

WAITING FOR THE END OF THE WAR

"Then Take Advantage of the Opportunities in Canada."

(Contributed by W. J. White, of the Department of the Interior, Ottawa, Canada.)

I strolled into a bank in one of the cities of the west a short time ago and the bank manager said "after the war, the Canadians have been prepared for a great influx of people. The crops that the western Canadian farms have produced in 1915, and the wealth that the farmers have had...

the work of distribution through the regular channels of trade has already begun. Millions of bushels of grain are still in the hands of the farmers, which means that there is a vast store of realizable wealth that will be steadily going into circulation...

"The mock prosperity that rested on the insecure foundation of inflated real estate values has passed away, and in its place the cornerstone of the country's sound financial future is being built."

"The trust and mortgage companies, the large industrial concerns and the wholesale merchants all tell the same story today of marked improvement in their business. The farmers and others are meeting their just dues and paying off debts that in many cases have been long overdue..."

"Now," said, "why should they wait until the war is over?" And he agreed with me—Advertisement.

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and food break—always trace them to torpid liver, clogged, and fermenting in the bowels of the body...

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison re-enters the delicate brain tissue, it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and toxins, take the excess bile from the liver and carry out of the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out for morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv. Detachment.

Scientific Hints. "How do you manage to get so many joy rides?" "Oh, I practice auto suggestion."

OLD PRESCRIPTION FOR WEAK KIDNEYS

A medicinal preparation like Dr. Kilmer's Swamp-Root, this has real curative value almost as well as the endless chain system the remedy is recommended by those who have benefited to those who are suffering from it.

Dr. Kilmer's Swamp-Root is a physician's prescription. It has been tested for years and has brought relief to countless sufferers who have hesitated to come to Canada on this account.

The success of Dr. Kilmer's Swamp-Root is due to the fact that it fulfills almost every wish of the sufferer. It cures kidney, bladder diseases, corrects urinary troubles and neutralizes the uric acid which causes rheumatism, sciatica, neuralgia, etc.

Do not suffer. Get a bottle of Swamp-Root from any druggist now. Start treatment today. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a small bottle and return nothing but a mention this paper—Free.

Up His Sleeve. Patience—"Looks as if he had something 'up his sleeve,' doesn't he?" Patience—"He has. It's a wrist watch."

FOR THAT SORE RAW THROAT

Relief in Every Rub. Try this—results are certain: Just get an original yellow box of true sore throat relief. Do it to-night and that sore, raw feeling will be gone in the morning.

Nothing cures so quickly as true sore throat relief. It is the best. It is so wonderfully good that thousands of sufferers from Sore Throat, Bronchitis, Rheumatism and Neuralgia, Get the genuine, made by the Best Medicine.

No Cause for Joy. "I am glad we do not have bullfights and bear pits in our country." "Don't you have 'em in Wall Street?"

This Will Interest Mothers. Mother Gray's Sweet Powders for Children are the best. They soothe and regulate the bowels and give relief. They are sold in 15c and 25c boxes. They are so pleasant to take that children will eat them up. Address, Mother Gray Co., Le Roy, N. Y.

Nowadays we hear more about the shiftless son-in-law than about the prodigal son. Many a case of love at sight is due to dimness of the light.

INTERNATIONAL DAILY FACTS LESSON

(By E. O. BELLER, Acting Director of School Course, Moody Bible Institute.) (Copyright, 1916, Western Star Paper Co.)

LESSON FOR MARCH 5 THE DEATH OF STEPHEN.

LESSON TEXT—Acts 7:53-63. GOLDEN TEXT—"He that faithful was about the crown of life."—Rev. 2:10.

This lesson closely follows that of last Sunday. There are some battles of the crown of life that are fought with swords or weapons. The boy who holds his temper is more than the one who goes into a fight simply to win.

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Sententiousness Factious. A minister who lives in an small town is noted for his sententiousness both in and out of the pulpit. As he was coming down the street one day a man accosted him with "Sir, can you tell me how to find the sheriff's office?" "Yes, sir," was the instant reply. "Every time you earn five dollars spend ten." And he walked on, leaving the astonished man gazing after him.—Harper's Magazine.

I. Stephen's Defense. Stephen was a Greathearted Jew, whose name means "a crown." He answered the charges of these foreign accusers, made before the Sanhedrin, seriatim. His point of contact was to respectfully remind the council that he was an orthodox Jewish believer and a scrupulous Jew. He called the council "Men, brethren and fathers." They were common believers and all were standing before the God-appointed leaders of Israel.

Stephen's defense was in answer to their second charge (6:14). In answer to their third charge Stephen then turned upon his enemies and by direct and indirect charges he convicted them of certain facts. Indirectly, by skillful repetition of Jewish history, and a review of the prophets, he discloses the vacillation and sinfulness of God's chosen people.

Water is fully as important to the dairy cows as feed during the winter. They must have access to it so that they can drink all they want, whenever they have it in automatic water basins, or in the yard tanks.

Cows giving milk need great quantities of water. Careful experiments have proved that it requires more than five pounds of water for every pound of milk produced by the cow.

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CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of J. C. Ayer & Co. In Use For Over Thirty Years CASTORIA. The Centaur Company, New York City.

Shipping Fever. Not a justification. The lady of the house was hurriedly finishing some work neglected the day before, when the old negro butler happened to pass by. "Miss Ginn, Miss Ginn!" he re-monstrated. "You shure is breaking the Sabbath day!"

Your Liver Is Clogged Up. That's Why You're Tired—Out of Sorts. CARTER'S LITTLE LIVER PILLS will purify right in a few days. They do not hurt the bowels. Cure Constipation, Biliousness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Not Gray Hair but Tired Eyes. Make up look older than you are. Keep your eyes young and you will look young. Dr. Williams' Pink Pills for Pale People. Chicago, Sends Eye Remedy Co. on request.

WATER OF MUCH IMPORTANCE. Cows Giving Milk Require Great Quantities of Water—As Essential as Feed in Winter. Water is fully as important to the dairy cows as feed during the winter.

A New Remedy for Kidney, Bladder and all Uric Acid Troubles. Dear Readers: I appeal to those of you who are bothered with kidney and bladder trouble, that you give up the use of harsh salts or alcoholic medicines and in their place take a short treatment of "Anuric." I have taken many of Dr. Pierce's medicines for the past twenty-five years with good results.

The Wheat Yield Tells the Story of Western Canada's Rapid Progress. The heavy crops in Western Canada have caused new records to be made in the handling of grain by railroads. For, while the movement of these quarter million bushels being exported in less than six weeks, and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

DAIRY NOTES. The milk crop is one which comes in every day. When possible, test the cow's milk before buying her. Never buy a cow whose milk tests below three per cent. Stanchions are a thing of the past. Cow ties are now in order.

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