

"I'm so nervous I could fly!"

Every Picture Tells a Story

Colds Make Backs Ache

MORE aching backs, more kidney troubles come in March, than in any other month. Sticky sidewalks, druggans, raw winds and sudden changes cause chills and colds. And chills or colds tend to hurt the kidneys. It is good sense to use a kidney remedy when recovering from a cold, and at any time when suffering from a lame back, sharp pains when stooping or lifting, dizzy spells, irregular or annoying kidney action, and a run-down, nervous state.

Don't delay and take a chance of getting dropsy, gravel, Bright's disease or some other serious kidney disease. Use Doan's Kidney Pills, the best recommended, special kidney remedy. All over the world grateful people frankly praise Doan's.

Here's What Michigan People Say:

Frank Minnau, W. St. Joe St., Union City, Mich., says: "Some years ago I was injured and my back and kidneys were affected. My Every time I caught cold, it settled on my kidneys causing much misery from a lame back and pains through my loins. Doan's Kidney Pills have done me more good than any other kidney medicine I have ever used. They have removed my backache and stiffness and strengthened my kidneys."

Mrs. Mary McLehlan, 201 Stark St., Saginaw, Mich., says: "When I overworked or caught cold my kidneys got badly disordered. My back used to ache intensely and I frequently had dizzy spells and felt tired and worn out. My doctor told me to try Doan's Kidney Pills and I did. They regulated the action of my kidneys, strengthened my back and put me in good shape."

DOAN'S KIDNEY PILLS

At All Stores, 50c a Box. Foster-Milburn Co., Buffalo, N. Y.

COLT DISTEMPER

SPHON'S COLIC CURE

How to prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPHON'S is safe to use. It is a wonderful how it prevents all distempers, no matter how colts or horses at any age are "explosive". All good veterinarians and turf goods houses and manufacturers sell SPHON'S at 50 cents a bottle and 12 bottles for \$5.00. Write for literature to C. O. Chemist and Bacteriologist, Gosben, Ind., C. S. A.

What Did He Expect?

For nearly an hour the salesman had been dilating on the marvels of the motor car he was trying to sell. "And the price of the car is \$750," the customer murmured thoughtfully. "Does that include everything?" "Yes—oh, no, of course, the lamps are extra."

"Lamps? extra?" said the customer sharply. "But they are shown in the illustration."

"My dear sir, so is a very beautiful woman," said the salesman smoothly; "but we do not give a lady with every car."

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the persistent skin disease which they are guaranteed to remove these famous spots completely get an ample supply of strength from your strongest and apply it to the spots. The spots will disappear and more than that, your skin will be made more beautiful than ever. It is a fact that more than one million people have already cleared their skin and gained a beautiful complexion by using this famous skin cream. Be sure to ask for the double strength cream. It stops pain and cures. It gives you back if it fails to remove freckles—Adv.

Not Sure of the Way.

"Lucile, what are you going to make?"

"Some biscuit."

"But why have you brought out the fashion plates as well as the cook-book?"

"Well, I'm a little green at this. Do you make biscuit from a recipe or a pattern?"

FOR PLEURISY, BRONCHITIS AND SORE THROAT

Readers are advised not to dose the stomach. The best way to quiet the overdone soreness in the throat or chest is to rub on this Mustardine, which all druggists keep on hand in the original yellow box for about 25 cents. It is quicker and more efficient than any liniment. Rub it on at night and the relief comes by morning. This Mustardine is made by Bezy Medicine Co., Rochester, N. Y. It cures rheumatic pains and Neuralgia almost like magic. There's a blessed relief in every rub. It stops pain and cures.

It has been estimated, by a Yale scientist that a particle of radium will remain active about 1,500 years.

Pale, Sallow Cheeks

show that the blood is impoverished and that the stomach is not properly assimilating to food. In fact a woman's physical condition is shown in her face. Paleness, blotches, pimples, sallowness or dull eyes all

Tell the Need Of

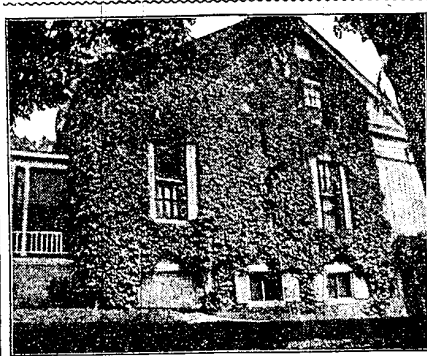
Beecham's Pills. Women who are subject to these conditions should not fail to avail themselves of their prompt and beneficial effect.

Beecham's Pills are prepared to furnish the necessary relief. They clear the system of impurities, gently stimulate the liver, regulate the bowels and tone the system. Their mild and thorough action quickly rid the skin of blemishes, improve the circulation and help the digestion. Every woman should know the comfort, and experience the help of

Beecham's Pills

Sold by druggists throughout the world. In boxes, 10c, 25c. Directions of Special Value to Women with Every Box.

HOME BEAUTIFUL



Boston Ivy as a Beautifier.

FIRST WORK FOR GARDEN

By L. M. BENNINGTON.

One does not need a large variety of flowers or vegetables to get both pleasure and profit from a garden. I do the planting and much of the work on a plot of about one acre. The products include asparagus, dahlias, strawberries, tomatoes, celery, string beans, etc.

March is none too soon to commence shaping one's plans for the garden. A good catalogue from some reliable seedman is necessary. My experience has been that it is a mistake to try too many varieties of vegetables. Of peas, tomatoes and cabbage, select two varieties, one early the other late. Of all the other vegetables I find one variety sufficient.

WORK IN FLOWER GARDEN

Seed of canna, nasturtium, cypress vine, and other "hard wooded" seeds are benefited by soaking in hot water for twelve hours before planting. When spraying the orchard this spring do not neglect to spray roses, shrubs and small fruits. It will do them a world of good.

Experiment with flower novelties, but do not "bait" seeds on them. Don't trust seeds to cold, wet soil—wait until the earth is dry and warmed by the sun.

Be sure to stalk the late-blooming annual in the house. For instance, the cosmos.

Try a few of the summer blooming bulbs and tubers this year—tuberous-rooted begonias, caladiums, dahlias, canna, tube roses, etc. They are satisfactory summer bloomers.

The following plants will flourish on the shady side of the house: Ferns, pansies, sweet-alyssum, wandering Jew, mignonette, torenia, forget-me-nots, primroses, miniatas, begonias, fuchsias, heliopsis and goldenrods.

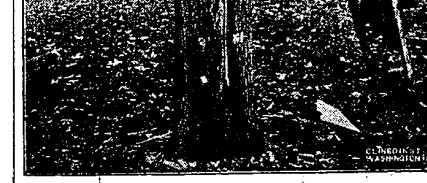
These thrive in the sun: Verbena, nasturtium, phlox, petunias, nigella, geraniums, candytuft, cypress vint, hyacinth bells, morning glories, and in fact almost all our bedding annuals.

Have the sweet pea bed two feet wide, and as long as wanted. Manure it heavily and spade deeply. Run two furrows down the center six inches apart, and ten inches deep, and fill with leaf mold or well rotted manure. Mix this with the surrounding soil, and then plant the peas one inch apart and five inches deep. Cover with soil and firm it well.

When spring comes work the soil about the shrubs and perennials, and fork in the winter's mulch. If the plants are getting too large divide them, and they will bloom more profusely.

Before the rose starts growing to spring cut back at least two-thirds of last year's growth—more if you want larger flowers. If only one-half of the growth is removed, there will be more flowers, but they will be small. Remove all old and weak growth.

If stocky cosmos are wanted begin to pinch out the end of the stem when the seedling is five or six inches high, and treat every shoot until the end of July.



A Sample of Tree Surgery.

Alabastine

Mix in One Minute with Cold Water—Ready to Apply Immediately

Sanitary Beautiful Permanent Economical

Let us tell you of the wonderful economy, simplicity and effectiveness of the Alabastine way of interior decoration.

The Alabastine way is simple, dry, sanitary, fire resistant powder—ground to impalpable fineness—the color and tint added—and there it is put up in packages.

There is no boiling water required; no glue to be added; no unnecessary time. You can secure any and all tints that are individual with the Alabastine way by combining tints to produce a new shade. You need not use certain fixed colors unless you want to; and you can have a artistic color scheme as you wish.

Made and Used for 35 Years Alabastine has been used by hundreds of thousands of painters and decorators—by housekeepers and house-owners for thirty-five years with unqualified success.

Special Stencil Offer—Ordinarily stencils for border designs cost you from \$5c to \$1.00 each. Our free book tells you how you can get the stencils you wish practically free of charge. Our color scheme cards suggest colors that harmonize for your room. Write for them today. Address: THE ALABASTINE COMPANY, 100 Grand Rapids, Mich.

The only tool needed to apply

Three Hundred Million Bushel Crop in 1915

Farmers pay for their land with one year's crop and prosperity was never so great.

100 ACRES FARMS IN WESTERN CANADA FREE

Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvellous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."

Wheat averaged in 1915 over 25 bushels per acre
Oats averaged in 1915 over 45 bushels per acre
Barley averaged in 1915 over 40 bushels per acre

Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from \$12 to \$30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.

There is no war tax on land, nor is there any conscription. For complete information as to best locations for settlement, reduced railroad rates and descriptive illustrated pamphlet, address: Superintendent Immigration, Ottawa, Ont.

M. V. MCKINNIS, 178 Jefferson Ave., Detroit, Mich.
Canadian Government Agent

Just before the Battle.

Her Husband—Do you know, dear, I found my first gray hair this morning?

His Wife—Oh, give it to me, John, and I'll keep it as a souvenir to remember you by.

Her Husband—What's the matter with my keeping it to remember you by?

His Wife—Wretch! I've a good mind to go home to my mother.

Her Husband—Huh! No such luck.

THE R. R. SORT

"I want somebody to write up a social lion story."

"All right; I'll send a cub reporter."

Throw Off Colds and Prevent Grip.

When you are a cold coming on, take Laxative Kidney Pills. It removes excess of acid from the system. Write for literature to W. G. B. Signature on box, 2c.

Greater London has about 2,000,000 more persons within its limits than Greater New York has.

When a young rooster gets a comb he reaches the height of his ambition.

THE ARMY OF CONSTIPATION

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Sick Heads, Sallow Skin, SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. G. B. Signature

BABY'S ITCHING SKIN

Quickly Soothed and Healed by Cuticura. Trial Free.

Baths with hot water and Cuticura Soap. If there is any irritation anoint gently with Cuticura Ointment on end of finger. Refreshing slumber for restless, fretful babies usually follows the use of these super-emment emollients. They are a boon to tired mothers.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere—Adv.

The Philosopher.

Mrs. Knicker—Outdoor work is healthy.

Wearily Willie—Outdoor idleness is much more healthy.

USE ALLEN'S FOOT-PAISE

The authentic powder to be shaken into shoes and used in foot-bath. It relieves itching, swelling, chafing, sore feet and instantly takes the sting out of corns and bunions. It is the latest discovery of the age. Sold everywhere. Retail package 5c. Address Allen S. Olmsted, Le Roy, N. Y.

A man can even boast of his rheumatism—until he gets it.

Clean the Blood A NEW DISCOVERY

Spring is the time of the year when we should get our blood in order. We're run down after a hard winter—after grip, colds, catarrh. It's time to take Dr. Pierce's Golden Medical Discovery, purely vegetable and free from alcohol or narcotics. It will search out impure and poisonous matter and drive it from the system. Buy "Discovery" now in tablets or liquid.

It will dissolve the poisonous accumulations and replace the bad blood it drives out, with rich, pure blood full of vital force.

It will clear the skin; eczema, pimples, rash, blotches will dry up and disappear; boils, carbuncles and other evidences of tainted blood will pass away, never to appear again.

"Anuric" is a recent discovery of Doctor Pierce, who is head of the Invalids' Hotel, Buffalo, N. Y. Experiments at Dr. Pierce's Hospital for several years proved that "Anuric" is a wonderful eliminator of uric acid. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts; and in gravel and gout, invariably the pains and stiffness rapidly disappear.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric," or send Dr. Pierce 10c for trial pkg.