

Don't trifle with a cold—it's dangerous. You can't afford to risk Influenza. Keep always at hand a box of



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

## Men With Rig

Wanted to sell Rawleigh's Products. Established demand. Large profits, healthy, pleasant, permanent. Give age, occupation, references. W. T. RAWLEIGH CO., Department WUN, Freeport, Ill.

## PATENTS

Watson E. Coleman, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

### Brief Respite.

"Congratulate me," said Mr. Dubwalte. "What for?" "I'm out of debt. I've just paid the last bill I owed." "I do congratulate you. How long do you expect to stay out of debt?" "That depends on the trolley car schedules. Mrs. Dubwalte has just telephoned me that she is headed for town."

**Important to Mothers** Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Williams* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Naturally. "Are that deaf and dumb couple on bad terms?" "Well, they don't speak."

When Baby Is Teething **GEORGE'S BABY BOWEL MEDICINE** will correct the stomach and bowel troubles. Perfectly harmless. See directions on the bottle.

The word "regatta" originally applied to the contests of the gondoliers at Venice.

As we grow more sensible, we refuse drug cathartics and take instead Nature's herb cure, Garfield Tea. Adv.

We take no unimportant step here, viewed in the light of eternity.—Rev. Mr. Hanna, Pittsburgh.

## Weekly Health Talks

### GOING BACK TO NATURE

BY DR. W. LUCAS.

People get sick because they go away from Nature, and the only way to get well is to go back. Something grows out of the ground in the form of vegetation to cure almost every ill. Some of these vegetable growths are understood by man, and some are not. Animals, it would seem, know what to do when they are sick better than men and women. Observers have noted that a sick horse, dog or cat will stop eating food and seek out some vegetable growth in the field or yard, which, when found and eaten, often restores appetite and health. Haven't you seen these animals do this very thing yourself?

Dr. Pierce, of Buffalo, N. Y., long since found the herbs and roots provided by Nature to overcome constipation, and he had these vegetables collected and made up of Mayapple, leaves of Aloe, root of Jalap, into little white sugar-coated pills that he called Dr. Pierce's Pleasant Pellets. You must understand that when your intestines are stopped up, poisons and decayed matter are imprisoned in your system, and these are carried by the blood throughout your body. Thus does your head ache, you get dizzy, you can't sleep, your skin may break out, your appetite declines, you get tired and despondent. As a matter of fact, you may get sick all over. Don't you see how useless all this suffering is? All that is often needed is a few of Dr. Pierce's Pleasant Pellets, which he has placed in all drug stores for your convenience and health. Try them by all means. They are probably the very thing you need right now.

**This Large Bottle of YAGER'S LINIMENT** contains twice as much as the usual 50 cent bottle of liniment and lasts the average family for months. It quickly alleviates pain caused from rheumatism, sciatica, neuralgia, sprains, etc. Sold by all dealers. Price 35c.

**YAGER'S LINIMENT RELIEVES PAIN**

GILBERT BROS. & CO., Baltimore, Md.

**Stop Your Coughing**

No need to let that cough persist. Stop the irritation, and remove tickling and hoarseness by soothing the inflamed throat with

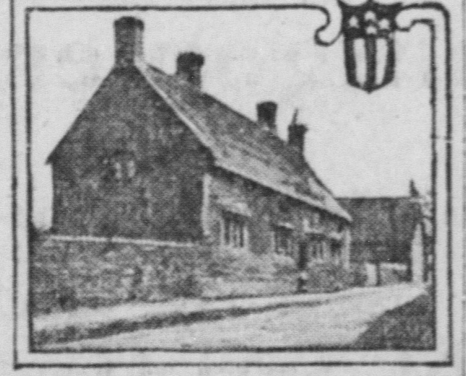
**PISO'S**



## HIS FAMILY SEAT 1732 - Washington - 1799 AT VALLEY Forge

### Early English Home of Washingtons, Manor of Sulgrave.

ALTHOUGH Warton, in Lancashire, can claim to be the earliest of the discovered English homes of the Washingtons, it is not until the family settled at Sulgrave, in Northamptonshire, that they emerge definitely into history. Even with that restriction the story is carried back to the sixteenth century, and introduces us to the Lawrence Washington whose curious brass effigy is



Manor House at Brington, Now the Washington House.

the chief treasure of Sulgrave church. He received a grant of Sulgrave manor from Henry VIII, and on a picturesque corner of his estate he carried to completion that manor house which the American pilgrim now seeks with such affectionate interest. Partly, no doubt, this picturesque building embodies the shell of an old structure, but in the main it stands today as finally remodeled by its most famous owner.

As at Sulgrave, so at Brington, it is in the village church that the memorials of Washington's English ancestors are to be seen in richest abundance. The most notable of these is the long stone slab in the chancel floor, now partly hidden by pews, the surface of which is carefully protected by a wooden cover. This is to the memory of that Lawrence Washington who was the uncle of the great president's American ancestor. Here again is the Washington shield, but the family arms are impaled with those of the Butler family, one of whose members became Lawrence Washington's wife.

### FAMOUS AS SWIFT RUNNER

Few Men, When Washington Was in His Prime, Could Successfully Compete With Him.

"As to running," said Parson Weems in his book on George Washington, "the swift-footed Achilles could scarcely have matched his speed. 'Egad, he ran wonderfully!' said my amiable and aged friend John Fitzhugh, Esq., who knew him well. 'We had nobody, herabouts who could come near him. There was young Langhorn Dade of Westmoreland, a clean-made, tight young fellow and a mighty swift runner, too; but, then, he was no match for George. Langy, indeed, did not like to give up, and would brag that sometimes he had brought George to a tie. But I believe he was mistaken, for I have seen them run together many a time, and George always beat him easy enough.'"

**THE** defender of his country—the founder of liberty—the friend of man. History and tradition are explored in vain for a parallel to his character.

In the annals of modern greatness he stands alone; and the noblest names of antiquity lose their luster in his presence. Born the benefactor of mankind, he united all the qualities necessary to an illustrious career.

Nature made him great; he made himself virtuous.

Called by his country to the defense of her liberties, he triumphantly vindicated the rights of humanity, and on the pillars of national independence laid the foundations of a great republic.

A spectacle so new and so sublime was contemplated with the profoundest admiration, and the name of Washington, adding new luster to humanity, resounded to the remotest regions of the earth.

Magnanimous in youth, glorious through life, great in death. His highest ambition, the happiness of mankind. His noblest victory, the conquest of himself.

Bequeathing to posterity the inheritance of his fame, and bidding his monument in the hearts of his countrymen, he lived the ornament of the eighteenth century; he died regretted by a mourning world.

### NEW WASHINGTON STATUE



The picture shows a new statue of George Washington which has been placed on a pedestal which has long been vacant in Washington arch.

**Mount Vernon Unchanged.** Mount Vernon stands today exactly as it was when General Washington was living; the trees a little larger grown, but the garden and the lawns, the houses and barns and stables and great vistas precisely as he would have had them, and it might well be imagined that his spirit broods over these scenes of his earthly happiness with fine approval of the devoted service of his countrywomen in keeping alive here the lamp of chivalry in the souls of men.

### Makeshift Abodes Afforded Little Shelter to Patriot Army.

NEW standards of comfort, even luxury, were established by the government in building the soldiers' barracks in the great military camps. The men's sleeping quarters, for instance, were designed by experts to meet a special demand, and the sanitary problems had been worked out with the greatest care.



Barrack of Washington's Day.

When Washington's army, after struggling through the snow, reached Valley Forge, they found little or no shelter. Even Washington slept for several days under canvas. The soldiers were set to work at once to build shelters to protect them against the intense cold. A prize of \$12 was offered by Washington for the first hut to be completed in the quickest and most workmanlike manner. The huts were built of logs cut in the neighboring forest and at first covered with canvas and later with straw.

### MARK OF TRUE GREATNESS

First President's Noble Humility One of the Finest Attributes of His Character.

Great as Washington was, yet in his breast brightly burned the light of humility. One of the favorite passages of Washington's farewell message reads as follows:

"Though in reviewing the incidents of my administration, I am unconscious of intentional error, I am, nevertheless, too sensible of my defects, not to think it probable that I may have committed many errors. Whatever they may be, I fervently beseech the Almighty to avert or mitigate the evil to which they may tend. I shall also carry with me the hope that my country will never cease to view them with indulgence and that after 45 years of my life dedicated to its service with an upright zeal, the faults of incompetent abilities will be consigned to oblivion, as myself soon must be to the mansions of rest."

### Washington's Signet Ring.

The signet ring of George Washington has been found. This ring, which the Father of His Country wore all his life, is in the possession of a Washington woman, whose name and claim to it are not made public.

The ring bears the crest of the family of General Washington's grandmother, that of the Montvutro, which was converted colloquially into Montague. Her first husband was a Captain Johnson, and by her second husband, Capt. Joseph Ball, she had a daughter, Mary Ball, George Washington's mother.

## LAND OF WEALTH

### Western Canada Has Unbounded Possibilities.

Glorious Opportunities for the Stock Raiser, the Wheat Grower, and the Mixed Farmer—Its Fields to Feed the World.

Before there were any cattle in Alberta, or it was known that it was possible to feed them outside all the year round, the Indian hunters could always find the buffalo during the winter months pasturing in the foothills. In the summer the herds wandered on the plains and fed on the prairie grasses. The plains have since become grain fields, but the foothill district extending north from the international boundary for a thousand miles will always be a natural feeding ground for live stock. In the southern part of Alberta the altitude is greater than in the more northerly districts, but while the herds in the south have wider tracts of treeless pasturage, in the north from Red Deer on into the Peace river country there are more trees, a richer vegetation and more natural shelter.

Those who have been advocating stock raising and mixed farming for the past few years point to the number of hogs marketed as an evidence of the increased production of the Western Provinces. They may also take credit for the increase in cattle and sheep, which is very great, but perhaps not so marked as what has been accomplished in hog raising. For the first six months alone last year about half a million hogs were shipped from Manitoba, Saskatchewan and Alberta. A very conservative estimate value of these animals to the farmer would be \$25.00 a head.

The Canadian West is fast forging to the front of the wheat-producing countries of the world, and "No. 1 hard" is without doubt the best wheat in the market today. When it is considered that the three hundred and forty-three million four hundred and seventy-three thousand bushel crop of 1915 was from only eleven million acres of her hundreds of millions of acres. It gives an idea of what her future will be.

It is felt, however, that on account of the great money there will undoubtedly be in growing wheat during the next few years there is a possibility that farmers may be tempted to drop the growing of coarser grains, which might result in less stock being raised. Every effort is being made by the Agricultural Departments of the various Provinces to impress on the farmers that forage crops and coarse feed in abundance mean production of flesh and milk, and that in the long run the great future of the Western Provinces lies in mixed farming which will find her prosperity on a more enduring basis.

Mixed farming has always been the rule in the Eastern Provinces where the formation of the land invites variety of crop, but it has not been as common in the Western Provinces, though the practice has grown in recent years. Hitherto the man mining wheat from the rich soil has purchased most of his household food and necessities, his energies being devoted to getting every possible bushel of grain out of every foot of his land, and he has paid prices for his supplies that have made a big dent in his profits. It has now dawned on him that he can raise vegetables and poultry, and supply his own table; that with very little effort he can raise a lot of garden produce and in a very simple manner solve his own problem of the cost of living. Further, that there is an increasing market for domestic necessities such as poultry, eggs, butter, milk and cheese, which command very high prices, and that there are other roads to prosperity besides that through the wheat field.

In 1916 Canada imported 7,889,269 pounds of butter, most of it from as far away as New Zealand, and for the first time in 60 years failed to ship butter to England, a condition due to the home consumption, which is estimated to be increasing at the rate of \$3,000,000 worth a year, being greatly in excess of the increased supply. This condition has brought about a change in farming methods that is far-reaching, and will result in greatly increased production all round of the necessities demanded by the home market.

### Natural Resources.

One of the most important considerations to the farmer is fuel. In northern Manitoba, Saskatchewan and Alberta, where portions of the country are well wooded, the settler has little difficulty in getting all the wood he requires and thousands of men find employment in the winter cutting wood, which is shipped all over the prairie portions of the provinces. There is an abundance of coal throughout the country. It is estimated that the coal deposits in Alberta cover over 81,000 square miles and represent an available tonnage of over ten hundred thousand million tons, while those in Saskatchewan cover an area of 13,000 miles, containing over 50,000,000 tons. In Manitoba the coal reserve is not as large, but even there 100,000,000 tons is considered a conservative estimate. At the present time these deposits are only worked to a small extent, but there is no doubt that they will be a great feature in upbuilding the country and will exercise a powerful influence on its commerce.

It is a common thing in the coal districts for farmers to get their coal supply off their own farm. Near Edmonton, for example, the farmers not only supply themselves, but they carry coal to the city market and find it

a considerable source of revenue in the winter time. The Edmonton coal fields under and around the city have an estimated content of sixty thousand million tons. Farmers sell the coal at \$4 a ton for domestic use.

The pioneer of Western Canada knew little of the enjoyments of life, compared with the farmer in that country today. The continual extension of railway lines affords facilities undreamed of a few years ago, closing up the gaps of communication, creating immense business for the East in the West and the West in the East, and drawing the farmer all the time nearer to the zones of commerce. In creating wider markets the railways are doing more than any other agency can do for Western Canada and the country as a whole. The products of the farms, which are now readily marketed, and the vast train of employment that follows the enlargement of the farming industry, is creating new agricultural centers and causing towns and cities of importance to grow all along its lines.

An admirable system of agricultural instruction has been developed through the efforts of the Dominion government and the various provincial Departments of Agriculture. This forms part of the educational system of Western Canada and is doing much for all branches of agriculture. Experimental farms have been established at various points in the provinces, which have done wonders in developing improved methods of farming.

The result has been a great awakening to the necessity of better methods of tillage, scientific stock raising and dairying. Farmers are beginning to realize that to get what they are entitled to out of the land, they must adopt scientific methods, and as a result, careful seed selection, proper rotation and summer fallow is the order of the day. Under the favorable conditions generally anticipated, prospects point to an all round increase in production that will leave a great deal of money in the hands of the western farmer this year, and prosperity for Western Canada as a whole. It will be years before Europe will make up arrears in agricultural production, caused by the enforced idleness and wholesale destruction, and Western Canada will play a big part in filling the void.

The result of the continued shortage in cattle, the future price of beef and the solution of the perplexing problem of feeding the world are vital questions uppermost in the minds of many thinking people today.

There is no doubt that the wide acres of Western Canada can, and will, be made to play an important part in bringing about a proper balance in supply and demand. In the northern parts of Manitoba and Saskatchewan and in Alberta are many thousands of acres of the richest pasture in the world, well watered and treated by the sunniest of climates. These rolling hills for the greater part are still unpeopled and untroubled by the hoofs of domestic animals.

One of the causes assigned for the decline in stock-raising is the reduction in the areas available for grazing on account of so many big ranches being converted into farms. Experiments conducted at Vermilion, Alberta, would rather go to show that the old grazing grounds were too large, and that the feeding is really better when the animal is confined to a comparatively limited area, providing the pasturage is of the right kind and there is plenty of water.—Advertisement.

**Not So Easy.**  
"So you are a writer?"  
"Some so alleged."  
"It must be nice to put your ideas into print."  
"That part is all right. The tough part is in filling space when you haven't any ideas."—Louisville Courier-Journal.

### GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

**A Leading Question.**  
Gibbs—"I tell you, no one can fool my wife." Dibbs—"Then how did you get her?"—The Clubfellow.

**No Worms in a Healthy Child.**  
All children troubled with worms have an unhealthy color, which indicates poor blood, and as a result, there is more of the stomach disturbance. GIBBS' TARTAR EMERALD TONIC gives regularity for two or three weeks will enrich the blood, improve the digestion, and act as a general strengthening tonic to the whole system. Worms will then throw off or disappear, and the child will be in perfect health. Pleasant to take. 50c per bottle.

You have probably observed that when some persons speak their mind they don't say much.

Whenever there is a tendency to constipation, sick-headache or biliousness, take a cup of Garfield Tea. All druggists. Adv.

The man who boasts of being self-made probably believes that an honest confession is good for the soul.

**Your Eyes**

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murine Eye Remedy**. No Smarting, Just Eye Comfort. At Your Druggists or by mail 50c per Bottle. For Book of the Eye free write to **Murine Eye Remedy Co., Chicago.**