

SUFFERED WITH LAME BACK

— WAS NOT ABLE TO
STRAIGHTEN UP —

Mr. C. Grace, Hamilton, Ont., writes: "I was suffering with lame back, and for two weeks was not able to straighten up to walk, and hardly able to sit down for the pains in my back, hips and legs. I had used different kinds of pills, plasters, liniments and medicines, without any relief. One day there was a B.B.B. book left at our door, and I read about Doan's Kidney Pills, and I decided to try them. Before I had half a box used I felt a great deal better, and by the time I had used two boxes I was cured. I have no hesitation in recommending Doan's Kidney Pills to all suffering as I did, or from any illness arising from diseased kidneys.

Price 50 cents per box, or 3 boxes for \$1.25, at all dealers, or will be mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering direct, specify "Doan's."



SYNOPSIS OF CANADIAN NORTHWEST LAND REGULATIONS.

Any person who is the sole head of a family, or any male over 18 years old, may homestead a quarter section of a available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-agency for the district. Entry by proxy may be made at any agency, on certain conditions by father, mother, son, daughter, brother or sister of intending homesteader.

Duties.—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre.

Duties.—Must reside upon the homestead or pre-emption six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may enter for a purchased homestead in certain districts. Price \$3.00 per acre. Duties.—Must reside six months in each of three years, cultivate fifty acres. Erection of three hundred dollar house required only in connection with purchased homestead entries. All other classes of entries habitable house only needed area of cultivation required by regulation is subject to reduction in case of rough scrubby or stony land after report is made by homestead inspector on application for patent.

W. W. CORY,

Deputy of the Minister of the Interior
N.B.—Unauthorized publication of this advertisement will not be paid for.

\$3.50 Recipe Free For Weak Kidneys.

Relieves Urinary and Kidney
Troubles, Backache, Straining,
Swelling, Etc.

Stops Pain in the Bladder,
Kidneys and Back.

Wouldn't it be nice within a week or so to begin to say goodbye forever to the scalding, dribbling, straining, or too frequent passage of urine; the forehead and the back-of-the-head aches; the stitches and pains in the back; the growing muscle weakness; spots before the eyes; yellow skin; sluggish bowels; swollen eyelids or ankles; leg cramps; unnatural short breath; sleeplessness and the despondency

I have a recipe for these troubles that you can depend on, and if you want to make a quick recovery, you ought to write and get a copy of it. Many a doctor would charge you \$3.50 just for writing this prescription, but I have it and will be glad to send it to you entirely free. Just drop me a line like this: Dr. A. E. Robinson, K2045, Luck Building, Detroit, Mich., and I will send it by return mail in a plain envelope. As you will see when you get it, this recipe contains only pure harmless remedies, but it has great healing and pain-conquering power.

It will quickly show its power once you use it, so I think you had better see what it is without delay. I will send you a copy free—you can use it and cure yourself at home.

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animal. Find out if you can why he wishes to sell that particular horse. It may be that he needs the money, or it may be that he desires to rid himself of a burden. In the latter case you will naturally not want the animal.

The Country Gentlewoman

From the Country Gentleman.

"Mother's sick and we want you to come over and show us what to do." This was the announcement made by the son, who came from a neighboring farmhouse one winter when the hard-worked farmer's wife had finally succumbed to a long-pending illness—an illness which was finally traced to exposure from driving to the market, 12 miles away. Not until the men folk of the family were compelled to cook their own meals and make their own beds did they realize how serious is the situation when the woman in the farm home becomes ill. With all the training of farm boys in many homes the men are almost helpless when obliged to care for themselves without the direction of a housekeeper. In this instance three members of the family and three hired men had been depending absolutely upon this one frail woman, and not until she was obliged to take to her bed did they even think of the injustice that had been done her, or the improper balance in their household duties which they obliged her to maintain. It would not be fair to say that she shirked her duty; rather she encouraged them to depend upon her, and she would never have complained had not illness obliged her to give up her work. This emancipation through illness has been the lesson which has had to drop on many farm homes before the need of some careful consideration of the labor problem in the household has been realized. The lesson has in many cases been as important to the housewife herself as to the men folk, since she has in many instances to acknowledge that her home needs attention.

Why Farmers' Homes are Unhandy.

Just before I married, my father moved to a city and turned his farm over to the boys, leaving them practically in entire charge. They were both newly married and had established homes of their own with considerable handicap in the way of mortgages and unpaid loans. Though the city into which we moved was progressive in many respects it was not growing, and the only homes to be rented were the old houses without modern conveniences. It is the new growth in cities that has made us appreciate these new things, and in every old city there are thousands of homes that have no more conveniences than the average farmhouse. The place we went into was without modern plumbing or water supply. We had only a cistern and a hydrant in the back yard and there was no arrangement to carry our sewage except into a small cesspool. Though we had been used to these things in the country, it did not take us long to realize that in the city we must have conveniences because of the lack of sanitary accommodations which might affect not only ourselves but our neighbors. In the country the cleansing sunshine has in itself offset many of the results of a lack of sanitation.

Most of our farmhouses are old buildings except a few modern ones that are being built, which are entirely equal to the city house of the same value. The pioneers deny themselves conveniences simply to keep down the first cost. Too often in comparing country and city homes we criticize unduly these old houses and the people occupying them without remembering that the farm household has become used to a certain routine and does not feel the need of many sanitary changes. When my father built a house in the city he put in no heating system except a stove, for the simple reason that he wanted a stove near him where he could see it and where he could put his feet upon the hearth when they got cold. He had not been trained to sitting before the radiator, and my mother

could see no advantage in going down into the cellar to attend to a furnace after looking over the base-burner in the sitting room. Moreover, the cost of these conveniences had something to do with it. It amuses me to see many city folks go out on a summer vacation and spend several months in a bungalow with primitive conveniences and then tell how much they enjoyed it. If they were obliged to live in a similar house on a farm they would long bewail the lack of what they considered essential conveniences.

Farming as a Partnership.

The farm home is a family partnership; and it is a partnership in a way in which no other business is. The business of the place is brought into the family circle every day, and the success of the farm as a business enterprise immediately affects the home. There is hardly any parallel to this except in the small, old-fashioned store where the storekeeper owned the building and lived upstairs with the family, who assisted in tending the counter. If he failed to make a profit from his store operations, he said: "Well, I have had a good home at least." This is the same attitude which many farmers take when crops do not turn out well. There is not much use in talking about farm improvements until the business of the place is on a basis that enables one to make some expenditures. The women members of the family are just as ready as the men to deny themselves things that they sometimes consider luxuries in order to aid the business success of the farm. In fact, they are the most self-denying; but they are not to blame, since in a business that sometimes yields little or no cash returns the whole success depends upon keeping down expenses, and in practicing these small economies most women are superior to men.

When I came to appreciate the importance of small conveniences and had spent some time in the city home I could see wherein the work of the farmer's wife might be made much easier. But again we cannot blame her for not having these conveniences. The average farmer's wife goes to town less than twice a month. She arrives in the forenoon and has certain purchases to make. She spends as much time as she can in buying as she has planned, then after a hasty lunch and a few more hours to complete her purchases is off for home. She has no time to visit other shops or to look for conveniences or the things she has not planned to get before leaving home. Therefore she is dependent upon the suggestions she gets from her women's magazines or from what she sees in other farmhouses; and these are precious few. In recent years when I have visited my country sisters I have always spent an hour or so at the kitchen counters of a department store before starting for the farm and have picked up a lot of little things for five and ten cents each to give the girls. Some of these small gifts accord more satisfaction than would an investment of a thousand times the cost in some improvement in the home. Again you cannot blame the farm woman for not having these things; for the means of distribution do not bring them to her attention.

Is Help to be Had?

In most country communities the servant problem is not serious; for in the country there are few servants. In the South there are plenty of colored girls in some sections and in parts of the East foreign girls may be found; but on the whole servant girls do not abound in farming communities. This means that the average farm home is a one-woman proposition. She must do her own work with the assistance of her daughters or the country wife of the hired man. A good deal is said in favor of the married hired man on farms if his wife helps; but the wives have something to say about this, and in most cases it is a veto. Besides this, men must have homes of their own; and one household is enough for any woman. It is almost hopeless to look to the outside for help for the average farmer's wife. Even in cases of illness, my sisters have been obliged to import

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