

# Your Health is Safe

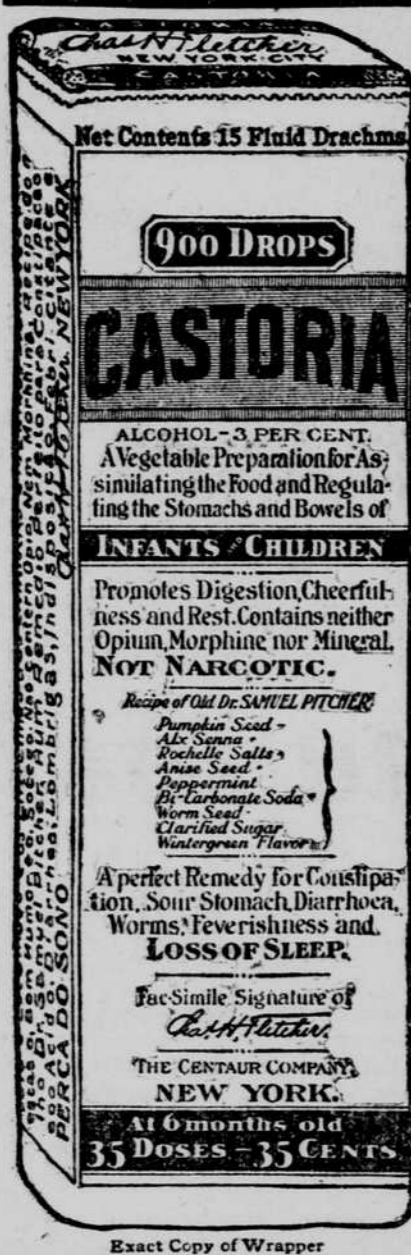
WHEN THE APPETITE IS KEEN

WHEN THE DIGESTION IS NORMAL

WHEN THE LIVER AND BOWELS ARE REGULAR

Any disturbance of these functions could be corrected by

**HOSTETTER'S Stomach Bitters**



## CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

*Dr. J. C. Hostetter*  
In Use For Over Thirty Years  
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## Distemper CURES THE SICK

Puts a ... Stop to all

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$3 and \$10 a dozen bottles. All good druggists and turf goods houses.

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Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

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Always Successful. Write for Booklet. Address NEAL INSTITUTE 21 Benton Street, COUNCIL BLUFFS, IA. Or address J. A. NEAL, Manager.

## BLACK LEG

LOSSES SURELY PREVENTED by Carter's Blacking Pills. Low-Priced, Fresh, Reliable, Preferred by Western stockmen, because they write for where other venereal fail. Write for booklet and testimonials. 10-dose pkg. Blacking Pills \$1.00. 20-dose pkg. Blacking Pills \$1.50. See any druggist, but Carter's best. List on Carter's. If unsatisfactory, money refunded. The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

## PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

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## PATENTS

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## WHAT IS URIC ACID?

THE CAUSE OF BACKACHE, RHEUMATISM, LUMBAGO

Ever since the discovery of uric acid in the blood by Scheele, in 1775, and the bad effect it had upon the body, scientists and physicians have striven to rid the tissues and the blood of this poison. Because of its over-abundance in the system it causes backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and completely eradicate this uric acid from the system. "Anuric" is 37 times more potent than *Uric*, and consequently you need no longer fear muscular or articular rheumatism or gout, or many

other diseases which are dependent on an accumulation of uric acid within the body. Send to Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., for a pamphlet on "Anuric," or send 10 cents for a trial package of "Anuric" Tablets.

If you feel that tired, worn-out feeling, backache, neuralgia, or if your sleep is disturbed by too frequent urination, go to your best store and ask for Dr. Pierce's "Anuric."

Dr. Pierce's reputation is back of this medicine and you know that his "Pleasant Pellets" for the liver and his "Favorite Prescription" for the ills of women have had a splendid reputation for the past fifty years.

It's un lucky to wish too much—just look at what the turkey gets for having a wish-bone.

Pills Relieved by First Application. And cured in 10 days by P420 OINTMENT the universal remedy for all forms of Piles. Druggists refund money if it fails. 50c.

He isn't always happiest who wears the happiest look.

## FAITH IN PRESIDENT

WILSON'S ATTITUDE IN GARRISON CASE PLEASURES SOLONS.

## ALLIES ARE READY TO PROTEST

Vigorous Objections Will Be Made if U. S. Determines All Armed Ships Are Warcrafts.

Washington.—A new note of harmony and co-operation on national defense problems was struck in the house military committee as a direct result of the resignation of Secretary Garrison of the War department. It found expression in the adoption of a resolution declaring the committee's appreciation of the confidence President Wilson reposed in it and in the senate committee as disclosed in his correspondence with Mr. Garrison.

The nonpartisan character of the feeling was emphasized by the fact that the resolution was offered by Representative Kahn of California, ranking republican member of the committee.

Members of both the congressional committees declared that the war secretary's withdrawal had brought out sharply the president's desire that congress should work out its army problems in the light of its own best judgment, despite his personal preference for the continental army scheme advocated by Mr. Garrison and the army war college. The net result, they agreed, was a clarification of the congressional atmosphere and the assurance of support for the bills that will be drafted from elements of both the democratic and republican side that had heretofore been counted against the measure.

Present indications are that the house bill will lay its stress upon provisions designed to federalize the National guard, while senate committee's main effort will be to go into the regular army angles of preparedness plans. The final measures sent to the president for his signature will be a compromise, it is thought, each house being willing to accept the judgment of the other to a large extent in its own particular field.

Rule May Cause Boycott. — Diplomatic negotiations of various character soon will confront the United States as a result of the expected intention of the German and Austrian governments to treat armed merchant ships of the entente allies as war vessels after February 29.

Apparently it is certain, if the temper of the allied governments can be judged by the feelings of their diplomatic representatives here, that any attempt by the United States to change the present rule permitting the use of American ports by merchant ships armed for defensive purposes will be met by a strong protest. Correspondence also is likely to follow if the United States assumes a position which coincides with that of Germany and Austria regarding the right of submarines to sink armed ships without warning.

On the other hand, the United States itself may take the initiative should the entente allies establish a boycott on American ports in the event of this government deciding that armed merchant ships entering American waters are ships of war, and therefore subject to internment.

In Tonicic quarters, however, it is contended that merchant ships armed for defensive purposes are really armed for resistance and that merchant ships have no right to resist.

American officials seem inclined to the view that the contentions of German and Austrian governments are well founded and from several quarters has come information that the United States might warn its nation als to remain off merchant ships that are armed.

Near Clash Over Prohibition. — Frankfort, Ky.—After an acrimonious debate during which a personal encounter between Representative J. D. Humphrey and Representative W. D. Harvey was averted by other legislators, the lower house of the general assembly here defeated a proposition to submit to the voters of Kentucky a state-wide prohibition constitutional amendment.

Greece to Keep Forces Prepared. — Paris.—Premier Skouloudis read a declaration in the Greek chamber recently that the program of the government was above all to keep the forces of the nation intact and use them exclusively in the interests of the country, says a Havana dispatch from Athens.

Money Sent Austria-Hungary. — Chicago.—Julius Goldzier, in a report on Austro-German relief work, said that the organization thus far has contributed money and supplies of an aggregate value of \$340,000.

Oversea Air Voyages in 15 Hours. — London.—Twenty years from now travelers will speed from New York to London in fifteen hours in a giant aeroplane making 200 miles an hour, Claude White declared here.

Edison Battery Blamed. — New York.—Responsibility for the explosion upon the submarine E-2 at the New York navy yard, which resulted in five deaths, was placed upon the Edison Storage Battery company by C. W. Nimitz, counsel for the commander of the vessel.

Rumania Recalls Reservists. — London.—Rumanian reservists, at Salonika have been ordered home immediately. Reports are that Rumania has asked the people to put all their gold in the national bank.

## GOOD TOAST REQUIRES CARE

Some Principles to Be Observed if One Would Have the Dainty at Its Best.

The principle that underlies toast-making is threefold:

1. Heat evaporates moisture throughout the slice of bread.

2. Intense heat changes the contents of the starch granules on the surface of the bread to dextrin.

3. Intense heat, long continued, will change first the surface starch and then all to carbon (charcoal).

A good cook will secure the first two, and avoid scorching the bread. Successful toast making depends upon these points:

The selection of bread already partially dry.

The cutting of bread into slices of uniform thickness.

Regulating the source of heat.

Placing the slices firmly in a toaster or on a fork or evenly on a rack when toasting by gas.

Keeping the toast at a distance from the source of heat that insures a steady but not too rapid change.

Turning the slices, or the toaster, to cook each surface in turn and thus make the process slower.

Stopping the process before the carbon is formed and the toast burned.

## EASILY MADE SWEET PUDDING

But to Be Perfect It Must Be Prepared Twenty-Four Hours Before It Is Served.

Only the foresighted housekeeper need choose this pudding, because it must be prepared twenty-four hours before it is to be served. It is, however, so very simple and has so high a food value that it amply rewards the cook for the care needed in its preparation. One dozen lady fingers, two cakes of German sweet chocolate, two tablespoonfuls sugar, two and one-half tablespoonfuls water, four eggs, vanilla to taste.

Into a spring form carefully lined with wax paper put a layer of lady fingers. Melt the chocolate and sugar in the water over a moderate fire. When it is thoroughly dissolved take from the fire and cool. Then add the yolks of the eggs, one at a time, and keep beating. Next put in the vanilla and last the stiffly beaten whites of eggs. Pour half of the mixture over the lady fingers in the mold and then spread another layer of lady fingers upon which the remaining custard is poured. A layer of lady fingers comes last, dusted over with finely chopped almonds and powdered sugar. Set in the icebox twenty-four hours and serve with whipped cream.

Peach Delight. — Beat one egg till light with three tablespoonfuls sugar; add four tablespoonfuls melted butter, half teaspoonful salt, one cupful milk and two cupfuls flour which has been sifted; when well mixed stir in one cupful sliced canned peaches which have been drained free of all juice, being careful not to break slices; turn into large bread pan and bake 45 minutes in moderate oven as you would cake; serve warm on large platter, piled high with whipped cream sauce. Garnish with slices of peach.

Sauce: Whip half cupful heavy cream till quite thick, then gradually add two tablespoonfuls heavy sweet peach juice, one teaspoonful powdered sugar and four drops vanilla.

Meringues. — One cupful egg white, one-quarter teaspoonful salt, one cupful fine granulated sugar, half teaspoonful vanilla; add salt to eggs, beat until very stiff, add two tablespoonfuls sugar, beat five minutes; so continue until half sugar is used. When very stiff cut and fold in remaining sugar; drop in by spoonfuls on to wet paper on inverted dripping pan; bake in a slow oven 30 minutes; remove from paper, take out uncooked portion, dry in oven, cool and fill with ice cream which can be purchased, half pint, or fill whipped cream; put two halves together.

Fish Cooked in Paraffin Paper. — Ask any housewife what in her work she hates the most and she will say without a moment's hesitation, "Washing fish pans." This very disagreeable duty may be avoided by wrapping up the fish before it is put into the baking pan, in paraffin paper. If the pan is also carefully lined with the paraffin paper just as if a cake was to be baked in it, all the clutter of fish bones and incidentally the odor will be removed when the paper is peeled out after the fish is served. A quick boil-up with salted water will clean the pan perfectly.

Orange Cream. — Boil the rind of a Seville orange very tender; beat it fine in a mortar, put into it the juice of a Seville orange, four ounces of leaf sugar and the yolks of four eggs. Beat all together for ten minutes, then by gentle degrees pour in a pint of boiling cream; beat till cold. Put into cups, set into a deep dish of boiling water and let them stand till cold again. Put at the top small strips of orange paring cut thin or preserved chips.

Onions and Eggs. — Allow one large onion and one heaping teaspoonful butter for each egg used. Melt the butter in a saucpan, peel the onions and cut into small pieces or slices into the pan. Season with salt, cover the pan and fry until brown, turning them often. Beat the eggs, season with salt and pepper, and pour over the onions. Cook until the eggs are set, stirring often to prevent burning. Serve on rounds of buttered toast.—Farm and Home.

Effective Cleaners. — For cleaning the inside of water bottles, long-neck vases and pitchers, try raw grated potato, soft tissue paper wads, the inside skin of the egg, or ammonia soap suds before using gun shot, which is so apt to break or crack the article. Sometimes lemon juice and salt with grated raw carrot will do the work.

## WONDERFUL PROGRESS IN CANADA

It Is Over the Hill—Splendid Bank Clearings, and the Crop Returns Reveal Vast Possibilities for the Future.

"There are opportunities for investment in Canada now that may prove attractive to American capital. Land prices in the west are low and wages less than on this side of the line, and whatever the outcome of the war, the future of the Dominion is assured as one of prosperity in the development of its vast resources." *Chicago Tribune*.

A short time ago the Canadian government asked for private subscriptions to a loan of fifty million dollars. Less than a month was given for completion of the subscription. On November 20th, the day upon which subscriptions were to cease, it was found that 110 million of dollars had been subscribed or 60 million dollars more than the amount asked. If there were any so pessimistic as to imagine that Canada was passing through a period of hard times the wonderful showing of this subscription should put aside all doubts of Canada's rapidly increasing prosperity.

The bank clearings of Winnipeg for 1915 were a billion and a half of dollars. Think of it. Then, in addition, there were the bank clearings of the other cities throughout Western Canada. Regina, Saskatoon and Moose Jaw also show big increase in clearings. The Winnipeg statistics show that the city has done the biggest financial, commercial and industrial business in its history in 1915. A billion and a half are big clearings, representing business on a per capita basis of over \$7,000 per head for every man, woman and child in the city, and has gone ahead of big manufacturing cities like Buffalo, and runs a close second to Detroit. It has shown bigger bank clearings than the middle west cities of Minneapolis and Duluth, and has exceeded Los Angeles, Seattle and other noted shipping centers. It is now side by side with the ten biggest cities in North America in amount of bank clearings. But because the war helped Canada recover quickly from a natural economic depression it does not follow that, at the end of the war, the country must suffer a relapse, and straightway return to a state of inactivity and hard times.

A Winnipeg paper, with a well-known reputation for conservatism in economic matters says:

Canada's undeveloped fields should prove a mighty factor after the war in adjusting the country's business from one period to another. The staggering figures of this year's crop, showing increases in production of 50 per cent over last year, give a slight idea of the future wealth stored in vast stretches of prairie plain yet untouched by the plow. The Northwest Grain-Dealers' Association on September 1 estimated that the wheat crop of the three Prairie Provinces would amount to 250,800,000 bushels. On November 10 that estimate was increased to 307,230,000 bushels. The Dominion government on September 13 estimated the Western wheat crop at 275,772,200 bushels, but on October 15 those figures were changed to 304,200,000 bushels.

Monetary Returns for the Western Crop. — And the amount of money which the west is receiving for its grain has not yet been wholly appreciated. Up to the 10th of December the Canadian west had received some 170 million dollars for 182 million bushels of its grain crop, of which 149 million bushels was wheat. The average price of No. 1 Northern wheat for September was 93¢ cent; for October 98½¢ cent, and for the first three weeks of November \$1.03½. On the 10th of December there was fully 120 million bushels of wheat to be marketed. This would leave about 30 million bushels for local consumption in the Prairie Provinces.

Bradstreet says: "Confidence seems to have returned in Canada; grain crops are exceptionally large, prices pay the farmer, and the war-order lines provide work and aid in circulating much money. Credit is more freely granted, and interior merchants are disposed to buy rather liberally."—Advertisement.

Unkind. — "A penny for your thoughts." "Could you pay cash if I accepted your offer?"

Use Marlin after Exposure in Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Mends Eye. Remedy Co., Chicago, Sends Eye Book on request.

His Price. — Mrs. B.—Did your gown cost much? Mrs. W.—Only one good cry.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

The mechanical windmill is a worker—the human windmill isn't. That's the real difference.

## WOULD YOUR SKIN STAND THIS TEST?

The bright lights of an evening gathering show up mercilessly the defects of a poor complexion. But the regular use of Resinol Soap makes it as easy to have a naturally beautiful skin as to cover up a poor one with cosmetics. It lessens the tendency to pimples, redness and roughness, and in a very short time the complexion usually becomes clear, fresh and velvety.

In severe or stubborn cases, Resinol Soap should be aided by a little Resinol Ointment. All druggists.—Adv.

For Protection of Hen. — The school commissioner of Caldwell, N. J., caused so much comment by leaving an open umbrella on his front lawn for many days that he finally had to explain that it was a protection for his strong-minded hen, who was sitting out there, and not at all amenable to suggestions that she move.

RESTORES KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It is a physician's prescription. Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his private practice. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it will help you. No other remedy can successfully take its place.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation, send 10 cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

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