

Get Your Farm Home From the Canadian Pacific



OME where you have highly productive soil—good climate—ready markets—unexcelled transportation—fine churches and schools—where you can enjoy all comforts of civilization. This land is sold only to settlers who will actually occupy and improve it.

You Have 20 Years to Pay

Rich land for from \$11 to \$20 per acre—irrigated lands from \$20 to \$30—20% down, balance within twenty years, with interest at 6%. Long before final payment comes due, your farm will have paid for itself.

\$2,000 Loan for Farm Improvements

We will lend you up to \$2,000 on certain conditions, with no other security than the land itself. Particulars on request. You have 20 years to pay; interest only 6%. If you want a place already established—ready to step into—get one of our ready-made farms. Planned by experts. Our service and advice is yours free.

This Great Offer is Based on Good Land. Finest land on earth for mixed farming and grain growing—irrigated and other lands.

Dairying, Hogs and Livestock Make Big Incomes Here

Stock brings good prices and can be raised cheaper than anywhere else. Cattle diseases practically unknown—no duty on livestock from Canada. Ideal country for dairying. Last year's average milk price paid by Carle Dairy Company, Calgary, was \$1.22 per 100 lbs. On this low priced land with its sure grain crops, you can make big profits raising grain. Owing to present conditions in Europe this continent must supply Europe with grain and food products, which insures highest prices ever known. The best land will be taken first, so time is precious to you. Call or write today.

L. O. THORNTON,

Dist. Representative,

271 Pine St., Portland, Or.

Canning by Steam

Pressure Is Best

CANNING under steam pressure is the most practical, most reliable and most successful method of canning and has been adopted by all the large commercial canneries. Anyone with ordinary intelligence can make a success of canning by exercising care and following instructions. Common sense, good judgment, and experience will make for success in every way. One's individuality is quite as important as rules and formulae.

The modern housewife is looking with favor upon canning under steam pressure. Outfits to do this kind of work are now being made adaptable for home use.

Steam pressure canning, outfits for use in a small family can be purchased today for as low as \$15. This small size weighs about 65 pounds and has a daily capacity of from 200 to 350 cans. Orchard canning outfits can be purchased for as low as \$50 with a capacity of from 400 to 800 cans a day.

The home canning outfit can be used for the canning of fruits, vegetables, juices, meats, fish, clams, crabs, oysters, soups and other eatables. Care should be used in selecting the canning outfit to make certain that it is of reliable manufacture, indorsed by users.

Sanitation should be insisted upon in canning. All fruits, vegetables, juices, meats and foodstuffs must be completely sterilized and kept in air-tight containers. The decay and spoiling of fruits is due to bacteria, spores, ferment germs, etc. All containers, vegetables and fruits should be sterilized and cleansed before canning is begun.

Open boilers are less desirable than the closed boilers, or steam pressure outfits, as the heat of the water in them cannot exceed 212 degrees Fahrenheit, and the fruit jars must be kept completely covered with water, thus requiring more time and labor than with the closed outfits.

Hot water canners with close-fitting covers do fairly successful work with some fruits and vegetables. Steam pressure canners operate with little water and all the sterilizing is done with live steam in the upper section of the boiler. These boilers carry heat from 212 degrees to 260 degrees Fahrenheit.

Steam pressure canners are the most successful for canning all kinds of fruits, vegetables and meats, because the greater the heat and pressure the more complete is sterilization. Steam under pressure raises the heat to about 250 degrees and readily destroys all bacteria and spores. From five to 15 pounds pressure per square inch is used in successful canning work.

It is understood, of course, that only fresh fruits and vegetables should be canned, and, if possible, on the same day they are picked.

DENTISTRY.

Last week I started to tell you something about bad mouth conditions being the cause of disease. Well, have you digested it? There was a lot in that small paragraph; look it up and read it again.

Now you will be astounded when I tell you that a person with a fully developed case of pyorrhea will swallow from one ounce to two and one-half ounces of disease-infected pus every day. This in itself is not so injurious as you might at first suppose, for the pus will, in a large degree, be digested in the stomach, but the harm comes from the pus being absorbed by the blood vessels around the teeth and being carried directly into the blood stream and thereby to various parts of the body, where they will lodge. Some will, by their selective quality, be deposited in one part of the body and some in another, there to develop into appendicitis, pneumonia, arthritis or any one of a dozen or more serious diseases. Now, this pus must first form in the mouth or tonsils before it can find its way into the blood stream. If you have a pulpless tooth that is sore, or one on which you know there is an abscess, or if you have that prevalent disorder known as pyorrhea, the pus formed around these teeth, (and there is pus there) is what you should be afraid of, and you should not rest until you either had the abscessed tooth properly treated or your pyorrhea cured, and it CAN be cured. That is another subject, however, and you should see a competent dentist, who has prepared himself to treat this disease.

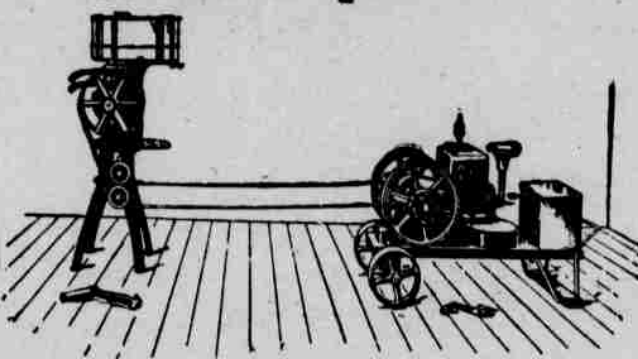
DO NOT LET YOUR DENTIST TELL YOU THAT PYORRHEA CANNOT BE CURED

Dr. J. E. Stevenson, Majestic Theater Bldg., Corner Park and Wash. Sts., Portland, Or.—Paid Advertisement.

Safety First.

"Johnnie!"
"Yes'm."
"Why are you sitting on that boy's face?"
"Why, I—"
"Did I not tell you to always count a hundred before you gave way to passion and struck another boy?"
"Yes'm, and I'm doin' it; I'm just sittin' on his face so he'll be here when I'm done countin' the hundred."—Houston Post.

International Harvester Cream Separators



PICTURE to yourself the difference in the amount of actual work done, between setting milk in any of the old-time ways and skimming it with an I H C cream separator. What a job it is to wash the pans or crocks. How many handlings they need. What a lot of time it takes to fill them and set them away, to protect them from dirt, to do the actual skimming, to dispose of the cold skim milk, to purify the crocks or pans.

Now note the difference. With an I H C separator the milk is skimmed while still warm from the cows, the separator is washed in a few minutes and everything is ready for the next milking.

You want the separator that will help you most. There are other things than the saving of work to be considered. There is saving of cream, value of the machine, service in case of accident, and many other things to be thought of before you buy a separator.

Take time enough to buy a cream separator. The more carefully you go about it, the more comparisons you make, the more clearly you will see that one of the International Harvester separators—a Dairymaid, Primrose, or Lily, will serve you best. See the I H C dealer. Get catalogues from him or write to us for them.

International Harvester Company of America

(INCORPORATED)

Crawford, Neb. Denver, Col. Helena, Mont. Portland, Ore.
San Francisco, Cal. Spokane, Wash. Salt Lake City, Utah



THE HINMAN MILKER

Is noiseless, light, easily cleaned, no vacuum in pail, no piping—just a simple drive rod; only two moving parts. Pays 150 per cent on investment. Milks 250,000 cows morning and night.

Write for free booklet before you turn page.

OREGON AND CALIFORNIA BRANCH HOUSE

House, 2511 Prince St., BERKELEY, CALIFORNIA

960-Acre

Stock Ranch

30 acres in alfalfa. More can be put in. Abundance of water. 300 acres good wheat land, balance fine bunch grass pasture. Big outside range. Water piped to buildings. An allotment in the Forest Reserve for 1200 sheep goes with place. Price \$9 per acre. Good terms. One of the best stock ranches in Eastern Oregon. Write for our list.

ACME REALTY COMPANY

401 Equitable Building, Tacoma, Wash.

"The Farmer's Friend"



Ask your Dealer

Get a free farm —make your fortune on wheat



The present high price of grain is bringing thousands of American farmers to Western Canada. A fortune awaits you in the wheat country. Pick out a 160-acre free farm from the 125,000 recently surveyed homesteads in districts reached by the Canadian Northern Railway. The best farms naturally will be selected first. Go now.

Get our free book

"The Homeseekers' and Settlers' Guide." It's full of facts about America's richest farming country—125,000 recently surveyed fertile farms—American farmers are getting rich on Canadian wheat farms—we will help you select your free farm.

Write today for free information to settlers regarding our low rates every Tuesday during March and April. Even if you have already selected your farm, it will pay you to travel on the Canadian Northern via the Duluth, St. Frances or St. Paul and Winnipeg gateway, with stop over privileges. Canadian Northern lines serve over 4,000 miles of Canada's richest farming country.

Act quick and get your pick of the best farms. Be sure to write today for a free copy of "The Homeseekers' and Settlers' Guide" and low rates to Canada. A fortune is waiting for you.

Canadian Northern Ry.

E. Y. WRIGHT, Gen. Agt.,
Corner 4th and Jackson Streets,
St. Paul, Minn.

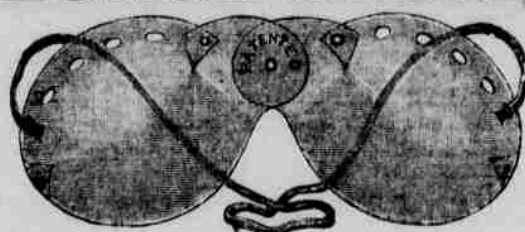
THE GEORGE GOGGLE

Is Worn and Indorsed by

Automobilists
Hunters
Golfers
Fishermen
Baseball Players
Motorcyclists
Laborers
Engineers
Firemen
Farmers
Mill Workers
Stonecutters
Harvesters
Threshers
Motormen

Three Colors:

CLEAR
SMOKED
AMBER



No Equal at Any Price

Protect your eyes from sun, wind, dust and injury

Automatically adjusts to your face.
Flexible—Will bend but not break.
Protection—No danger from broken glass.
Full Vision—Unobstructed; will not fog.
Non-Refracted—Prevents any eye strain.
Sanitary—No felt to sweat.
Feather-Weight—Weighs less than 1-4 ounce.

Mailed Postpaid for 25 Cents. Dealers Wanted.

Commerce-Utility Corporation

413 Panama Building, Portland, Oregon.