

foung taught? This was the answer Ing to increase their capacity over two and one-half times. You will notice by the map I send that Bear River valley is 27 miles long with an average width of less than 10 miles, and that two railroads traverse its en-tire length. To insure short hauls to market, the Malad branch of the Oregon Short Line has placed sidings and dumps every two miles. This is one of Young taught? This was the answer: "His doctrine was something like this, "plow deep and sow alfalta," and Mr. Holmgren's farm has been treated to this great arid land and 'Mormon' dactrine several times. Alfalfa roots grow to be from 30 to 40 feet long (if any one doubts this letthin read it



thousands of isstimonial letters received from men and women cured. The value and success of Swamp-Roat are so well known that our readers are ad-vised to send for a sample bottle. In sending your address to Dr. Klimer & Co., Binghamton, N. Y., be sure to say you read this generous offer in the Sait Lake City Daily Deseret News. The genuineness of this offer is guar-

and each of these roots sends out up) and each of these roots sends out thousands of rootlets in every direc-tion, while the luxurfant overgrowth (of which three and sometimes five crops are harvested yearly) is nature's developer and fertilizer in providing humus (decayed vegetable matter) and giving good texture to the soil.

giving good texture to the soil. The only thing on earth that the raw land here lacks is humus, and alfalfa, which takes to the soil naturally, pro-vides for that peed, and there is not an acre of drainable land in this valley which emped he becauth to great for cannot be brought to great fertillity by roatating alfalfa with other

crops. It costs \$100 per cre to clear the pine stump land and get it ready for seeding in the Pacific coast, and the land is best at the first; while here, \$10 per acre will do the same thing, and your land will grow batter every year it is properly farmed. When we know that seven tons of al-

When we know that seven tons of alfa, 25 tons of sugar beets, 400 bush-of potatoes, 100 bushels of oats, 85 shels of barley and 50 bushels of leat to the acre are not uncommon

Short Line has placed sidings and dumps every two miles. This is one of the examples of how Utah, from the first, has bent her energies to favor the farmers, and the unprecedented devel-opment and prosperity of the state has shown the wisdom of her course. Mr. Moroni Mortensen, in Bear River valley, has a seven-acre apple orchard (trees six to ten years old). He sold from this orchard 700 boxes first class. These apples netted him on the ground, after naving for the boxes the first class.

These apples netted him on the ground, after paying for the boxes, the first class 90 cents a box, the second 50 cents a box, or \$930 net from a young seven-acre orchard. His peaches, pears, prunes, plums and cherries did equally well. R. Hanson, who owns a 15-acre orchard, received as much per acre for his or-chard as Mr. Mortensen. Tom Lynch who came to Bear Blyer

chard as Mr. Mortensen. Tom Lynch, who came to Bear River valley from Peeria, Ill., harvested in 1904, 1,000 bushels of brewing barley and 1,235 bushels of oats from 26 acres. This same land yielded in 1903 116 bushels of oats to the acre of the entire 26 acres. But enough now. More next week.— Alice F. Bishop.

The equestrian statue of General George B. McClellan herewith shown

is to be given a place in Fairmount park, Philadelphia. It was modeled in Paris by Paul W. Bartlett, a noted American sculptor, and is now being cast in bronze. The statue is sixteen feet in height, and it will weigh about 10,090 pounds. It consists of a remarkably lifelike figure of the general sitting upright on a horse. The left hand holds a drawn sword,



## How to Exercise the Bowels

Glycerine.

the Bowels, as Cathartics do.

fortably, and nutritiously.

makes your arm stronger.

bulk or trouble.

Price 10c a box at all druggists.

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pleasant to take.

Your Intestines are lined inside with millions of little suckers, that draw the Nutrition out of food as it passes them.

But, if the food passes too slowly, it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays In transit.



The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely make slippery the passage for unloading the current cargo.

It does not help the Cause of delay a

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphate of Sodium, Aperient Water, or any of these mixed.

What does the Cathartic do? It merely flushes-out the Bowels with a

pany and never sold in bulk. Every tablet waste of Digestive Juice, set flowing intostamped "CCC." the Intestines through the tiny suckers. \* \*

FF FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed, GULD-PLATED BONBON BOX. hard-enameled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets, with which this Gainty trinket is loaded. 719 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago er New York. But, the Digestive Julce we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose It.

That's why Cascarets are the only safe medicine for the bowels.

Mark Twain relates in one of his most amusing books that he once had an argument with an Englishman who maintained that American and English were two separate and entirely different languages. The bootblack in the cut, who lives at Territet, Switzerland, is of the same opinion, as may be seen from the legend inscribed on his box for the benefit of tourists.

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Are As Near Perfec-