A Medicine for Women

For Forty Years Lydia E. Pinkham's Vegetable Compound has Relieved the Sufferings of Women.

It hardly seems possible that there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

Mrs. Kieso Cured After Seven Month's Illness.

Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my house work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for herself how good it is."—MRS. KARL A. KIESO, 596 North Ave., Aurora, Ill.

Could Hardly Get Off Her Bed.

Cincinnati, Ohio.—"I want you to know the good Lydia E. Pinkham's Vegetable Compound has done for me. I was in such bad health from female troubles that I could hardly get off my bed. I had been doctoring for a long time and my mother said, 'I want you to try Lydia E. Pinkham's Vegetable Compound.' So I did, and it certainly made me a well woman. I am able to do my house work and am so happy as I never expected to go around the way I do again, and I want others to know what Lydia E. Pinkham's Vegetable Compound has done for me."—MRS. JOSIE COPNER, 1668 Harrison Ave., Fairmount, Cincinnati, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Dieting by Compulsion.

"Doing anything these days to reduce your waist measure?"

"No," replied the corpulent person. "I no longer find it necessary. The waiters are attending to that."

ELIXIR BABEK WORTH ITS WEIGHT IN GOLD IN THE PHILIPPINES.

"I contracted malaria in 1896, and after a long fruitless treatment by a prominent Manila physician, your **Elixir Babek** completely cured me. On arriving here I came down with tropical malaria—the worst form I have met—and sent home for **Babek**. Again it proved its value—It is worth its weight in gold." Brasie O'Hagan, Troop E, 8th Cavalry, Balayan, Philippines.

Elixir Babek, 50 cents, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

Keeping Youthful.

"She's a fascinating widow of only twenty-six summers."

"Humph! What became of the winters?"

"Oh, she spent those at such gay resorts they hardly added a day to her age."

Mayfield Tea, taken regularly, will correct both liver and kidney disorders.

GIRLS FROM DESK TO LAUNDRY

Stenographer Quits $12-a-Week Job and Is Now Making Several Times That Amount Washing Clothes.

Writing on economy Thoreau once observed that mankind is apt to "consider not what is truly respectable, but what is respected." Most young people consider that it is a more respectable occupation to sit at a desk in an office than to take in washing. A fairly educated Los Angeles girl thought otherwise and proved her right.

As a stenographer she was earning $12 a week and, not satisfied with this, she quit not only her job, but the whole stenography business. She was not afraid of soapsuds or hard work and had an idea that it was better to be a prosperous laundress than an idle stenographer. She combined the business with brains and money and as a result is now making more a week without working longer hours than she did at her desk. She merely does fancy work, expensive and delicate fabrics for wealthy patrons and the business grows. She has something more than a respectable income.

There is a lesson here for any who think any kind of honest work is beneath them. To quote Thoreau again: "The life which men praise and regard as successful is but one kind. Why should we exaggerate anyone kind at the expense of the others?"—Los Angeles Times.

Sweeter the glad whistle of the carman than the insane chatter of the parrot.

Sleep is, of course, the cream of existence—and the average youth is a separator.

A Wise Precaution.

"Yes, sir," said the station master. "Safety first has spread all over this country. And nobody that comes to Beaver Hill will ever git in no accident fer want o' warnin' signs about. Jest look at that now."

The stranger gazed appreciatively at the sign nailed on a near-by telegraph post. Its stern message was:

"It is dangerous to walk or stand on these tracks while a train is passing."—Everybody's Magazine.

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 Chas. H. Fletcher

In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

No Hope.

Pansey—Isn't it tragic that John fell down on his job?

Lily—Well, he still can make good.

Pansey—No, he can't; he was a steeplejack.—Jester.

Granulated Eyelids, Sties, Inflamed Eyes relieved over night by Roman Eye Balsam. One trial proves its merit. Adv.

NEW YORK WANTS A CHANGE

Desires Unsightly Post Office Building Erected Soon After the War Removed From City Park.

If the cracking of the walls of the unsightly downtown post office building which for a whole generation has been permitted to occupy the southerly end of City Hall park turns out to be serious enough to necessitate the removal of the building, it is to be hoped that enough public spirit will be manifested in New York to compel the return of the park land to the city and the erection of a new federal building elsewhere, says the New York Times.

The building designed by Mullet has always been regarded as an ill-favored specimen of architecture. The lower end of City Hall park had been seized by the United States government during the war between the states as an encampment for volunteers and the shabby barracks did not disappear until some time after the war. The ground was never repaired and it was transferred to the federal government for a post office and courthouse when the minds of public-spirited citizens were wholly occupied with other matters. The courtrooms have always been ill ventilated. The building has been uncomfortable within and unsightly as to its exterior. Its removal has long been hoped for.

English as She Is Spoke.

Knicker—Funny thing about food.

Bocker—Yes, a shortage and a longing always exist at the same time.

Many a great man is eager to "educate the young"—who have studied his whole life.

There's a good way to keep growing boys and girls healthy and happy and that is to give them

Grape-Nuts

for breakfast.

This wonderfully nourishing food has a sweet, nutty flavor that makes it popular with children.

One of the few sweet foods that does not harm digestion, but builds them strong and bright.

At grocers everywhere.

Evil Speaking

By REV. JAMES M. GRAY, D.D.
Dean of Moody Bible Institute, Chicago

TEXT—Speak not evil one of another, brethren.—James 4:11.

Evil speaking has been a reigning offense in every age. It was for this among other causes that God gave up the heathen to a reprobate mind because they were filled with all unrighteousness — whisperers, backbiters, spiteful, inventors of evil things. Nor did Christianity immediately and thoroughly reform this evil even among believers. We find Paul saying to the church at Corinth: "I fear lest there be among you debates, envyings, backbitings, whisperings, swellings, tumults."

The evil speaking we have to guard against is not so much the flagrant lie and the reviling speech, but the private ways of calumny—the ungrounded and false rumors, the unkind constructions, the ready acceptance of bad reports, the carrying of tales and the disposition to dwell upon the worst rather than the best in people. As someone has said, this is what the flies do—skip over what is sound in men and alight upon their sores.

There are some lives so blameless that even malice is ashamed to vent its spite against them, and yet there is a way of accomplishing the evil purpose even in their case. Their whole character may not be attacked but assaults made upon parts of it. The edges will be nibbled at and the borders of their good name clipped away. Someone says that "so-and-so is a very accomplished person," and we reply that "probably he knows it pretty well!" This does not say that he is proud or vain, but it comes so near to it that there is no need to say it. If another is commended for his good works we can add that "doubtless he has his own particular ends in view." This does not say that he is a hypocrite, but it makes it unnecessary to say it. And so it goes. Indeed the truth about another may be spoken, and yet in such a way as to come under the designation of evil speaking. To reveal another's faults from a hurtful motive is another illustration of what is meant.

All Are Exposed to It.

One would think it would deter us from evil speaking of another to reflect how we ourselves are exposed to the same danger. The Scripture says, "Take heed if ye bite and devour one another that ye be not consumed one of another." It is a game that two can play at. The devil who instigated your slander against your neighbor can employ your neighbor to instigate a similar slander against you.

And then there is the other thought, that when we search into the corners of our life and ransack the garret and cellar of our corrupt nature, many things may be found for occasion against us as well as others. As Paul said to the Galatians, "If a man be overtaken in a fault, ye which are spiritual restore such an one in the spirit of meekness, considering thyself lest ye also be tempted." In other words shame for our sins should be a covering for our brother's sins, and recognition of our own weakness should make us compassionate toward his.

We shall find that as we cease being evil listeners we lessen the temptation to be evil speakers. All conversation is kept up by exchange, and if one brings you a story it will seem as incivility not to repay him with another. Therefore if he accuses A—— you will condemn B—— and thus it goes. The Scripture says again, "Thou shalt not receive a false report." Here is where nine-tenths of the trouble of evil speaking begins. Do not lend your ears to those who go about with tales and whisperings, and as you thus hear fewer stories fewer will there be to tell.

Keeping the Balance.

Of course there is a prudent observation of each other's conduct which should be practiced by Christians and there may be a useful impartation to each other of what we have seen and known, not what we have heard or guessed. For self-defense, for the sake of justice, for the love of others, it may be necessary to proclaim our testimony. But this is not speaking evil of one another for it is done with an honest purpose and a harmless mind.

As William Cullen Bryant says:

Dear ties of mutual succor bind
The children of our feeble race,
And, if our brethren were not kind,
This earth were but a weary place.

We lean on others as we walk,
Life's twilight path with pitfalls strewn,
And 'twere an idle boast to talk
Of treading that dim path alone!

In vain, however, does the Christian preacher inveigh against a wrong thing like this, or exhort to a righteous one, except as he points out the power by which the one may be avoided and the other attained. That power is Jesus Christ. To the Christian, i. e., the truly regenerated man, there should be no mystery in this. He should know that if he surrenders himself to the Spirit of the Lord who dwells within him, he will receive power to become a child of God in deed as well as in name.

And to the man who is not a Christian, the advice is practically the same. Let him accept Jesus Christ by faith as his Savior and confess him as his Lord, and he will discover that he is able not only to redeem him from the guilt of sin, but keep him day by day from its power. Yes, even from its power as expressed in an evil tongue.

GREAT DEMAND FOR CANADIAN LAND

Americans Are Buyers and Becoming Settlers—Anxious to Get Cheap and Productive Land.

Reports are to hand that there will be a large influx of settlers from the United States into the Canadian West during the coming Spring. For a time there has been a falling off, on account of the fear of conscription, which of course was not possible, and which the Canadian Government gave every assurance would not be put into operation. In any case it would not affect the American settler, and more than that the man who was working on the farm, helping to produce the grain that goes to feed those who are at war, would not be affected.

The excellent yields of the Western Canada crops, and the high prices secured is having its influence on those looking for homes. The authenticated reports that have been sent out from time to time that this farmer and that farmer had paid for their entire farm holdings out of one crop has reached the ears of the man looking for a farm. When he hears that G. H. Beatty of Nanton, Alberta, had 679 bushels of wheat from 12 acres or an average of 56½ bushels to the acre, he becomes interested. When he learns that Sidney E. Phillips of Beddeford, Alberta, threshed ten hundred and fifty-three bushels of wheat, the average being 52½ bushels per acre, his interest is further aroused. Thos. Long of Lethbridge had 120 bushels of oats to the acre from a field of 25 acres, W. Quinn of Milk River had 6,004 bushels of wheat from 100 acres, an average of 60 bushels per acre, and Robert Tackaberry of Nobleford makes affidavit that he had an average of seventy-six bushels of wheat per acre from a field of 10.63 acres. Thos. Boulton of the same place makes affidavit that from fifty acres he had a yield of fifty-three bushels of wheat per acre. Newell J. Noble's affidavit of getting 54 bushels per acre from 1,000 acres stands out most strongly as evidence of what the wheat grower can do. This affidavit is strengthened by a paragraph stating that he had 122 bushels and 30 lbs. per acre from 394.69 acres. Mrs. Nancy Coe makes affidavit that on her farm at Nobleford she threshed six thousand one hundred and ten bushels of wheat from one hundred and fifteen acres, or fifty-three bushels and eight lbs. per acre, and from a flax field (stubble field) she got 20 bushels and 38 pounds per acre.

It cannot be said that these were freak yields because so many had such great success. When these reports are read, the man looking for a farm becomes convinced.

These are only a few of the reasons that will cause a large influx of American farmers into the Canadian West during the coming Spring.

The farmers now resident in Manitoba, Saskatchewan and Alberta are purchasing additional lands. Prices are low and Free homestead land can be had in many districts and the homesteader is welcome.—Advertisement.

Cross Andes in Balloon.

The mighty Andean mountain range of South America, the highest in the western hemisphere, has just been crossed by aeronauts for the first time. The feat was accomplished by two men in a balloon. The aeronauts left Santiago, Chile, on the Pacific side, and descended five hours later in Mendoza, on the eastern slope of the range, in the Argentine Republic. They reported a very difficult trip, and had to rise to a great height to catch a favorable air current. So far the Andes have not been crossed by airplane.

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

East Indian Rulers.

Saint Nihal Singh, writing in the Southern Workman, says: "Without a single exception I have found the Indian rulers to be men of great administrative ability and statesmanship, all devoted to the welfare of their subjects and interested in all sorts of reform movements."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Force of Habit.

Cop—You're drunk. I'll have to lock you up.

Auto Fan—No, I'm not, officer. It's just my steering gear out of order.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.)

(Copyright, 1917, Western Newspaper Union.)

LESSON FOR APRIL 1

JESUS GIVES SIGHT TO BLIND.

LESSON TEXT—John 9:1-11, 35-38. (Read entire chapter.)

GOLDEN TEXT—I am the light of the world.—John 9:5.

This, another of the signs which Jesus performed, is recorded only by John. It probably occurred in October, six months before the crucifixion, while Jesus was attending the Feast of the Tabernacles. There are six other cases of blindness recorded as having been cured. Look them up.

I. The Case (vv. 1-4). It was absolutely hopeless. No human skill could touch it, but Jesus "passed by," and that changed everything. What men cannot do Jesus can. Jesus is passing today, and we may expect things quite as wonderful to happen (John 14:12). This blind man illustrates the unsaved sinner (I Cor. 2:14). He never had seen. He was beyond human help (v. 32). He had doubtless given up all hope of seeing. He was without sympathy, suspected and despised (vv. 2, 34). Poor—he was a beggar. He is also a type of the nation of Israel (Rev. 3:17). We must not attempt to explain all sickness (v. 3). God frequently uses it for the advancement of his kingdom (John 11:4). Jesus not only passed by but he "saw." The feeling of the crowd was that of curiosity and contempt. His feeling was that of compassion (vv. 2, 4 and 6). Sickness sometimes manifests God's sustaining grace (II Cor. 12:8-10). It is doubtless true that a large percentage of sickness is the direct result of sin (John 5:14; Mk. 2:5; Acts 12:23), some, of course, indirectly (Job 23:14-30).

II. The Cure (vv. 4-11). The word "must" in verse four is a strong one. The time for us to do our work is "now." This word "must" carries with it the idea of a divine imperative, and the reason for that imperativeness is the approaching "night." Night is coming fast, when no man can work. Notice the works we are to do are not our own, but "the works of him that sent me." Compare carefully verses two and four, and see that Jesus considered delivering the man from evil far more important than speculating about the origin of his complaint. Too much time is spent in investigation. Let us have more of action. The means used in this cure were clay and spittle. The miracle was performed in plain view of all who might see. The man did not ask Jesus to help him, but Jesus had gone where he was (v. 5). His words, "Go wash" were a test of the man's faith (II Kings 5:10-14), and his part in the transaction was a testimony that it was Christ who worked the cure. The use of the material means in this ceremony made the man more willing to go and wash. It gave him something to do, and doing is always an end to faith. Siloam means "sent," and was a type of Jesus himself (v. 4; John 10:36; Rom. 8:3; Gal. 4:4). If we wish to receive sight for our blind eyes, we should go to him and bathe (John 8:12). Prompt obedience was the best evidence of the man's faith. The nature of this cure was that it was complete (v. 7). Christ's work always arouses discussion, and causes division (vv. 8-12). In answer to an inquiry the man showed his manliness by saying, "I am the one that was cured" (He that sat and begged). His frank testimony about Jesus was not well received.

III. The Controversy (v. 12 to end of chapter). This controversy gave opportunity for testimony, as we have already seen, first of all upon the part of the man whose testimony was progressive. At first he merely spoke of the fact. He was not acquainted with Jesus, for he calls him "The man called Jesus." Later on he is moved to call him a "prophet." He is a prophet (v. 17), and later still he recognizes him as "The Son of God" (vv. 35-38). This controversy established beyond question the fact of the cure. It brought out the deity of Christ (v. 33). The man was excommunicated, but for that matter he was already outside because of his physical infirmity, but, best of all, he became truly Christ's disciple. Those who heard him testify wanted to see Jesus (v. 12). The man did not dodge the issue when he was brought before the enemies of Christ. His question, "How can a man that is a sinner do such signs?" was an unanswerable one, and when he saw their hesitancy and consternation he boldly proclaimed of Jesus—"He is a prophet."

IV. Comments. This lesson with its vivid contrasts of belief and unbelief gives us a wonderful opportunity to urge upon pupils a decision to live the Christian life. Has Christ opened the eyes of our scholars to the love of God, to the awfulness of sin, to the need of a Savior, our divine Leader and Brother? Urge them, in the class and out, to be as outspoken and courageous for Christ as was this man who had never before perhaps seen or heard of Jesus, and whose gratitude at once called forth this wonderful confession. Conditions of healing in this case are twofold: First, faith, and, second, obedience. As we have already indicated, all sickness is not the result of sin, nor are we convinced that all healing is of faith, independent of the use of remedies. We do not question God's ability to cure with or without remedies; "According to your faith be it unto you," nor do we consider healing by faith the highest evidence of the grace and power of God as we often infer from the testimony of some Christians.

Being cast out by the rules of the synagogue brought this man into closer and deeper fellowship and communion with Jesus.

He had believed far enough to obey his bidding, and had thus been healed.

Healthy Skin Depends On Kidneys

The skin and the intentines, which work together with the kidneys to throw out the poisons of the body, do a part of the work, but a clean body and a healthy one depends on the kidneys. If the kidneys are clogged with toxic poisons you suffer from stiffness in the knees in the morning on arising, your joints seem "rusty," you may have rheumatic pains, pain in the back, stiff neck, headaches, sometimes swollen feet, or neuralgic pains—all due to the uric acid or toxic poisons in the blood. This is the time to go to the nearest drug store and simply obtain a 50c. package of Anuric (double or triple strength), the discovery of Dr. Pierce of Buffalo, N. Y. Then drink a cup of hot water before meals, with an Anuric Tablet, and notice the gratifying results. You will find Anuric more active than lithia.

NEWS OF PHILADELPHIA

Philadelphia, Pa.—"About one year ago I had some trouble with my back in the region of kidneys. I sent for a supply of the Anuric Tablets. After taking them I have never felt the least pain in my back, or anywhere. I keep a bottle on hand so I can take a few every month or so, for prevention is better than cure."—W. G. MACMILLAN, 323 N. 39th St.

Pleasant Pellets for stomach, liver and bowels, are made up of the May apple, aloe leaves and jalap. This well-known pellet was made up nearly fifty years ago, by Dr. Pierce, and can be obtained from almost any apothecary—simply ask for Dr. Pierce's Pleasant Pellets.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

$3 $3.50 $4 $4.50 $5 $6 $7 & $8 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas
President W. L. Douglas Shoe Co., 185 Spark St., Brockton, Mass.

Boys' Shoes Best in the World $3.00 $2.50 & $2.00

Truthful Appearances.

"Jim, I'm dead broke."

"Then no wonder you look gone to pieces."

What Dr. R. D. Patterson, of Liberty, N. C., says:

ABOUT MOTHER'S JOY SALVE.

My boy had pneumonia, his temperature was 104. Had tried other salves, didn't have any effect. Used jar of Mother's Joy Salve on throat and chest, in one hour's time his temperature was normal.—Adv.

Lucky Choice.

"I'll tell you, old man, Angy is a bright girl. She's brains enough for two."

"Then she's the very girl for you, my boy."

Only One "BROMO QUININE"

To get the genuine, call for full name LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c.

His Move Next.

A woman in a railway waiting room the other day had a great deal of trouble with one of her children, a boy of seven or eight, and a man who sat near her stood it as long as possible and then observed:

"Madam, that boy of yours needs the strong hand of a father."

"Yes, I know it," she replied, "but he can't have it. His father died when he was six years of age, and I've done my best to get another husband and failed. He can't have what I can't get."

In the Four Hundred.

Caller—Is my wife home?

Maid—Who may I say called?—Puck.

If your child is pale and thin, notwithstanding a voracious appetite, it may be because of Worms or Tapeworm. A single dose of Dr. Peery's "Dead Shot" will expel the Worms or Tapeworm, and set digestion right again. Adv.

Quiet Girl.

Caller—That new girl of yours seems nice and quiet.

Hostess—Oh, very quiet! She doesn't even disturb the dust when she's cleaning the room.

Good health cannot be maintained where there is a constipated habit. Garfield Tea overcomes constipation. Adv.

Prickly Pear Makes Fodder.

The utilization of the prickly pear in the production of feeding cakes for cattle is reported by the British and South African Export Gazette as engaging the attention of South African agriculturists. For this purpose it is said to have food values of high quality. Its value was demonstrated during a recent drought, when only by its use were the farmers able to keep their cattle, sheep, goats and ostriches alive. The result is that many are now actually planting what they formerly tried to exterminate.

Hunger is sharper than the sword.—Beaumont and Fletcher.

You Can Make Excellent Cake With Fewer Eggs

Just use an additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE

Old Way	New Way
1 cup sugar	1 cup sugar
½ cup milk	1 cup milk
2 cups flour	2 cups flour
2 teaspoons Royal Baking Powder	4 teaspoons Royal Baking Powder
3 eggs	1 egg
½ cup shortening	2 tablespoons shortening
1 teaspoon flavoring	1 teaspoon flavoring

Makes 1 Large 2-Layer Cake

DIRECTIONS—Cream the sugar and shortening together, then mix in the egg. After sifting the flour and Royal Baking Powder together, two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavoring. Pour into greased layer cake tins and bake in a moderately hot oven for twenty minutes. This cake is best baked in two layers. Put together with cream filling and spread with white icing.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free.

Address ROYAL BAKING POWDER CO. 125 William St., New York

ROYAL BAKING POWDER

made from Cream of Tartar, derived from Grapes

No Alum No Phosphate

No Bitter Taste

Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. Another special concession is the reduction of one year in the time to complete duties. Two years instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Canadian Government will pay all fare over one cent per mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

J. P. JAFFRAY, Cor. Walnut and Broad Sts., Philadelphia, Pa.
Canadian Government Agent