

Sticky Sweating Palms

After taking salts or cathartics waters—did you ever notice that weary all gone feeling—the palms of your hands sweat—and rotten taste in your mouth—Cathartics only move by sweating your bowels—Do a lot of hurt—Try a CASCA-BLIFT and see how much easier the job is done—how much better you feel.

CASCA-BLIFT is a box for a week's treatment, all druggists. Biggest seller in the world. Millions boxes a month.



LEWIS SINGLE BINDER STRAIGHT CIGARS
You Pay 10c. For Cigars Not so Good.
P. LEWIS Peoria, Ill.

Love does not depend for its strength on concentration.

Your working power depends upon your health! Gurdoff Tea corrects disorders of liver, kidneys, stomach and bowels.

Cheap Form of Fuel.
A Welsh rabbit may be cooked on an electrical chafing dish at an expense of 1 1/2 cents for current.

Tightness across the chest means a cold on the lungs. That's the danger signal. Cure that cold with Hamlin's Wizard Oil before it runs into Consumption or Pneumonia.

Not the One.
"One of them actor fellows wants a doctor quick."

"There isn't a doctor handy, but tell him he might call the grocer—he cures 'hams.'"

Queen Mary's Trousseau.
Queen Mary is following the example set by her mother, the duchess of Teck, who at the time of her daughter's wedding with the present king declared that for the trousseau "not a yard of cambric or linen, of flannel or tweed, of lace or ribbon should be bought outside the kingdom," and who kept her word. Queen Mary is having her coronation robes and gowns for court functions as well as the opening of parliament gown made by a British firm of all-British material. She has ordered eight dresses so far, and work on them has commenced.—London Correspondent New York Sun.

WHERE IT WAS LACKING



She—You puckered up your lips so then that I thought you were going to kiss me.

He—No; I got some grit in my mouth.

She—Well, for goodness' sake swallow it! You need it in your system!

IT'S FOOD
That Restores and Makes Health Possible.

There are stomach specialists as well as eye and ear and other specialists.

One of these told a young lady, of New Brunswick, N. J., to quit medicines and eat Grape-Nuts. She says:

"For about 12 months I suffered severely with gastritis. I was unable to retain much of anything on my stomach, and consequently was compelled to give up my occupation.

"I took quantities of medicine, and had an idea I was dieting, but I continued to suffer, and soon lost 15 pounds in weight. I was depressed in spirits and lost interest in everything generally. My mind was so affected that it was impossible to become interested in even the lightest reading matter.

"After suffering for months I decided to go to a stomach specialist. He put me on Grape-Nuts and my health began to improve immediately. It was the keynote of a new life.

"I found that I had been eating too much starchy food which I did not digest, and that the cereals which I had tried had been too heavy. I soon proved that it is not the quantity of food that one eats, but the quality.

"In a few weeks I was able to go back to my old business of doing clerical work. I have continued to eat Grape-Nuts for both the morning and evening meal. I wake in the morning with a clear mind and feel rested. I regained my lost weight in a short time. I am well and happy again and owe it to Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



54-40 OR FIGHT BY EMERSON HOUGH

Author of THE MISSISSIPPI BUBBLE
Illustrations by MAGNUS G. KETNER
Copyright 1919 by BOBBY-FISHER COMPANY

SYNOPSIS.

Senator John Calhoun is invited to become secretary of state in Tyler's cabinet. He declines that if he accepts Texas and Oregon must be added to the Union. He sends his secretary, Nicholas Trist, to see the Baroness von Ritz, spy of the British ambassador, Pakenham, to call at his apartments. While searching for the baroness' home, a carriage drives up and Nicholas is invited to enter. The occupant is the baroness, and she asks Nicholas to assist in evading pursuers. Nicholas notes that the baroness has lost a slipper. She gives him the remaining slipper, as a pledge that she will tell Calhoun what he wants to know regarding England's intentions toward Mexico. As secretary Nicholas gives her a trunk he intended for his sweetheart, Elizabeth Churchill. Tyler tells Pakenham that joint occupancy of Oregon with England, must mean that the west has raised the cry of "54-40 or Fight, or Fight." Calhoun becomes secretary of state. He orders Nicholas to Montreal on state business, and the latter plans to be married that night. The baroness says she will try to prevent the marriage. A drunken congressman whom Nicholas asks to assist in the wedding arrangements, sends the baroness a slipper to Elizabeth by mistake, and the wedding is declared off. Nicholas finds the baroness in Montreal, she having ascended, where he failed, in discovering England's intentions regarding Oregon. She tells him that the slipper he had in his possession contained a note from the attacks of Texas to the British ambassador, saying that if the United States did not annex Texas within 30 days, she would lose both Texas and Oregon. Nicholas meets a nationalist, Von Rittenhofen, who gives him information about Oregon. The baroness and a British warship disappear from Montreal simultaneously. Calhoun engages Von Rittenhofen to make maps of the western country.

CHAPTER XX.—Continued.

"I will tell you, Nicholas," said he at last, wheeling swiftly upon me. "Start next week! An army of settlers waits now for a leader along the Missouri. Organize them; lead them out! Give them enthusiasm! Tell them what Oregon is! You may serve alike our party and our nation. You cannot measure the consequences of prompt action sometimes, done by a man who is resolved upon the right. A thousand things may hinge upon this. A great future may hinge upon it."

"While you have been busy, I have not been idle," he continued. "I have here another little paper which I have roughly drafted." He handed me the document as he spoke.

"A treaty—with Texas!" I exclaimed.

"The first draft, yes. We have signed the memorandum. We await only one other signature."

"Of Van Zandt!"

"Yes. Now comes Mr. Nicholas Trist, with word of a certain woman to the effect that Mr. Van Zandt is playing also with England."

"And that woman also is playing with England."

Calhoun smiled enigmatically.

"But she has gone," said I, "who knows where? She, too, may have sailed for Oregon, for all we know."

He looked at me as though with a flash of inspiration. "That may be," said he; "it may very well be! That would cost us our hold over Pakenham. Neither would we have any chance left with her."

"How do you mean, Mr. Calhoun?" said I. "I do not understand you."

"Nicholas," said Mr. Calhoun, "that lady was much impressed with you." He regarded me calmly, contemplatively, appraisingly.

"I do not understand you," I reiterated.

"I am glad that you do not and did not. In that case, all would have been over at once. You would never have seen her a second time. Your constancy was our salvation, and perhaps your own! In due time you will see many things more plainly. Meantime, be sure England will be careful. She will make no overt movement, I should say, until she has heard from Oregon; which will not be before my lady baroness shall have returned and reported to Pakenham here. All of which means more time for us."

I began to see something of the structure of bold enterprise which this man deliberately was planning; but no comment offered itself; so that presently he went on, as though in soliloquy.

"The Hudson Bay Company have deceived England splendidly enough. Dr. McLaughlin, good man that he is, has not suited the Hudson Bay Company. His removal means less courtesy to our settlers in Oregon. Granted a less tactful leader than himself, there will be friction with our high-strung frontiersmen in that country. No man can tell when the thing will come to an issue. For my own part, I would agree with Polk that we ought to own that country to fifty-four forty—but what we ought to do and what we can do are two separate matters. Should we force the issue now and lose, we would lose for 100 years. Should we advance firmly and hold firmly what we gain, in perhaps less than 100 years we may win all of that country, as I just said to Mr. Polk, to the River Saskatchewan—I know not where! In my own soul, I believe no man may set a limit to the growth of the idea of an honest government by the people. And this continent is meant for that honest government!"

He sighed as he paused in his walk and turned to me. "But now, as I said, we have at least time for Texas. And in regard to Texas we need another woman."

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I stared at him.

"You come now to me with proof that my lady baroness traffics with Mexico as well as England," he resumed. "That is to say, Yturrio meets my lady baroness. What is the inference? At least, jealousy on the part of Yturrio's wife, whether or not she cares for him! Now, jealousy between the sexes is a deadly weapon if well handled. Repugnant as it is, we must handle it."

I experienced no great enthusiasm at the trend of events, and Mr. Calhoun smiled at me cynically as he went on. "I see you don't care for this sort of commission. At least, this is no midnight interview. You shall call in broad daylight on the Senora Yturrio. If you and my daughter will take my coach and four tomorrow, I think she will gladly receive your cards. Perhaps also she will consent to take the air of Washington with you. In that case, she might drop in here for an ice. In such case, to conclude, I may perhaps be favored with an interview with that lady. I must have Van Zandt's signature to this treaty which you see here!"

"But these are Mexicans, and Van Zandt is leader of the Texans, their most bitter enemies!"

"Precisely. All the less reason why Senora Yturrio should be suspected."

"I am not sure that I grasp all this, Mr. Calhoun."

"Perhaps not. You presently will know more. What seems to me plain is that, since we seem to lose a valuable ally in the Baroness von Ritz, we must make some offset to that loss. If England has one woman on the Columbia, we must have another on the Rio Grande!"

CHAPTER XXI.

Politics Under Cover.

To a woman, the romances she makes are more amusing than those she reads.—Theophile Gautier.

It seemed quite correct for the daughter of our secretary of state to call to inquire for the health of the fair Senora Yturrio, and to present the compliments of Mme. Calhoun, at that time not in the city of Washington. Matters went so smoothly that I felt justified in suggesting a little drive, and Senora Yturrio had no hesitation in accepting. Quite naturally, our stately progress finally brought us close to the residence of Miss Calhoun. That lady suggested that, since the day was warm, it might be well to descend and see if we might not find a sherbet; all of which also seemed quite to the wish of the lady from Mexico. The ease and warmth of Mr. Calhoun's greeting to her were such that she soon was well at home and chatting very amiably. She spoke English with but little hesitancy.

Lucrezia Yturrio, at that time not ill known in Washington's foreign colony, was beautiful, in a sensuous, ripe way. Her hair was dark, heavily coiled, and packed in masses above an oval forehead. Her brows were straight, dark and delicate; her teeth white and strong; her lips red and full; her chin well curved and deep. A round arm and taper hand controlled a most artful fan.

Mr. Calhoun expressed great surprise and gratification that mere chance had enabled him to meet the



OATS—50 Bu. Per Acre.

That is the record in field of Theodore Barnes, Lewis Co., Wash., had from Kaiser's Registered White Bonus oats and won a hundred \$0 acre farm. Other big yields are 141 bu., 119 bu., 113 bu., etc., had by farmers scattered throughout the U. S.

Kaiser's Pedigree Barley, Flax, Corn, Oats, Wheat, Potatoes, Grasses and Clovers are famous the world over for their purity and tremendous yielding qualities. We are easily the largest growers of farm seeds in the world.

Our catalog bristling with seed truths free for the asking, or send 10c in stamps and receive 10 packages of farm seed novelties and rarities, including above mentioned ones, together with our catalog. John A. Sauer Seed Co., 182 South 9th St., La Crosse, Wis.

Ready With Proof.
An earnest preacher in Georgia, who has a custom of telling the Lord all the news in his prayers, recently began petition for help against the progress of wickedness in his town with the statement:

"O thou great Jehovah, crime is on the increase. It is becoming more prevalent daily. I can prove it to you by statistics."—Everybody's Magazine.

Important to Mothers.
Examine carefully every bottle of CANTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher* in Use For Over 30 Years.

The Kind You Have Always Bought.
Keeping Oil Fire From Spreading. Milk will quench a fire caused by an exploding lamp, water only spreading the oil.

Dr. Pierce's Pellets, small, sugar-coated easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

It is unquestionably true that wealth produces wants, but it is a still more important truth that wants produce wealth.—Malthus.

DO YOUR CLOTHES LOOK YELLOW? If so, use Red Cross Ball Blue. It will make them white as snow. 2 oz. package 5 cents.

No man has come to true greatness who has not felt in some degree that his life belongs to his race.—Phillips Brooks.

OTTUMWA WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Ottumwa, Iowa.—"For years I was almost a constant sufferer from female trouble in all its dreadful forms; shooting pains all over my body, sick headaches, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegetable Compound has done more for me than all the doctors. I feel it my duty to tell you these facts. My heart is full of gratitude to you for my cure."—Mrs. HARRIET E. WAMPLER, 624 S. Ransom Street, Ottumwa, Iowa.

Consider This Advice.
No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous medicine, made only from roots and herbs, has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, confidential, and always helpful.

Why Rent a Farm

and be compelled to pay to your landlord most of your hard-earned profits? Own your own farm. Secure a Free Homestead in Manitoba, Saskatchewan or Alberta, or purchase land in one of these districts and benefit from a profit of \$10.00 or \$12.00 an acre every year.

Land purchased 5 years ago at \$10.00 an acre has recently changed hands at \$25.00 an acre. The crops grown on these lands warrant the advance. You can

Become Rich by cattle raising, dairying, mixed farming and grain growing in the provinces of Manitoba, Saskatchewan and Alberta. Free homestead and pre-emption means, as well as land held by railway and land companies, will provide homes for millions.

Adapted soil, beautiful climate, splendid schools and churches, good railways. For settlers' files, descriptive literature "Last Best West," how to reach the country and other particulars, write to Dept. of Immigration, Ottawa, Canada, or to the Canadian Government Agent.

CANADIAN GOVERNMENT AGENT
No. 125 E. 5th Street, Linn, Minn., U.S.A.
(Use address nearest you.)

Johnny on the Spot.
Pedder (selling preparation for removing stains from clothing)—I have got here—

Servant (who responds to the ring)—Excuse me, please, but we are in great trouble here today. The gentleman of the house has been blown up in an explosion.

Pedder—Ha! Hurt much?

Servant—Blown to atoms. Only a grease spot left of him.

Pedder—Ah! Only a grease spot, you say? Well, here's a bottle of my champion eradicator, which will remove that grease spot in two minutes.—T.H. Hilt.



"And What is That, Senor?" She Asked at Length.

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