

REAL HAND GRENADES FOR BOYS AND GIRLS

Vacation Thrift Will Bring a Real Thrift War Souvenir from the Treasury.

The following brief rules will regulate the distribution of the Hand Grenade Banks in the Tenth Federal Reserve District.



1—Any school pupil under ten years may receive a hand grenade bank at the opening of school this fall, by purchasing from his teacher at least ONE War Savings Stamp, face value \$5.00, with money earned during vacation, and presenting a letter to the teacher telling briefly how the money was earned.

2—Pupils ten years or over must buy at least TWO War Savings Stamps with money earned during vacation.

3—Teachers shall submit letters and lists of pupils complying with rules to County Superintendents during the first week of school.

4—County Superintendent shall put his approval on list and deliver list with letters to the County Chairman of Savings, after copying such letters as he may desire to publish in the local papers of his county.

5—County Chairman shall then approve the list and send it at once to John T. Wayland, director of Savings, Tenth Federal Reserve District, who will immediately forward to the County Chairman the county's allotment of hand grenade banks to be distributed at his direction to the pupils who have complied with the rules.

6—The name of each pupil must be represented by a letter written either by pupil, parent or teacher, telling how money was earned.

County Chairmen are already arranging to award prizes in War Savings Stamps to pupils buying the largest number of Savings Stamps and Thrift Stamps with vacation earnings.

Hand Grenades, just like big Brother Bill hurled at the Hun a few months ago, are being emptied of high explosives and percussion caps by the War Department, and turned over to the Treasury Department by the thousand to be converted into souvenir savings banks, many of which will, no doubt, reach this county.

Chance for Real Friend in Need.

As the motorist turned a corner in a quiet country road he saw a brother of the wheel just ahead, evidently in trouble. Immediately he slowed down. "Want any help?" he asked, genially. The other motorist looked gratefully at him as he wiped the perspiration off his brow. "I do," he whispered. "See that lady in the car? She's my wife, and I'd be much obliged if you'd answer her questions and keep her amused while I'm seeing to this punctured tire."

Cooling Air in Mines.

To cool the air far under ground, and thereby permit the miners to work longer shifts, the owners of a European coal mine compress air at the surface of the ground and pipe it through the workings.

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a glass of Salts before breakfast if your Back hurts or Bladder bothers you.

The American men and women must guard constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or you are obliged to seek relief two or three times during the night; if you suffer with sick headaches or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Salt Superstitions.
Superstitions concerning salt are among the earliest known to mankind. There is much evidence in holy writ for the ceremonial uses of it, and the old Mosaic law commands that every sacrifice of a meat offering shall be seasoned with it. Homer calls it divine, and many of the old Teuton races looked on salt springs as holy and worshiped at them. The origin of this superstition seems to be that since salt cannot corrupt it should be regarded as a symbol of immortality.

Eat to Break Up Cold.
When a cold first starts physicians usually advise a light laxative diet, consisting chiefly of hot lemonade or orangeade, broths or gruels, with crisp toast, baked potatoes, mild, stewed fruits and vegetables. After this for a few days, until the cold seems to be broken, it is well to eat an ordinary diet, with plenty of fruits and vegetables. To aid the body in recovering eat meals which give more fuel value than usual.

Sensitive Squabs.
French scientists believe that carrier pigeons are influenced by magnetism, and that with the spread of wireless telegraphy much less dependence can be placed on them.

Optimistic Thought.
The hero lifteth his sword against the enemy that resisteth, but no sooner does he submit than he is satisfied.

The First Silk.
The first silk was made 2600 B. C. by the wife of a Chinese emperor, Aristotle, in 350 B. C., first mentions silk among the Greeks. The manufacture of silk was carried on in Sicily in the twelfth century, later spreading to Italy, Spain and the south of France. It was not manufactured in England before 1604.

New Source of Wealth.
Processes have been perfected whereby rattings, binder twine and other coarse textiles are being made of the leaf fibre of the scrub palmetto and cabbage palm, which grow profusely in several of the southern states.

Clock of Long Service.
In the examination hall at Canton, China, where under the old regime students sat for their military tests, is a water clock which was automatically recorded the time for 3,000 years.

Virtue and its Reward.
To strive against evil motions of the mind which may befall thee, and to reject with scorn the suggestions of the devil, is a notable sign of virtue, and brings great reward.—Thomas a Kempis.

Heavy Female.
The weight of the Statue of Liberty in New York harbor is 440,000 pounds.

Further Elucidation Needed.
Dr. Hugo Ilbert of Bonn, Germany, in a book "Death From Old Age," tells that the way to stay young is to keep going. In other words, if you run around fast enough Old Nick will not be able to catch you. This is good advice, so far as it goes, but it is not all the answer.

To Carry Heavy Loads.
One way of carrying two buckets of water with the least possible expenditure of energy is the hoop-carrying method of Macedonia. There a small boy will carry a man's load by walking inside a hoop which keeps the weight free from the body and distributes pressure.

New Idea in Handling Coal.
New York inventors have patented machinery to cut coal in a mine, pulverize it and mix it with water and pump it to any desired destination, where it would be dried, the idea being to save costs of handling and transportation.

Glass of Hot Water Before Breakfast a Splendid Habit

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

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

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