

MAKING OVER OLD FRIENDS

Much Time Wasted in Effort to Do What Probably No One Ever Really Succeeded in.

"I remember how, once in my life I wasted untold energy trying to make over my dearest friends," writes David Grayson in the American Magazine. "There was Harriet, for example, dear, serious, practical Harriet. I used to be fretted by the way she was forever trying to clip my wings—I suppose to keep me close to the quiet and friendly and unadventurous road. We came by such a long road, some times, to the acceptance of our nearest friends for exactly what they are. Because we are so fond of them we try to make them over to suit some curious ideal of perfection of our own—until one day we suddenly laugh aloud at our own absurdity (knowing that they are probably trying as hard to reconstruct us as we are to reconstruct them!) and therefore we try no more to change them. We just love 'em and enjoy 'em!"

BURNING, ITCHING ECZEMA

St. Helens, Ore.—"Eczema had bothered me for two years. First it came on my hands then on my face, neck and arms. My hand first began to crack along the lines in the hand, and a white rash broke out. I was bothered with it. A rash came all over my face and I could not sleep nights for the burning and itching. I scratched myself at night till my neck, arms and face were one mass of sores. I could not put my hands in water and my hands and face were all disfigured."

"A friend sent for a sample of Cuticura Soap and Ointment and he made me a present of it and before I had used half of the sample I felt a relief from that terrific itching and burning. I then bought four cakes of Cuticura Soap and six boxes of Cuticura Ointment. I used three cakes of the Cuticura Soap and three boxes of the Cuticura Ointment and now I am entirely cured." (Signed) J. A. Pender, Apr. 22, 1914.

Cuticura Soap and Ointment sold throughout the world. Sample of each free with 32-p. Skin Book. Address postpaid Cuticura, Dept. L, Boston.—Adv.

Yeast the Best Medicine for Boils. One of the most efficient cures for a boil is common yeast—about one third of a compressed yeast cake dissolved in a glass of water and taken once or twice a day.

Pesides this, the bowels should be kept open and the food changed. There is no one best local treatment, but Dr. D. Macfarlan of Philadelphia gives some sound common sense advice. "The boil should not be lanced until it has 'come to a head.' As soon as it begins to develop it should be poulticed with warm bread and milk to which a small quantity of yeast has been added. The poultice should not be too hot and should be changed at least three times a day. As soon as the tissues begin to soften and the abscess is well defined it should be lanced in the form of an X and the core removed at the first dressing, if possible.

The wound should be syringed and swabbed with a solution of potassium permanganate, one part in 2,000 of water, and wet dressings of the same solution should be applied until the sore has healed.

Quite Evident.

"I cannot imagine," said the fair maid to her nervous visitor, "why you are so uneasy."

"And yet," murmured the caller, with his eye on the door, "the case is a parent."

Spiteful.

She—Mr. Jinks has such finish in his—I'd like to see his finish.

NOT A MIRACLE

Just Plain Cause and Effect.

There are some quite remarkable things happening every day which seem almost miraculous.

Some persons would not believe that a man could suffer from coffee drinking so severely as to cause spells of unconsciousness. And to find relief in changing from coffee to Postum is well worth recording.

"I used to be a great coffee drinker, so much so that it was killing me by inches. My heart became so weak I would fall and lie unconscious for an hour at a time.

"My friends, and even the doctor, told me it was drinking coffee that caused the trouble. I would not believe it, and still drank coffee until I could not leave my room.

"Then my doctor, who drinks Postum himself, persuaded me to stop coffee and try Postum. After much hesitation I concluded to try it. That was eight months ago. Since then I have had but few of those spells, none for more than four months.

"I feel better, sleep better and am better every way. I now drink nothing but Postum and touch no coffee, and as I am seventy years of age all my friends think the improvement quite remarkable."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of the famous little book, "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.

—sold by Grocers.

AMONG the GLACIERS BY E. W. PICKARD



Y some it is called the "Switzerland of America." True, it has the majestic, snow-topped mountains crowded closely together, the glittering ice fields of glaciers, the sparkling little lakes lying cupped between the heights, and the magnificent forests of pine and fir. But not, as in Switzerland, are there towns and hamlets and scattered cottages; the visitor must gain the summits, not on horseback, without the aid of "funicular" or cog railway; over and through and about it there are not the immense swarms of "trippers" that infest the old world country; horses of guides do not dog your footsteps, and ravenous hotelkeepers are not found at every turn.

Others have dubbed it "Uncle Sam's Newest Playground," and so it is, but it will not be that very long. So some writer with a vivid imagination must find a new name for the Glacier National Park.

About 14,000 persons visited Glacier park last summer, and in the coming season it is probably fully twice as many will view its beauties and wonders. Although as a national park it is only three years old, its name is already familiar in this country because of the extensive advertising it has received and of the enthusiastic accounts of those who have seen it; and it seems destined to become one of the most popular regions for persons who like to spend their holidays in a somewhat unconventional way and at moderate expense.

Occupying 1,400 square miles near the northwest corner of Montana, Glacier park is right in the heart of the Rockies and in the matter of mountain scenery it yields to no place. Dozens of magnificent peaks crowd the landscape, some towering to heights of more than 10,000 feet. On the upper slopes of many of them shine the glaciers that give the park its name, and from these everlasting beds of snow and ice are born scores of torrents that dash down the mountain sides and hurl themselves over tremendous cliffs. Scattered all about among the mountains are deep lakes that lie like burnished mirrors in the calm of a sunny day or are lashed into black rage when the storm sweeps down on them from the heights.

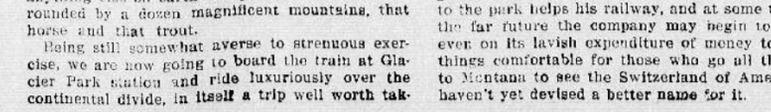
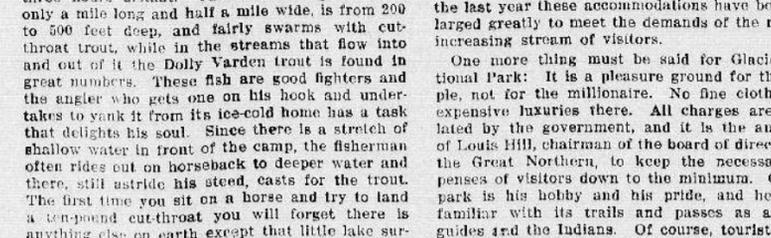
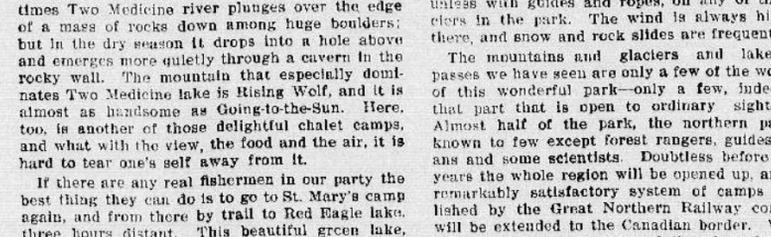
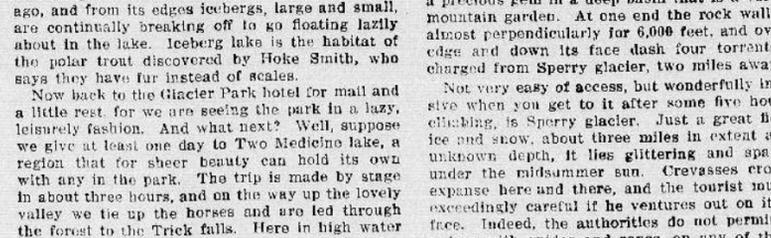
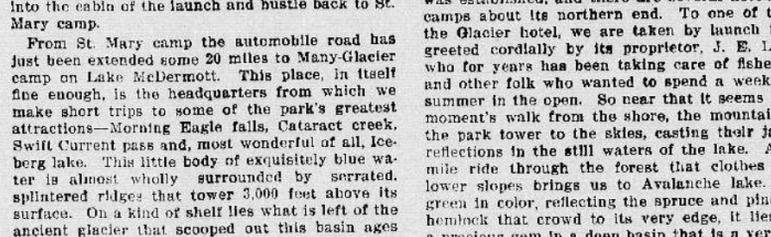
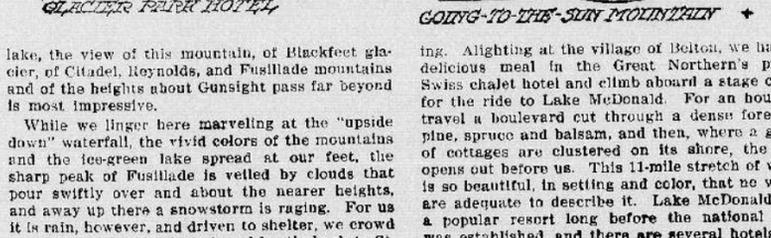
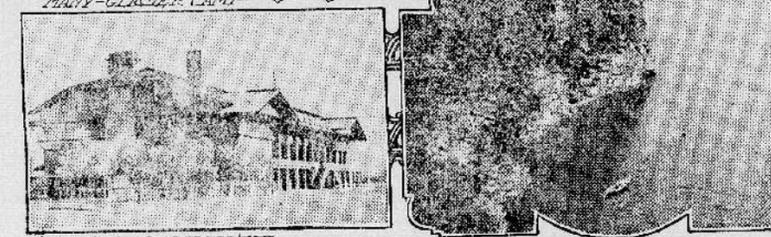
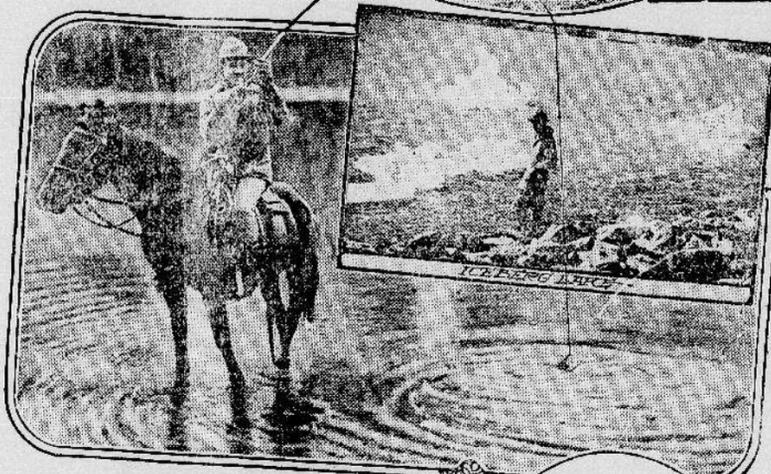
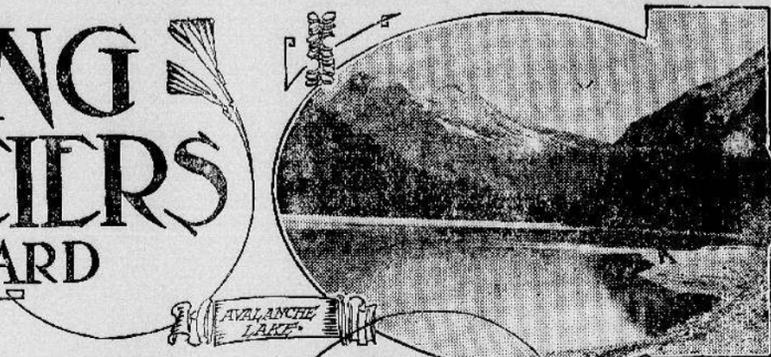
Perilous passes, steep and rocky climbs, slippery scrambles across glaciers and miles of dense forest are there for those who like the more strenuous life. For the others there are automobile, coach, launch and horseback trips, rest and recreation in an excellent hotel and delightful "chalet camps," and always mellow days and cool nights.

If one wishes to get away from hotel life entirely he can have camping trips in the wilderness, and it is really wilderness, in which he can wander for weeks without seeing a human habitation. Big game is there in abundance—bears, mountain sheep, mountain goats and various kinds of "varmints"—but of course it is strictly protected by Uncle Sam. But fish are there, too, especially trout, and the visitor is free to catch them if he can. Adding their own touch of picturesqueness are the Indians of the Blackfoot tribe, whose home is in the reservation immediately east of the park.

The usual entrance to the park is at its southeast corner where, at Glacier Park station, is one of the most remarkable and attractive hotels in the country. The main building is constructed largely of immense logs from Washington and Oregon and the spacious lobby is flanked by these natural pillars which tower three stories to the roof. Enormous fireplaces, scores of pelts of wild animals and the heads of buffalo and deer add to the attractiveness; and more comfort and better food cannot be obtained in metropolitan hotels. Tourists, guides and Indians mingle here, and formally is discarded.

I haven't the slightest intention of writing a guidebook to the Glacier National Park, but I do wish to tell of some of its wonders and beauties that can be seen in a visit of a few days. So first let's climb into this big touring car and go to Lake St. Mary. Our chauffeur is a "breed," capable, courteous and well educated, who knows the country as you know your back yard. For some 20 miles our route lies through the Indian reservation and we skin along the boulevard road across sweeps of prairie, up hills and along the edges of precipices, now dipping down into lovely valleys, now crossing rushing streams, with the mountains ever growing more imposing and more fascinating. Twisting up a long climb and swerving to the west, we come to the continental watershed near Triple Divide mountain. Thence the waters flow on one side to Hudson bay, on another to the Pacific and on the third to the Mississippi valley and the gulf. This is truly the roof of the continent. Now for 16 miles the road runs through the great pine forests and winds gradually downward, on the slopes of the mountain, until with a loud honking our motor car draws up beside the charming log chalets of St. Mary camp that cling to the steep shores of the lake, whose waters sparkle and ripple under the midday sun. Dinner awaits in the biggest chalet—plain food, well cooked and plentiful, served by attractive waitresses. It is eaten with a relish and without formalities, and then, after a few minutes in the "recreation" chalet with its player piano and dance floor, we all pile aboard a powerful gasoline launch and head up the lake for Going-to-the-Sun camp.

On the right stretches the long ridge of Single Shot mountain, and on the left rise Citadel, Almost-a-Dog (lovely name) and other fine peaks. But our eyes are fixed forward to where Going-to-the-Sun mountain rears its magnificent snow-topped head. It is one of the most picturesque mountains in America, and hanging near its summit is a large glacier whose stream, falling headlong, is constantly blown upward into spray by the never ceasing winds. From the camp, built high on a promontory that projects far into the



DIZZY, HEADACHY, SICK, "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, fatty stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Reason for Extra Price. "What is the price of our milk?" "Ten cents a quart." "You can deliver it here daily, but mind the quality is always good. I have a milk-tester." "Then it will be five cents more."—Boston Transcript.

MAKES HARD WORK HARDER

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A CALIFORNIA CASE

Lotis C. Wardwell, 1550 Pacific St., San Bernardino, Cal., says: "I had so much pain in my back I could hardly get off and on the wagon. The jarring I got while riding brought on the trouble. The kidney secretions were filled with sediment. I tried many remedies, but Doan's Kidney Pills were the only one that cured me. They drove away all the pain and lameness and fixed my kidneys up in good shape."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

SPECIAL TO WOMEN

The most economical, cleansing and germicidal of all antiseptics is

Paxtine

A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine flits it has no equal. For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At druggists, 50c. large box, or by mail, The Paxton Toilet Co., Boston, Mass.

Household Remedies

Children's Cough Syrup

Safe, pleasant, efficient cough, cold and bronchial remedy for children. Balm, and effective, containing no opiates or habit forming drugs. 25 cents at druggists.

There is a Household Remedy for every ailment, all guaranteed to give satisfaction. Minnesota Pharmaceutical Mfg. Company, St. Paul, Minn.

GO TO WESTERN CANADA NOW

The opportunity of securing free homesteads of 160 acres each, and the low priced lands of Manitoba, Saskatchewan and Alberta, will soon have passed.

Canada offers a hearty welcome to the settler, to the man with a family looking for a home; to the farmer's son, to the renter, to all who wish to live under better conditions.

Canada's grain yield in 1913 is the talk of the world. Luscious Grasses give cheap fodder for large herds; cost of raising and fattening for market is a trifle.

The sum realized for Beef, Butter, Milk and Cheese will pay fifty per cent on the investment.

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W. E. BLACK Canadian Government Agent, 117-119 West Black, Grand Forks, N. D. Canadian Government Agent.

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