

Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food.

It is not how much you eat, but how much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

5-18a

Great Discovery in Drugless Healing

The human body is a chemical composition of 14 elements (calcium-phosphorus-sulphur-sodium-chlorine-fluorine-iron-potassium-magnesium-silicon-oxygen-hydrogen-nitrogen-carbon) and if one of these elements is missing, disease sets in and early death will follow.

Iron is needed to make rich blood. Lack of Calcium means a small frame, deformity of bones, decay of teeth. Phosphates are important constituents of all tissues, in creative power, no lustre of the eyes without it. Potassium for generating of electric force. Sodium to eliminate syphilis, poisons, and having mostly during the process of cooking most of them are lost or made unassimilative.

These blood-and-tissue-building mineral salts can be supplied only by food, but our daily "Soup-Meat-White Bread-Potato-Sweets-Pie-Coffee" diet does not contain these mineral-salts in sufficient quantities and during the process of cooking most of them are lost or made unassimilative.

If you suffer from Constipation, Neurasthenia, Stomach-Liver-Kidney-Heart-Skin-Gall Disorders, or with Rheumatism, Diabetes, Hardening of the Veins, Catarrhs of any kind, have shattered Nerves, wasted Energy, lost Manhood, then replace the lacking blood-and-tissue-building mineral salts. Such mineral starvation is the main cause why babies sicken, children are anaemic, men and women grow old before their time. Women during and after pregnancy, or having monthly troubles, or in change of life are in crying need of such mineral salts. So are writers, bankers, attorneys, athletes, etc.

Vegetable Compound contains all these blood-and-tissue-building mineral salts in fully assimilative form, prepared from real vegetables only. Mineral-salts prepared in chemical laboratories are unassimilative and a burden to the kidneys. Interesting pamphlet free.

Yoghurt Our wrong way of living causes intestinal Auto-intoxication which brings about thousands of human miseries, beginning with constipation and ending with an early death. It is everybody's duty to rid his system of these toxic poisons. Only Yoghurt can remove these dangerous poisons. Free pamphlet.

Yoghurt Co. (12) Bellingham, Wash.

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be fully comprehensive which does not provide for the recognition of soldiers' widows and their dependents. In the first instance this would seem to point to a liberal system of education to assure an easy assimilation of the children into the productive activities of the state, that their future may be adequately provided for.

The sick, the maimed and the impotent will also call for special treatment, but in a broad review of all the conditions of the common life, even they may, in some measure, do their part in the service of the state.

The means for adequately dealing with the large amount of labor which will be released when the war is over, lie about and around us, but only by the abandonment of competition, and the acceptance of organized and concerted effort, can we hope to meet the strain which will be laid upon us. All thought and effort, therefore, should be in this direction, and if we each and all bear within our minds the principles of Christian conduct and service, sacrificing self and selfish interests for the mutual and common good, we shall be prepared to meet not only the needs of the present, but to lay the foundation of our plans upon such a broad and comprehensive basis, that whatever expansion the future calls for will be readily and amply met.

Hands Off the Bird Country

Written for The Western Home Monthly
By Aubrey Fullerton

It will be a bad day for the people of Canada when there are no more wild fowl to hunt. Not merely that the food value of the game birds counts in times like these, but the physical exercise and outdoor life involved in going after them are good for the health of both body and nerve. None too soon did the governments of Canada and the United States agree that the migratory birds, which had really been in danger, were an international resource that, in the interests of the race, should be conserved and protected.

The new Anglo-American treaty will ensure the safety of unknown thousands of wild fowl that will come up from the south this spring to spend the warm-weather months in their favorite northern haunts. By joint agreement, dating from 1918, all migratory birds that make their nests in Canada and Alaska will be protected for nearly nine months each year, and insectivorous birds will have a close season all the year through. Over one thousand varieties of birds will be affected, and in its practical workings the new law will have the advantage of being uniform and international. It will no longer be the case that birds spared in Western Canada, because of our stricter game laws, will be slaughtered on their return to the southern states.

Time was when pretty nearly the whole continent was a great happy playground for the bird creation, when wild fowl were at home from the Gulf of Mexico to the Arctic Ocean. There must have literally been billions of them in those days, for even yet their numbers are astonishingly large. But, like the Indians, they were driven back by the encroaching advances of settlement, and bit by bit were forced northward, losing greatly in numbers in the process. As recently as fifty years ago, however, the lake and swamp regions of the middle north states were still a paradise for ducks and geese. Then the bird zone gradually receded, and the lakes and prairies of the Canadian West became the chief breeding ground of the much disturbed wild fowl. Presently the railroad came, passing right through the bird country, and once more the paradise receded. Two other cross-country roads have followed more recently, and now the only region left to the birds, absolutely without fear of disturbance is that north of the iron trails, and thence to the Arctic.

This shifting of the bird haunts was, of course, only partial. All through the middle and northern states there are scattered areas of swamp land, of varying size, which the wild fowl still have, and probably will always have to themselves; and in between the railway lines in Manitoba and Saskatchewan, which even yet are far enough apart, are similar areas of lake and swamp country that in the aggregate make up a good-sized acreage. But the fact holds good that

in the main the agricultural development of Northern Minnesota, Manitoba, Saskatchewan and Northeastern Alberta, which till then comprised the finest breeding ground for ducks and geese on the continent, has seriously interfered with the game bird population and lost to that region its former distinction. The best nesting sites are now in the far north of Alberta and Saskatchewan, on the southwestern coast of Hudson Bay, around the lakes of the Mackenzie Territory, and along a short stretch of the Arctic coast. This whole region, being the last unoccupied country in America, and filled with water, is well suited to bird life, but certain favored parts of it are especially so. And there is little likelihood of any considerable area of it ever being disturbed by settlers.

The sign is up, "Hands Off." By order of the two governments the birds are to have sanctuary, with free leave to come and go as they choose. And the seasons themselves are no more sure or dependable than the annual flights of Canada's feathered visitors. Records of these migrations have been kept in Manitoba, and they show that in twelve years the Canada goose has passed through at dates varying not more than fifteen days. Just what it is that moves the birds to go upon these long journeys from south to north and back again, is a mystery of the animal creation, but the fact remains.

When the treaty bill was before the United States house, Representative Platt, one of its warmest supporters, put up a



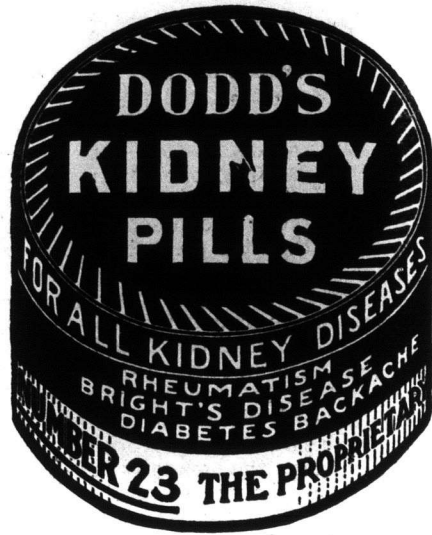
vigorous argument for the international conservation of the geese and ducks in particular. "How these birds," he said, "can be considered to be the property of anybody over whose land they happen to fly, or where they happen to spend the night resting, to go on the next day, I do not understand. Nearly all the migratory game birds nest in Canada, and the Canadians could destroy them all except the very few that nest along our northern border, if they wanted to do so."

Some differences in the application of the act in different states and provinces, according to natural conditions and local game laws, are provided for, but substantially the protective law is the same all over the continent, and its general effect will be to conserve the wild fowl resources of America.

Fortunately enough, though the prairie has largely been pre-empted, there is much swamp and marsh land in the north country that is too wet and cold for farming, and therefore, a wild fowl haunt in perpetuity. Ducks and geese, which form the chief part of the migratory bird population, are lovers of the swamp and prairie, and in such country as that around Lake Athabasca or Great Slave Lake they thrive astonishingly.

Away to the north, the delta of the Mackenzie River and the Arctic coast are the home of the mallard, green-winged teal and several species of geese. The wild Canada geese breed also around Hudson Bay, but east of Hudson Bay the black mallard is now, as always, the chief native game bird.

Another important member of the duck family is the pintail. It goes as far south as Panama for its winters, and its summer range extends almost to the Arctic coast.



Rheumatism

A Home Cure Given by One Who Had It

In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bed-ridden with Rheumatism, and it effected a cure in every case.

I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. After you have used it and it has proven itself to be that long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write to-day.

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Mr. Jackson is responsible. Above statement true.—Pub.

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