

## Sure Relief



**BELL-ANS**  
FOR INDIGESTION

Thousands of Happy Housewives in Western Canada

are helping their husbands to prosper—where they could make homes of their own—save paying rent and reduce the cost of living—where they could reach prosperity and independence by buying on easy terms.

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Land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

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are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

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**FILMS DEVELOPED**  
Mail Us 20c With Any Size Film for development and 6 Velvet Prints, or send 6 negatives, 12 prints, and 2c for 18 prints, etc. For Beautiful Mounted KODAK Prints, send 10c. Our best service, prompt delivery. Full details and prices on request.

**DAISY FLY KILLER** PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, clean, ornamental, convenient, cheap. Kills all season. Made of methyl, can't be tipped over; will not soil. Guaranteed effective. Sold by all druggists, or by express, prepaid, 11c. **BERNARD SOMERS, 195 De Kalb Ave., Brooklyn, N. Y.**

**FRECKLES** POSITIVELY REMOVED by Dr. Kemp's Freckle Ointment. No danger of injury to the skin. 25c. **397 1/2 Michigan Avenue, Chicago.**

**THOUSANDS AGREE AS TO THIS**

That Black-Draught Is Excellent for Stomach and Liver Disorders, Hence Its Great Popularity.—Mississippi Planter's Indorsement.

Houston, Miss.—Mr. J. A. Trenor, a well-known planter of this place, recently related his experience in using Thedford's Black-Draught. "I don't believe there is a better liver medicine made," said Mr. Trenor. "I use it for headache, stomach disorders and torpid liver."

"It is not bad to take, does not leave a constipated condition, as so many of the liver pills and medicines do. It does its work and leaves you feeling like a new person."

Thousands of others have found Black-Draught as helpful as Mr. Trenor describes, and a valuable remedy for derangements of the liver, stomach and bowels. It is purely vegetable, having an active effect upon the bowels, gently stimulating the liver, and helping to increase the flow of bile.

Black-Draught has been found to assist in the digestion of food, and relieves constipation in a prompt and normal way.

On account of Black-Draught's long-proved merit and immense popularity, many imitations are being offered for sale. For your own satisfaction it will pay you to insist upon the genuine, and be sure the package bears the name "Thedford's Black-Draught."

At your druggist's—ready for instant use—full directions in package.—Adv.

**That Depends.**  
"Don't you believe the fruits of any hard work compensate for its toil?"  
"Not when you are handed a lemon."

**The Cuticura Toilet Trio**  
Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere.—Adv.

One's wife never gets mad when he finds fault with the meals—if they live in a boarding house.

**MURINE** Night and Morning. **Haas Strong, Healthy Eyes.** If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. **Muris Eye Ready Co., Chicago.**

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## PROBLEMS FACING STRICKEN WORLD

Shall Chaos or Reconstruction in Europe Follow the Great World War?

RUSSIANS MISLED BY LENINE

Claim That Bolsheviki Government Establishes Equality Palpably False—Despotic Power Put in Officeholders' Hands.

Article XXII.

By FRANK COMERFORD.  
The first great hypocrisy of the bolshevik government was its pretense at establishing equality. Caste and class reminded the Russians of suffering. The soviet government, through the people's commissars, issued the following decree:

"All designations, such as merchant, nobleman, burgher, peasant; titles, such as prince, count, etc., and distinctions of civil ranks, privy, state and other counselors, are abolished, and one designation is established for all the population of Russia—Citizen of the Russian Republic.

Article 4 of the constitution makes bare the insincerity of the decree. It does more. It gives evidence of the great felony committed against the freedom of the Russian people by Lenine.

These three classes shall have the right to hold office and to vote. They are made citizens of Russia by the constitution:

First, All Russians that are eighteen years of age and who have acquired the means of living, through labor that is productive and useful to society, and also persons engaged in house-keeping for the former.

Second, Soldiers of the army and navy.

Third, Members of the former two classes, when incapacitated. But the constitution goes further; it tells who shall not hold office and shall not vote:

First, Persons who employ hired labor in order to obtain profit.

Second, Persons who have an income, such as interest in capital, rents, receipts from property, etc.

Third, Private merchants, trade and commercial brokers.

Fourth, Monks and clergy of all denominations.

Fifth, Employees and agents of the former police, the gendarmery, and the czar's secret service; also members of the former reigning dynasty.

Sixth, The demented or mentally deficient.

Seventh, Persons who have been deprived by a soviet of their rights of citizenship, because of selfishness, or dishonorable offenses, for the period fixed by the sentence.

**Makes Officeholders Despots.**  
Section 7 affords great opportunity for construction; the soviets are given power to disfranchise citizens, because of "selfishness or dishonorable offenses." Who is to say what shall constitute these offenses? The courts? No. The people? No. The political officeholders? Yes. When we remember that the first thing that the bolsheviks did when they came into power was to drive from the soviets every one who disagreed with the bolshevik plan of communism, at once and by force, it is easy to understand the terrible power given in this phrase and the tyrannical use that may be made of it. Every difference of opinion with their methods or plans would be a selfish and dishonorable offense in the eyes of the bolshevik rulers, and the foehdardly dissembler could be stripped of his citizenship, and, no doubt, would be. This section writes the death warrant of freedom of opinion; it gives to the soviets a bludgeon with which to beat a man out of citizenship who ventures an opinion at variance with the imposed order. It makes the citizen the servant, the officeholder the taster; it is government upside down.

In a note to Section 64 of Article 4 of the constitution, we learn the local soviets may, with the consent of the people's commissars, "lower the age qualification for voters."

What a splendid opportunity this joker in the constitution offers for political jockeying. If the central power discovers it is about to lose control of a village or rural soviet, it has the power to nip the uprising in the bud. The people's commissars can arrange with the minority in the soviet in question to reduce the age limit and give the vote to young boys and girls. When it is remembered that the constitution directs the people's commissars of education to introduce in all schools and educational institutions of Russia the study and explanation and justification of the bolshevik constitution, it is not hard to understand that young people into whose minds have been driven and drilled a reverence for bolshevism and its methods, could be expected to vote for and support the bolshevik program.

**Best Citizens Disfranchised.**  
Three groups of people classified by their occupations are permitted citizenship. They are the members of the army and navy, the working men and women, and the peasants who do not hire labor. Every one else is made an outcast. The man who has saved a little money, earned in the sweat of his face, and invested it, is not permitted to become a citizen; the man

who has a little shop—it may represent the sacrifices and savings of his whole life—comes under the ban, he is unfit for free citizenship in bolshevik Russia; the farmer who hires help, and almost every farmer is compelled to employ help in the harvest time, is a criminal exploiter and he is denied the right to vote or hold an office.

The man who devotes his life to religion, who comforts the poor, visits the sick, the servant of God, is driven from the political house; he is denied the right to vote. It is dangerous to give the thrifty, the industrious, the vote. The fact that they were born in Russia, that their parents and grandparents were natives to the soil for centuries, means nothing. These disfranchised ones speak the Russian language; it is their only tongue. Their blood has had a part in Russian suffering. The bolshevik constitution exiles them. They are natives without a country; and why? Because by honesty and industry they have saved a little; because they have tried to get on. Lenine says such people are filled with dangerous ambition; they are climbing the ladder of capitalism; they are dangerous to the proletariat.

The soldier is not an employer of labor; he cannot be; he is given a vote. The sailor is not an employer of labor; he cannot be; he is given a vote.

The constitutional provision defining citizenship puts a premium on idleness, a penalty on industry; it encourages waste; it punishes economy; it makes the successful an outcast; it makes of the ne'er-do-well a citizen; frugality, thrift and industry are crimes; those who possess these qualities are branded as undesirable; they are denied citizenship.

**No Possible Justification.**  
Lenine tries to justify all of this by saying that in the transition from capitalism to socialism it is necessary to rule with an iron hand. Capitalism must be destroyed. The system must be uprooted. Even so, what right has Lenine, without the consent of the majority, to take citizenship from native Russians? What is his excuse for it? Where is the force of his argument? Even admitting, for the sake of argument, that communism, bolshevism, is a panacea for all the ills of the human race, what right has Lenine and his minority to force it on the people of Russia? Conceding his creed is for the common good, is it not his first duty to make the people see and understand its virtues, and then, by and with the majority consent, put the creed to the test? To assert that his program is economic does not change the fact that his methods are not democratic. The Lenine system of disfranchising the people is bound to demoralize them.

How can a people be free without learning self-reliance, without trying self-government? Proclaiming people free does not make them free. Freedom is action. It is thinking. It is the ability to govern one's self. It comes from experience and exercise in governing one's self. The definition of freedom is self-determination, and the word "self" is an important part of the definition. Admitting for the moment that Lenine is trying to govern the people for their benefit, although he is not giving them a thinking part in the government, does it not follow that his methods incapacitate the people for self-government? How can a child learn to walk except by trying, and even though the child stumbles and falls, is bruised and hurt, these experiences are part of the education in walking.

**Real Test of Freedom.**  
The right to vote is the test of freedom. Rob a free man of his voting right and you make of him something less than a free man. It does not matter whether you treat him well or not. If you rule him without giving him a say in his own government, you destroy his independence. Suppose the constitution of a debating society, a lodge, a farmer's grange, a labor union, declared that some members could hold office and vote, while others were not eligible for office and could not vote. What would be the position in the body of those who were denied all right of participation in its affairs? They would be compelled to obey the rules, do the bidding and bow to the wish of those who had the right to vote. What would be the effect upon the voteless ones? They would be demoralized. They would become non-entities. Those possessing the voting power would grow arrogant, arbitrary and autocratic. The war of the ages, the struggle of all history, has been the fight of men for equality in government. The right to vote is the test. (Copyright, 1920, Western Newspaper Union)

**World in Danger From Plague.**  
Danger from plague-infected ports in the Mediterranean is pointed out by Doctor Beaumetz of the Pasteur Institute, who says that reports show a recrudescence of the plague, especially in Syria, Saloniki, Alexandria and Constantinople, where energetic measures are being taken, especially for the protection of allied troops. Doctor Beaumetz expresses the opinion that the plague will not become general, but urges strict sanitary measures at French ports.

**"Same Insolent Germany"**  
At the annual public meeting of the French Academy of Science President Guignard told of the part played by science in the victory of the Allies, and explained the inventions produced to oppose the devices used by the enemy.

M. Guignard declared that Germany today was the same as before, with the same insolent scorn for promises made and the same hope for an opportune return of her strength.

## SUPPLY VARIETY IN FAMILY DIET

Eggs Are More Plentiful and Comparatively Reasonable in Price.

SOME NEW DISHES OUTLINED

They Furnish as Many Possibilities for Delectable Food for Luncheon or Supper as They Do for the Morning Meal.

(Prepared by the United States Department of Agriculture.)

Now that eggs are a little more plentiful and comparatively reasonable in price they can provide a welcome variation in the family diet. In many families eggs are seldom served except at breakfast, but they furnish just as many possibilities for delectable dishes for luncheon or supper as they do for breakfast. They can well take the place of a meat dish, for, like meat they furnish protein, fat, and mineral matter and the yolk is also a good source of vitamin. A few recipes for attractive dishes suitable to serve in place of meat for the mid-day or evening meal follow. These recipes were tested in the experimental kitchen of the United States department of agriculture.

Combinations of eggs with bread-crumbs, rice, or some starchy cereal to give body to the dish are always good.

**Shirred Eggs With Rice.**  
Fill a baking dish half full of hot boiled rice. Break six eggs and carefully drop them in the rice, taking care not to break the yolks. Pour a cupful of cheese sauce over the eggs and rice and bake in a moderate oven until the whites of the eggs are set.

To make the cheese sauce: Melt one tablespoonful of butter and stir into it one tablespoonful of flour, one teaspoonful of salt, and an eighth of a teaspoonful of white pepper. Add one

cupful of cold milk, and stir over the flame until thick and creamy. Add four tablespoonfuls of grated cheese and stir until melted.

**Creole Eggs.**  
Hard-cook six eggs.  
Cook half cupful of washed rice in two quarts of boiling water containing one teaspoonful of salt.  
Make a sauge in the following way: Melt two tablespoonfuls of butter in a skillet and add four tablespoonfuls of chopped onions. Cook until the onion is soft, but not brown. Add one and a half cupfuls of canned tomatoes and two finely-chopped green peppers, and half teaspoonful of salt. Cook for 15 minutes. Place a layer of boiled rice in a baking dish, cover with slices of hard-cooked eggs and cover the sliced eggs with creole sauce. Repeat until baking dish is full. Grate cheese over the top and bake for 20 minutes in a moderate oven.

**Eggs in Tomato Cups.**  
When fresh tomatoes are in season no more attractive way of serving eggs can be found than this.  
Select the desired number of good-sized tomatoes, allowing one to each person. Cut off the blossom end, scoop out the seeds, and stand the tomatoes in a baking pan. Put a half teaspoonful of butter and a dusting of salt and pepper into the bottom of each and break in one egg. Place in the oven until the eggs are "set" to the desired hardness. Have ready a round of toasted bread well buttered, and place each tomato in the center of a round of toast. Serve hot.

**Eggs Coddled in Tomato Sauce.**  
Make a tomato sauce by melting two tablespoonfuls of butter and stirring into it three tablespoonfuls of flour, half teaspoonful of pepper, and two quarter teaspoonfuls of celery salt, and two teaspoonfuls of salt. Strain two cupfuls of tomato pulp and juice through a sieve and add to the butter and flour. Cook until thickened. Place one-half of the tomato sauce in a baking dish, break six eggs, one at a time, and carefully slide each egg into the sauce, taking care not to break the yolks. Cover with the remaining sauce, sprinkle with grated cheese, and bake in the oven until the eggs are set. It is well to serve each egg on a round of toasted bread, or each may be baked in an individual ramekin if preferred.

**Eggs Coddled in Tomato Sauce Are Very Good and So Are Eggs in Tomato Cups.**

**PROPER WAY TO MIX INEXPENSIVE CAKES**

Plenty of Eggs and Butter Are Chief Requisites.

Specialists in Home Economics Kitchen Have Been Making Extensive Experiments—How Best Results Are Obtained.

If your experience has been that cheap cakes have a poor flavor and a coarse texture it is because you have not been putting them together in the right way. An inexpensive cake requires careful mixing. No difficulty should be experienced in compounding a cake which is excellent in texture and has a delicious flavor when plenty of eggs and butter are available. It is when it is necessary to economize on these expensive materials that the cook who is not skillful has her troubles.

Food specialists in the home economics kitchen of the United States department of agriculture have been making extensive investigations in making cake baking, especially in the baking of one-egg cakes. Their experiments with cheap cakes show that the best results are obtained when the batter is beaten very little after the baking powder is added and when the cake is baked in a very slow oven.

The recipe which was used in the experiments follows:

**One-Egg Cake.**  
3 level tablespoonfuls 1/4 cups flour  
fat 2 1/2 teaspoons bak.  
1/4 cup granulated ing powder  
sugar 1 teaspoon vanilla  
1-2 to 2-4 cup milk 1 egg  
Cream fat and sugar together, add beaten egg and beat thoroughly. Then add flour and liquid alternately, about one-third of each at a time. Beat the batter thoroughly after all flour and liquid have been added. Vanilla may be added during this beating. Last of

all scatter the baking powder over the surface of the batter and fold it in lightly with six or eight motions of the spoon so as to get it thoroughly mixed with every part of the batter. Do not beat the batter after adding the baking powder but turn it at once into a cake pan and bake.

This cake may be baked as cup cakes in muffin pans, or in layers, or in a loaf. If it is baked as a loaf of the size given above it should be put into a very slow oven, which is allowed to warm up gradually (280 to 375 degrees F. for one hour is suitable even temperature). At the first trial one is more sure of success in baking the small cakes than the loaf.

The cake can be put together by other methods than the one described above. Any approved method may be selected, but the two points which give the most difficulty are the too vigorous beating of the batter after the baking powder has been added, and baking the loaf in too hot an oven.

If directions in the above recipe are carefully followed the resulting cake should be light, of even texture and uniform grain, tender and moist. It should not be coarse and muffin-like in texture, nor dry and compact.

**OF INTEREST TO THE HOUSEWIFE**

Handsome curtains can be made only of good material.

Soak handkerchiefs in a pail of salt and water before putting them into the ordinary wash water.

If you need to keep cheese any length of time, you may prevent mold from appearing on the cut surface by coating it thinly with butter.

When whisking an egg, be sure the basin, knife, etc., are perfectly dry and then you will have no difficulty in getting it to froth.

## GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

Just So.

When we speak of a resort being exclusive we don't necessarily mean that it is fashionable. There's heaven for instance.

**ASPIRIN**

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monocetate of Salicylic acid.—Adv.

**Sorry to Disappoint You.**  
No, Maude, the young business man who advertises for sealed proposals doesn't mean the leap year kind.—Boston Transcript.

**A Feeling of Security**

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

**Cause and Effect.**  
Moralist—"A man may be down without being out."  
"Penologist—"That's why we have jails."

**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 Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

**Mixed Identity.**  
"You didn't know who I was this morning!"  
"No? Who were you?"

**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. Fletchere** in Use for Over 30 Years. Children Cry for Fletcher's Castoria

**Matching the Case.**  
"That is such a loud engagement ring Will gave Bessie." "Yes, but then she is such a big belle."

Dr. Pepp's "Dead Beat" not only expels Worms or Tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose sufficient.—Adv.

Agree with a contentious man and keep on talking; and pretty soon, you will find he is arguing with you.