

SEVEN YEARS AGO

Then He Had 6 Mules, \$600
Cash and Some Equity—Today
He Has \$20,000 and Owns
2 Sections of Land.

The story of the wealth of Western Canada cannot be told too often; the truth will bear repetition. In telling of it it is hoped that advantage will be taken of the great opportunities that Western Canada offers by those who are today struggling for a mere existence, by those who are occupying lands, high in price and high in rentals.

From grain, live stock and dairying in 1916, there was a return from the three Prairie Provinces of \$25,000,000, or an increase of four million dollars over 1915, and 115 million dollars over 1914.

A prominent Trust Company says: Some of our contract holders have paid off their purchase money and have bought a year ago out of this year's crop, and what one man can do another can do. Thousands of Southern Alberta farmers harvested an average of 40 to 50 bushels of No. 1 wheat to the acre. These farmers have more real money to spend than any other people on the American Continent. J. D. Johnston of Blandford, Sask., left Johnston County, Kansas, seven years ago. When he left he had \$500 in cash, six mules, some settler's effects and an equity in some prairie land.

In my seventh year's residence in Saskatchewan, I have raised seven good crops the value of this year's crop alone being Twenty thousand dollars. I now own two Sections of No. 1 proved land, 17 horses and mules, 40 cattle, a large steam thrasher and a full line of farm machinery.

We have made five trips to Kansas, one trip to the Pacific Coast and return. We have enjoyed the climate of a class of people than whom none better can be found. The climate is beautiful and invigorating. The soil is fertile and productive, well adapted for the production of the best quality and large yields of all cereals and vegetables, wild and tame grasses. It is an excellent stock country.

The question of taxes is one that carries with it considerable weight. Coming from a man like Mr. Johnston the same weight should be given the answer. He says:

The tax system especially commends itself to me as being simple, reasonable and just. All direct taxes are levied on the land at its appraised market value, exclusive of improvements thereon. No tax on personal property. This tends to discourage the holding of lands by speculators who prevent its cultivation or improvement, hoping to realize profits from the enhanced value of their holdings due to the industrial activities of the bona fide settlers. It tends to encourage the settlers to rear substantial improvements upon their land without paying a penalty in the form of taxation therefor. It encourages the raising of live stock and the possession of other substantial property necessary to the development of the country.

"The laws are well and economically administered. Citizens of the Dominion vote on election of members of parliament (land members of the Provincial assembly, while on questions of local improvements any school matters the franchise is exercised by ratepayers, irrespective of citizenship. The people are enterprising, school facilities are good. Taxation, just and reasonable. Military service voluntary. Patriotic fever unexpressed, law and order the rule and crime the rare exception. It is the land of banks, schools, telegraphs, grain elevators, broad, fertile acres, good climate, good citizenship and abundant in opportunities for the industrious man or woman of good moral character. In short, the land of promise and fulfillment, I know of no better anywhere."—Advertisement.

Just for Show.
"Why does Mr. Grabco have a musical once or twice a year? She has no taste for music."
"That's true, but Mrs. Grabco is the only woman in our town who can afford to pay a grand opera star \$100 for two or three songs and she feels in duty bound to remind her neighbors of that fact."

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs," that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If it is coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the food, constipated water, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, "colic"—remember, a good "fruit laxative" should always be the first treatment.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful will cure any child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children, of all ages, and grown-ups printed on the bottle. Adv.

What Gee Dressed Women Will Wear

With the coming of spring and summer the one-piece frock and the suit are destined to divide honors with the separate skirt-and-bustle blouse. Advance displays of their tried and true favorites of American women have been awarded the same keen interest as in previous years. What is more to the point, materials for making separate skirts of all kinds are today strikingly by those who attend to their skirt-making early.

Mating embrace assortments of



suspenders are made of linen and the bodice of batiste. There are many new models for the spring wardrobe of tiny maids, that are made of colored linen combined with white batiste or organdy or with white linen. Nearly all of them boast a pair of practical pockets, and in many different shapes, and nearly all of them have finishing touches in the way of a little handwrought needlework. Small buttons, set close together, form an important item in their decoration.

THE SEPARATE SKIRT FOR SPRING.

These little buttons are usually covered with the same material as the dress. In colors, rose, blue, light green, yellow, and light brown over the range in linens. Heavy cottons are used also and gingham shows no sign of being ousted. In a matter of fact, perfectly fitted foods are seldom indicated, because they have not been adapted to "the fact" of the body. It is not enough to form a crust over the outside of the food immediately, the fat particles do not permeate the food, and this alone, they are easily digested by any ordinary healthy adult.

Many young housekeepers are afraid to attempt deep fry frying because they either share the common notion that fried food is indigestible, or they find it difficult to get uniformly perfect results and hesitate to serve poorly prepared prospects or imperfectly digested. As a matter of fact, perfectly fitted foods are seldom indicated, because they have not been adapted to "the fact" of the body. It is not enough to form a crust over the outside of the food immediately, the fat particles do not permeate the food, and this alone, they are easily digested by any ordinary healthy adult.

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Baked Smoked Ham.

This is a savory method of preparing ham, which is a favorite baked dish with people on both sides of the Atlantic. It is a simple and easy to make. Take one slice of ham one or two inches thick, and if salty, soak for one hour in a cupful of milk. Cut off the rind and put the ham in a baking dish. Sprinkle with one teaspoonful of sugar, a dust of pepper and a teaspoonful of flour. Cover closely and bake in a slow oven for two hours, then turn the cupful of milk in which the ham was soaked. Boil up once and serve in the dish it was baked in.

Delicious Breakfast Dish.

One pint of cold, boiled, chopped ham, four eggs. Break the eggs into a bowl, but do not beat them; put a piece of butter the size of an egg into the frying pan; when melted and hot pour in the eggs and add the ham with a little pepper; stir constantly till done, which will be when each particle of ham is coated with the egg. By not beating the eggs bits of the yolk and white are seen through the mixture when cooked. Serve with graham bread.

Southern Dish.

Get two pounds of bottom of the round steak, put through meat chopper with one medium-sized onion, add to this one cupful of rice which has been thoroughly washed. Season with salt and pepper. Now make into little cakes and lay on bottom of kettle. Pour over all two cupfuls of boiling water and cook slowly for one hour. Then add one can of tomatoes, butter the size of an English walnut and cook a little faster for another hour. They are ready to serve.

Left-Over Vegetables.

Few vegetables will stand reheating well. If it ruins their flavor, let us use left-overs for a vegetable soup. Cold carrots, parsnips, asparagus, squash, corn, spinach, tomatoes, celery, lima beans and string beans, and even cold mashed potatoes make excellent soups.

Boxed—An Old Irish Dish.

Grate raw potatoes, add salt, press lightly in a cloth, not too dry, put into fat cakes, and drop into boiling water. Let them stand in the water until they are thoroughly cooked, then lift out carefully from saucers. Taste well with gravy and serve very hot, taking care not to let cakes fall apart. Very delicious.

When Warming Cereals.

Instead of warming cereals in the way of a large cake of butter and lard, and toss it lightly over the heat, the best way is to warm them in a bowl. Besides being quicker, there is no possibility of scorching, as is the case when the oven is used.

Water Bottle Cover.

A hot-water bag often proves to be very useful in cold and if frozen. There should be a suitable dress for it. One seen recently was made of white flannel and lined with a simple greenish blue cloth.

ADVICE OF EXPERTS

SUGGESTION FOR SELECTION AND COOKING OF POTATOES.

Points That Housewife Will Do Well to Keep in Mind When Purchasing—Economic Methods of Serving the Tubers.

The following suggestions to housewives by home economists specialists of the United States department of agriculture are made in regard to the selection of potatoes for table use.

In purchasing potatoes for table purposes, the following points should be kept in mind: First, that smooth potatoes are more desirable than rough ones, because they are more easily prepared, and less loss is involved in the peeling. Second, that tubers which have been exposed to light for a considerable period acquire a more or less acrid taste; for this reason, newly harvested potatoes, if mature, are preferable for the winter's supply to those which have been kept for any considerable period under unfavorable conditions. Third, that very large potatoes are not especially desirable, partly on account of the greater length of time required to cook them uniformly, and partly because they are of ten very variable in texture. Fourth, a good potato should be firm and crisp when cut, and a thin cross section should show a relatively uniform distribution of starch throughout its whole area, as opposed to a large, tender, fleshy, central area which denotes a lack of starch in this portion of the tuber. The even distribution of starch insures greater uniformity in texture. Fourth, a good potato should be firm and crisp when cut, and a thin cross section should show a relatively uniform distribution of starch throughout its whole area, as opposed to a large, tender, fleshy, central area which denotes a lack of starch in this portion of the tuber. The even distribution of starch insures greater uniformity in texture.

If a lot is not uniform, it is often worth while to sort them and use the larger ones for stock meats, or at other times when the oven need not be especially heated, and save the small ones for occasions when quick cooking is more convenient. When the potatoes are of very large size, or time is pressing, it is often desirable to increase the surface exposed to the cooking by cutting them in pieces before cooking. In spite of the fact that this slightly increases the amount of nutrients lost, they are parboiled and cut into small pieces or thin slices, they will cook very quickly and may then be creamed, mashed, or served in other ways.

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BROOD SOW CARE HAS EFFECT ON PROFIT

By C. D. HENTLEY, Colorado Agricultural College, Fort Collins, Colo. As February draws to a close, hog men look forward to one of the most important times of the year, in fact the most critical time as concerns the profits or losses for the year's work. Where the hogs are concerned a large percentage of pigs farrowed in the early spring means greater prospects for the market in the early fall.

Proper management of the brood sow before and after farrowing is very important. Investigations show that 80 to 90 per cent of all the dry matter of the unborn litter are deposited in the uterus during the last 60 days of pregnancy so that our care must include this period and feeding must be done accordingly.

The rations should be increased at least 50 per cent over the wintering ration. For the brood sow plenty of exercise is as essential as a scientifically balanced ration. The sow when exercising picks up feeds and mineral matter that she knows is necessary to her system.

Paper care at farrowing time will pay the highest dividends. The number of pigs raised to weaning time is the basis of computing the value of a sow. Sows should be fed immediately before farrowing the ration that they will receive after farrowing. This will prevent any indigestion due to a sudden change in diet.

Sows at Alfalfa Rack.

A few days before the calendar time of farrowing put her in the pen where she is to farrow and cut down her feed. If feed has been laxative the sow will come to farrowing time with little fever and in a good condition. The pen must be warm enough for the pigs, but not hot, as is sometimes the case, because this only tends to increase the fever and temper of the sow.

After farrowing, do not feed for the first 24 hours, giving only clean water. Her first meal should be a thin slop or bran mash. Gradually increase the amount until she is on full feed about ten days after farrowing. Remember that for many weeks we are feeding the young pigs through their mother's milk. Irregularities in her system are quickly indicated in the young.

Exercise Care in Vaccinating Hogs.

Animals Excessively Fat Are Not Good Risks—Points to Be Given Consideration.

By O. S. CRISLER, Kentucky Experiment Station. When shots or pigs are heavily infected with worms, vaccination may result in considerable loss.

Hogs that are excessively fat are not as good risks for vaccination as animals in medium condition.

Farmers must provide proper care of hogs before and after treatment to reduce the risk to a minimum.

Many of the undesirable results following vaccination are due to the condition of the hogs, or to the surroundings under which they are kept.

The following points in hog management should be carefully considered:

1. Ascertain beyond a doubt whether or not cholera is present in the herd.

2. Animals stand the excitement and shock of vaccination better if the intestinal tract is empty; if free from parasites; if in medium flesh; if kept cool during the operation and confined in a clean, uninfected stall, bedded with straw while awaiting the injection of serum.

3. The point of inoculation must be thoroughly cleaned and disinfected. The animals must not be allowed access to dirty, filthy wallows before or after treatment. It is impossible to clean a dirty hog with a small amount of antiseptic so that serum can be injected with any degree of cleanliness.

Successes are most on the result of the fitness of the hogs and not to any fault of the operator who employs proper precautions with his syringe and serum.

4. There must be a clean, draft-free enclosure for the hogs at the time of inoculation.

5. Following vaccination hogs should be kept in clean quarters for at least two days. Dirty wallows should be avoided. A good plan is to keep hogs in a well-bedded stable, and to clean a dirty hog with a small amount of antiseptic so that serum can be injected with any degree of cleanliness.

6. Great care is employed in preparing pure, potent serum. There is little risk in injecting good serum into hogs that are properly prepared for the operator and properly cared for following it.

Dietetic Value of Carrots. Carrots contain a great deal of value and they exert a certain laxative effect upon a horse's bowels. Their laxative effects are due to their succry, about 85 per cent of their weight being water.

Flannel Milk Strainers. Milk strainers should be made of several thicknesses of flannel. These should be boiled each time after washing, when not replaced with new flannel.

Never Worry a Cow. If cows are compelled to drink tea, coffee, or any other strong beverage, they will soon get used to it. A cow is a wind-swept folk, very little should be expected of them in the dairy.

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State of Nebraska Made Money by Buying Flock and Letting Them Graze on Fair Grounds.

The state of Nebraska went into the sheep business last year and made money. The state board of agriculture purchased 250 ewes in April to graze on the state fair grounds and keep down weeds and grass. Usually the cost of the ewes is about \$100 each, and this year not a dollar was paid out and the grounds were in excellent shape.

These ewes cost \$1,575.15 in cash at the fair grounds. Not more than \$20 was paid for feed during the summer. The ewes were sold for \$28.52. The wool clip netted \$430.52, and the flock sold in the fall for \$22.55.

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"CASCARETS" ACT ON LIVER, BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.

Are you keeping your bowels, liver, and stomach clean, pure and fresh? Cascarets thoroughly cleanse and regulate the stomach, remove the acid and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will make you feel great by morning. They work while you sleep—never grip, sicken or cause any inconvenience, and cost only 10 cents a box from your store.

Millions of men and women take Cascarets now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

Put Auto Above Railroad. A recent contesting by a national automobile organization brings out strikingly the increasing importance of the place that the automobile fills in American life.

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