

## JUMP FROM BED IN MORNING AND DRINK HOT WATER

Open sluices of system each morning and wash away the poisonous, stagnant matter, says authority.

A glass of hot water with a teaspoonful of limestone phosphate in it, drank each morning before breakfast, keeps us looking and feeling fit.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. Work well, sleep well, look well. What a glorious condition to if one will ouly adopt the morning
inside loth.
folks who are arenstomed to feel thll and heasy when they
arise, sphating hadathe, stuffy from a cold, foul tongue, nasty
breath, acid stomach, ran, instead, feel as fresh as a daisy by opening the sluices of the system each morning and fushing out the stagnant matter.
Everyone, whether ailing, sick or weli, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and puri-
fying the entire alimentary canal hefore putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It eleans out al! fhe sour fermentations, gases, Waste and acidity and gives one a splendid appetite for breakfast. breakfast the water and phosphate is quietly extracting a large polume of water from the blood and getting ready for a thorough flushing of all the inside organs. The millions of peope who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sheumatism; skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone Phosphate from the drug store,
which will cost but little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation. of
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Eyestrain Will Affect the Mental and Physical Development of Your Child


Fat Gattie Slow to 10 Lower-
Butcher Slock Steady
HOGS SHOW A 5-IOC DECLINE


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