the laundry, show usual measurements in the world. Illustration Catalog Free. W. L. DOUGLAS, 149 South Wabash, Chicago.

Loss Either Way. Reason—Remember, my boy, wealth does not bring happiness.  
Rhyme—Maybe not, but fighting the wolf is no round of pleasure.

ONLY ONE "BROMO QUININE." That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GUYOT. Used the World over to cure a Cold in One Day. 25c.

Too often the man with the hoe gets the worst of an encounter with the man with the gold brick.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Many people suffer intensely over imaginary injuries. A milkman may be as rich as his cream and still not be wealthy.

THE NEW FRENCH REMEDY. No. 2, No. 3a. THERAPION. Used in French hospitals with GREAT SUCCESS. CURES: RHEUMATISM, GOUT, BRUISES, CHRONIC ULCERS, SKIN Eruptions, RITHERS, etc. Best address: 100, rue de Valenciennes, PARIS. Write, MED. CO., HAYSTACK RD., HAMPSHIRE, ENGLAND.

TREAT EYES FREE. I send Free treatment for weak, sore, irritated eyes, granulated lids, catarrhs, conjunctivitis, etc. Write, describe eyes. DR. W. O. GIFFER, Dept. W., Box 100, Iowa.

PROTECT YOUR PROPERTY. Dime brings you formula to make best Fire-Resisting. Cost 50c, sells 25c. E. J. KENNEDY, Boston, Mass.

Bestall's Eye Salve. It's Use Will Quickly End Weak, Sore Eyes.

SUNNY GEORGIA LANDS. From \$15 to \$50 cash, balance terms. Kinross soil and country. For full details, add. E. J. WILSON & Co., Piquette, Ga.

TO SETTLE ESTATE WILL SACRIFICE 100 A. in Mason Co., Mo.; 100 A. cult.; plenty water, hot springs, sheds, orchard, etc.; excellent location; all conveniences. HOPPER, Box 318, Chicago.

BARGAIN—25 A. IN SHELBY CO., MO.; NEAR Clarence; 100 acres cultivated, all tillable; 10 room house, barn, outbuildings, orchard, etc.; must sacrifice. LEWIS, Box 318, Chicago.

FOR SALE—12 ACRES IN BENTON CO., MO.; 100 acre cult.; all fenced; 8 room house, outbuildings, etc.; ideal stock farm. MILLS, Box 318, Chicago.

WILL SELL OR TRADE MY 200 A. IN LINCOLN CO., Mo.; 40 A. cult.; 4 A. house, barn, fruit, etc.; near town, all tillable, level land; 20 A. cult.; well located. Address NELSON, Box 318, Chicago.

FOR SALE—60 A. IN STANTON CO., NEBR.; 40 A. cult.; 100 A. tillable, level land; 20 A. cult.; well located; town. PETERS, Box 318, Chicago.

FOR SALE—160 A. DOUGLAS CO., MO.; 20 A. CULT.; house, outbuildings, fruit, stock, etc.; well located, healthy climate, etc. MARTIN, Box 318, Chicago.

BARGAIN—100 ACRES IN BUFFALO CO., NEBR.; 10 A. cult.; all cross-fenced; 1 F. house, barn, sheds, etc.; well located. Address NELSON, Box 318, Chicago.

BEST ALL-AROUND A. FARM IN HENRY CO., MO.; near town; 5 F. house, barn, sheds, 600 peach trees, stock implements, etc. MARTIN, Box 318, Chicago.

W. N. U., OMAHA, NO. 8-1912.