# Facts About Motherhood

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at the time of child-birth, but many approach the experience with an organism unfitted for the trial of strength, and when the strain is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, women will persist in going blindly to the trial.

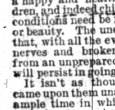
It isn't as though the experience came upon them unawares. They have ample time in which to prepare, but they, for the most part, trust to chance and pay the penalty.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy, and strong.

**Any woman who would like special advice in regard to this matter is cordially invited to write to Mrs. Pinkham at Lynn, Mass. Her letter will be held in strict confidence.**

# Your Liver is Clogged up

That's Why You're Tired—Out of Sorts—Have No Appetite.



CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty.

Cure Constipation, Sick Headache, Indigestion, and Sick Headache.

SMALL PILL, SMALL DOSE, SMALL PRICE

Genuine must bear Signature

Brent Good


## It Was Muffing.

"'Rugs' Raymond, the handsome and brilliant pitcher of the New York Giants, is a great wit on the field," said a sporting editor at the Pen and Pencil club in Philadelphia.

"Raymond was disgusted one day at his team's wretched outfielding. Batter after batter sent up high flies, and these easy balls were muffed alternately by left and center.

"Bugs at the sixth muff threw down his glove and stamped on it.

"'There's an epidemic in the outfield,' he said, 'but, by Jingo! It isn't catching.'"

## THE WRETCH.

Mrs. Appleworm—Mercy! My husband has left me and eaten half the house before he went.


## A WIDOW'S LUCK

**Quit the Thing That Was Slowly Injuring Her.**

A woman tells how coffee kept her from insuring her life:

"I suffered for many years chiefly from trouble with my heart, with severe nervous headaches and neuralgia; but although incapacitated at times for my housework, I did not realize the gravity of my condition till I was rejected for life insurance, because the examining physician said, my heart was so bad he could not pass me.

"This distressed me very much, as I was a widow and had a child dependent upon me. It was to protect her future that I wanted to insure my life.

"Fortunately for me, I happened to read an advertisement containing a testimonial from a man who had been affected in the same way that I was with heart trouble, and who was benefited by leaving off coffee and using Postum. I grasped at the hope this held out, and made the change at once.

"My health began to improve immediately. The headaches and neuralgia disappeared, I gained in flesh, and my appetite came back to me. Greatest of all, my heart was strengthened from the beginning, and soon all the distressing symptoms passed away. No more waking up in the night with my heart trying to fly out of my mouth!

"Then I again made application for life insurance, and had no trouble in passing the medical examination.

"It was seven years ago that I began to use Postum and I am using it still, and shall continue to do so, as I find it a guarantee of good health." Name given by Postum Company, Battle Creek, Mich.

"There's a reason."

Read the big little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.


# $23,000,000 RAILROAD TO REACH MINE

THE PORT OF CORDOVA

A LOFTY peak of almost pure copper in the mountain ranges of the Copper river district in Alaska is to be transported to a smelter at Tacoma, Wash. The first shipment of 2,000 tons of broken ore was shipped recently by a railroad just completed from Cordova on the southern coast of Alaska to Kennicutt, about two hundred miles inland, where the mine is located.

The mine cost its owners about one million dollars. The railroad, with equipment calls for an expenditure of some twenty-three million dollars.

To the prospectors who originally located the copper lode now called the Bonanza, the property was practically worthless without a railroad. They could not get the copper to market. In fact, without capital they could not mine the ore, and it was with the greatest difficulty that the hardy pioneers who discovered the deposit could meet the legal requirements of the United States government and pay for the assessment work from year to year.

The law demands that $100 worth of work shall be done on each claim every year by any one taking up mining rights in Alaska. This demand meant not only the cost of labor, for which the liberal estimate of ten dollars a day is allowed for each man employed, but it necessitated carrying supplies of food from Valdez along a hazardous and narrow horse trail for a distance roughly calculated at two hundred miles.

The discouragements, sufferings and tragedies which followed this trail trip through the wilderness, in the winter months when the fierce blizzards of Alaska swept for days at a time down the Copper river valley, piling the snow ten to twenty feet deep in gulches, are heard of at the camp fireside today, and have caused many a chechak (newcomer in Alaska) to turn back before he has crossed the summit.

It was conditions like these with which Jack Smith and Clarence Warner, who discovered the Bonanza, had to contend from 1900 until they sold their interest in the property, several years later. Meanwhile in order to buy supplies and from a sense of honor which never dies in the heart of the true Alaska prospector, Smith and Warner gave fractional interests in the copper lode to nine friends and associates.

When they made the location the two men were prospecting with four or five others, and it had been agreed at the start that all were to share in any discovery made by any member of the party. Out of gratitude to Colonel Abercrombie, a government army officer, who gave them great assistance, the prospectors gave him an interest. Then a further division occurred when it was necessary to raise money to do the annual assessment work. They had to buy a dozen horses every year and canned food sufficient to last a dozen men for six to eight months.

One of the party took the role of hunter and supplied the camp with fresh mountain sheep and bear meat.

The trip inside was made in winter, because by using sleds drawn by horses a ton of "grub" could be taken in over the snow by each sled. In summer it was necessary to pack the supplies on the back of a horse, and 250 pounds was the limit for each horse, owing to the steep hills to climb. The wind blew so fiercely on the summit at times that horse and sled were blown off the trail and down declivities into soft snow 50 or 100 feet below.

It was then a labor of hours to get the horse on his feet and back to the trail. The "Sourdough" prospector, or old timer, had learned by experience to spread blankets on the snow for the horse to stand on, and in this way the animal was saved. But the trail is marked by many skeletons of horses and of men who have gone to their death in the mountain fastnesses.

In their efforts to sell the property, Jack Smith and Warner went to Butte to see Senator William A. Clark of Montana, whose fame as a copper magnate had spread to Alaska. When Smith told Clark that the mountain peak was copper glance, assaying about seventy per cent pure copper, Clarke looked at his roughly clad visitors out of one eye and turned the subject to the weather and to Butte as a good mining camp. After a short talk Clark allowed the Alaskans to leave without making any further reference to the property. He did not believe their story.

Clark thought they were crazy.

In Montana bornite and copper glance are not found on the surface, but at depth. The formation in Alaska is entirely different. The Bonanza outcrop is a freak in a way. It is like a great blow-out from subterranean forces, a dome built upon the cathedral range of such imposing appearance, with its weather-stained green sides glistening in the sun, that it can be seen for a great distance. The copper is found in other parts of Alaska at the contact, where a layer of limestone rests upon a supporting basis of greenstone.

Senator Clark afterward sent an expert copper mining engineer to look over the field, but the Bonanza had been sold meantime to the Havemeyers of New York and Norman Schultz and James H. Raiph of Pittsburg, who made a fortune in oil and steel. Smith, Warner and their associates received about $22,000 each for their interest.

The Bonanza was now becoming the wonder of the copper world. Experts for the Guggenheims made repeated examinations and those copper magnates bought the property, paying, it was said, about one million dollars. Then the transportation problem was tackled in earnest. The last spike in the railroad from Cordova to Kennicutt, was driven this spring.

Contractor Heaney, who built the White Pass & Yukon railroad, carried out the plans for the Copper River railroad under the direction of Chief Engineer Hawkins. The difficulties to be overcome were stupendous.

To avoid the two huge glaciers which form ice walls for miles along the Copper river, it was necessary to cross the river twice by bridges of steel costing millions of dollars to build. In places the cliffs of rock were blown out and leveled to make a roadbed for the rails, and the track runs along the edge of deep canyons through which the river waters rush in mad torrents or fall in boiling rapids to a lower level.

The scenery along the Copper river is a continual surprise. From glistening glaciers to snow-capped peaks, and from brown forests of cedar, rusty from exposure, to brilliant fields of flowers of every color, thick as buttercups in a meadow, and covering vast expanses of the mountainside, the traveler's eyes turn in wonderment. The melting snows fall in great bridal veils of shimmering beauty from precipitous cliffs. The mild temperature of July and August, in the valleys and along the rivers, is sure to draw the sight-seeing traveler from every quarter of the world, with the same fascination that Switzerland holds for the sojourners abroad.

If the romance of Alaska is not buried too quickly; if the packer with his "diamond" hitch, to keep the mule's load in place, will continue to show his skill; if the dog team of malamutes and huskies is kept to give the stranger a swift run in a sledge over the frozen trail; if the mountain sheep and bear are protected for the wild game hunter, the attractions for the tourist will be irresistible.

Meantime the commercial side of the railroad proposition will be developing with giant strides. When the coal lands near Katalla and in the Matanuaka district are open to location, and the coal is available for the locomotives on the railroad and for smelters which will undoubtedly be erected on the seacoast, the other properties in copper, gold and nickel will add to the growing wealth of the Copper river region.

The superintendent of the Bonanza says the assay values of the ore will amaze the mining world. When it is understood that copper ore yielding two per cent. in pure metal is good enough to induce capitalists to invest millions, ore assaying 32 to 72 per cent. copper justifies the name Bonanza.

Jack Smith, the original discoverer with Clarence Warner, retired some years ago to live in a small town near Albany, N. Y., which was his home in his early youth. But the Alaska fever seized him again, and he went to Seattle to be once more with his old associates who cannot resist the allurements of the trail and camp. Warner spends most of his time in Chicago, but he, too, makes a trip every year to the Copper river belt and camps at the familiar streams along the government trail where he met and conquered hardship.

# RECORD LAMBS' PEDIGREE IN PRACTICAL MANNER

**For More Satisfactory and Businesslike to Keep Numbers in Black and White Than to Rely on Glib Tongue of Sheep Breeder.**

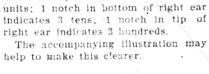
The writer visited a pure bred flock not long ago where the lambs were not marked and where the owner relied on his memory alone to tell him the pedigree of each lamb. This particular flock was small and the owner's memory above the average; he did appear to really know his lambs; but for the most part it is obvious that a written record is a great deal more reliable proof of pedigree, says a writer in the Farm, Stock and Home. It is a mistake for anyone handling pure-breeds not to number his lambs and keep a record of them. It is more businesslike, to say the least, and certainly more satisfying. One would feel much more certain of a lamb's pedigree if he saw it in black and white in a book than if it were related by the glib tongue of the owner.

About the surest as well as the simplest method of marking is that of notching the ear. Metal ear tags for the most part have the habit of pulling out, in which case their efficiency can be valued as nil, but the notch if made with the right sort of instrument is there to stay. When made with a round ear punch, the two sides of the notch sometimes grow together but when made with a tug punch, the opening in which is nearly an inch long and about a quarter or three-eighths of an inch wide, they are there to stay.

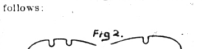
In notching some arbitrary value must be placed upon a notch placed in a given position in each ear. Experience has shown that any number can be most easily made when the following values are used:

One notch in top of left ear indicates 1 unit. One notch in bottom of left ear indicates 1 ten; 1 notch in tip of left ear indicates 1 hundred; 1 notch in top of right ear indicates 3 units; 1 notch in bottom of right ear indicates 3 tens; 1 notch in tip of right ear indicates 3 hundreds.

The accompanying illustration may help to make this clearer.

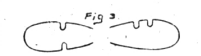



Suppose, now, that one wanted to make the number 17; this is made up of 1 ten, 2 sets of 3 units, and 1 unit. The notching would then be as follows:




Method of Making No. 17.

Or if one wanted to represent 135 which consists of 1 hundred, 3 tens and 5 units, he would use the following marking:




Method of Making No. 135.

One ought, of course, always to aim to use as few notches as possible, that is, in making five, for instance, to use one notch to represent three of the units, and make but two single unit notches. Two less notches are thus used, than if the five were conceived as consisting of five single units. While it seems a simple matter to make the numbers up to the best advantage, yet it not infrequently proves quite a little confusing and one ought to take a sheet of paper, and make a drawing of each number he wants to represent before he makes any notches. Then if as he numbers each lamb he writes down the name or number of the ewe after the proper illustration, he can complete this record simply by adding the name of the sire, and the date of the lamb's birth. Such information copied and filed neatly away will prove very valuable to him. It will be a great deal more indisputable than would a statement made from memory.

# PROTEIN FEED IS DEFINED

**No Word in Agricultural Etymology Is So Often Encountered and Most Frequently Used in Articles on Food.**

By CHARLES C. WENTZLER.

No word in agricultural etymology is so often encountered as protein.

To a person not versed in farm chemistry the term is more or less confusing and to many others it has no meaning at all. To such people it is just an empty, technical phrase.

The word is most frequently encountered in articles on feeding.

Protein is the opposite of fat. It is about the same as albumen.

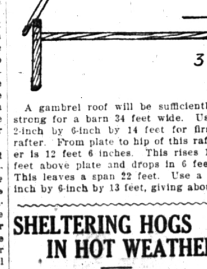
In feeding we have two principal classes of foods. One is the carbonaceous or starchy foods. These go to fat. The other is the protein foods. These go to make milk, eggs and meat. The protein foods are tissue builders.

In balancing rations we have to see, therefore, that the animal does not get too much of one kind of food. In feeding a cow, for instance, we cannot feed her corn alone as this goes to fat rather than to milk. There is some protein in corn but not enough. On the other hand it would not be advisable to feed a cow food like alfalfa, whose content is practically all protein. To begin with fat is the principle on which an animal depends for bodily heat and energy. So a cow, for this reason alone, should have corn or other grain or hay in which there is starchy matter. Then, too, she needs some carbonaceous food for the milk as there is considerable fat and sugar in milk.

If, however, we feed too much protein some of it is bound to go to waste. She will use half of it for maintenance. One quarter of it goes to milk. From the other quarter her digestive organs extract the fatty principle if there is any; if not some is held by the system in reserve; the rest passes out of the system.

Of course, in feeding, we have to be guided some by temperament, individuality, and other conditions including metabolism. Metabolism is the way the food is assimilated, or rather, it refers to the chemical changes that the food undergoes in the stomach. We can't say here is so much corn and depend that it will make just so much fat or beef so much protein with the idea that it will be converted into an equivalent amount of milk. Some of the fat-making elements may combine with still other elements and be converted into meat while the protein may be converted partly into fat.


# STRENGTH OF GAMBREL ROOF




A gambrel roof will be sufficiently strong for a barn 34 feet wide. Use 2-inch by 6-inch by 14 feet for first rafter. From plate to hip of this rafter is 12 feet 6 inches. This rises 11 feet above plate and drops in 6 feet. This leaves a span 22 feet. Use a 2-inch by 6-inch by 13 feet, giving about a 7-foot rise and put in a 2 by 8-inch plank for ridge. Use a 1 by 8-inch board and spike on at hip as shown in plan, at each side of rafter. You can get two pieces out of a 1 by 8-inch by 14 foot board. This will run about 4 feet each way from hip. This will carry hay fork or sling.

# SHELTERING HOGS IN HOT WEATHER

**Shade May Be Provided for Swine by Turning Them Into Wood Pasture or Orchards, or by Erecting Shed.**

(By WILLIAM F. PURDUE.)

I provide shade and shelter for my pigs by turning them into a wood pasture or the orchards or by constructing a shed. This is done by setting some posts to support a roof of rough boards. The pigs seldom hurt the orchard if they don't run in it more than a month or two during the hottest weather.

Sometimes where there are but few trees in the orchard it is not best to let the pigs run there too long as they may kill some of the trees by rubbing and gnawing them off.

If they start at this I turn them out and provide artificial shade. But, I furnish them shade of some kind and have abolished the dirty wallow holes.

Shelter is also needed at certain times. There are always a few wet and cold spells every summer when the pigs will suffer if they don't have good shelter and they can easily get a set back during a cold rain that will take them a long time to recover from.

### When to Spray.

The proper time to spray fruit trees can be determined only by watching the fruit buds and weather. The first application should be made before the first rain after the blossom buds have been exposed, but before they have opened; the second after two-thirds of the petals have fallen, being sure to get the mixture on ahead of the rain; and the third about two weeks later. Watch the fruit buds and the weather.

### Paraffin Killed Wooly Lice.

An English fruit grower declares that he has been able to preserve his apple trees from the woolly aphis by scraping off the loose bark and applying a thin coat of paraffin. Each tree requires about one pint of paraffin and the application is made three times a year.

# That Tired Feeling

**That comes to you every spring is a sign that your blood is wanting in vitality, just as pimples and other eruptions are signs that it is impure. Do not delay treatment; begin at once to take**

Hood's Sarsaparilla, which effects its wonderful cures, not simply because it contains sarsaparilla, but because it combines the utmost remedial values of twenty different ingredients, raised to their highest efficiency for the cure of all spring troubles, that tired feeling and loss of appetite. There is no real substitute; insist on having

# Hood's Sarsaparilla

"I felt tired all the time and could not sleep nights. After taking Hood's Sarsaparilla a little while I could sleep well and the tired feeling had gone. This great medicine has also cured me of scrofula, which had troubled me from childhood." Mrs. C. M. Root, Box 23, Gilead, Conn.

NATURAL.

"Mrs. Tree's husband has only one leg."

"Well, most every tree loses a limb."

## $3.50 RECIPE CURES WEAK KIDNEYS, FREE

RELIEVES URINARY AND KIDNEY TROUBLES, BACKACHE, STRAINING, SWELLING, ETC.

Stops Pain in the Bladder, Kidneys and Back.

Wouldn't it be nice within a week or so to begin to say goodbye forever to the scalding, dribbling, straining, or too frequent passage of urine; the forehead and the back-of-the-head aches; the stitches and pains in the back; the growing muscle weakness; spots before the eyes; yellow skin; sluggish bowels; swollen eyelids or ankles; leg cramps; unnatural short breath; sleeplessness and the despondency?

I have a recipe for these troubles that you can depend on, and if you want to make a QUICK RECOVERY, you ought to write and get a copy of it. Many a doctor would charge you $2.50 just for writing this prescription, but I have it and will be glad to send it to you entirely free. Just drop me a line like this: Dr. A. E. Robinson, K-256 Luck Building, Detroit, Mich., and I will send it by return mail in a plain envelope. As you will see when you get it, this recipe contains only pure, harmless remedies, but it has great healing and pain-conquering power.

It will quickly show its power once you use it, so I think you had better see what it is without delay. I will send you a copy free—you can use it and cure yourself at home.

### Not a Ringer.

"Johnny," the teacher said, "here is a book. Now, stand up straight and sing like a little man."

The song was "Nearer, My God." No sooner had the school commenced to sing than a little girl waved her hand frantically. Stopping the singing, the teacher inquired the cause.

"Please, teacher, I think Johnny will get nearer if he whistles."

### Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

### Her Way.

Mrs. Woggs—So you keep your husband home evenings? I suppose you put his slippers where he can find 'em?

Mrs. Boggs—No; I put his overshoes where he can't.—Puck.

# Oh! That Awful Gas

Did you hear it? How embarrassing. These stomach noises make you wish you could sink through the floor. You imagine everyone hears them. Keep a box of CASCARETS in your purse or pocket and take a part of one after eating. It will relieve the stomach of gas, as

CASCARETS 10c a box for a week's treatment. All druggists. Biggest seller in the world—million boxes a month.

# 44 Bu. to the Acre

is a heavy yield, but that's what John Kennedy of Edmonton, Alberta, Western Canada, got from one acre of Spring Wheat. Other yields from other farms were:

| | |
|---|---|
| 100 acres | 4,000 bushels |
| 160 acres | 6,400 bushels |
| 320 acres | 12,800 bushels |

Many other yields equally as large are also reported from other districts in Western Canada. Hundreds of thousands of acres of the choicest Wheat, Oat and Barley lands are now available at $10 to $15 per acre. Many of these lands are within a few miles of railway stations and shipping points, with good markets, churches, schools, etc., convenient. Some of the choicest districts are still open for homestead entry. Adaptability for mixed farming, splendid grasses and water everywhere, with fuel in abundance, make Western Canada the ideal home for the man with small capital. Railway rates to settlers are very low. Write for literature, settlers' low rates, and information as to routes, to Superintendent of Immigration, Ottawa, Canada, or C. J. Broughton, Government Agent, 176 Jefferson Ave., Detroit, Mich. (Use address nearest you.)

## The Silver Gun

got the record Prairie Hen's Nest awarded to the Hon. Duncan Marshall, at the Provincial Winter Fair, Guelph, Ont., Dec. 1910. The nest contained 15 eggs, all of which hatched. Mr. Marshall's yield for 1911 alone was from 1,400 to 1,500 bushels of Wheat, Oats and Barley. He is one of the richest farmers in the richest districts in Western Canada. Mr. Marshall's letter, telling how he made his money, will be sent you free. Write for it. Address Superintendent of Immigration, Ottawa, Canada, or C. J. Broughton, Government Agent, 176 Jefferson Ave., Detroit, Mich. (Use address nearest you.)

# DR. J. D. KELLOGG'S ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. NORTHROP & LYMAN CO. Ltd., BUFFALO, N.Y.

**PATENTS** Fortunes are made in patents. Free report as to patentability. Write Fitzgerald & Co., Box A, Washington, D. C.

W. N. U., DETROIT, NO. 18-1911.

# Stomach Blood and Liver Troubles

Much sickness starts with weak stomach, and consequent poor, impoverished blood. Nervous and pale people look 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, same being attested as correct under oath.

*Dr. Pierce's Pleasant Pellets regulate and invigorate Stomach, Liver and Bowels.*

# COLT DISTEMPER

Can be handled very easily. The sick separated, and the well kept from the sick. Keep the sick in a comfortable place, well bedded, and feed on soft food, such as bran mashes, oats, boiled barley, etc. Give a teaspoonful of Spohn's Distemper Compound in the feed three times a day. Rub the throat well with Spohn's Liquid Distemper Remedy. Give a teaspoonful of the Compound on the tongue and rub the throat well with the Liquid Remedy every time the colt drinks. Keep the colt