DRINK HOT WATER BEFORE BREAKFAST

Says you really feel clean, sweet and fresh inside, and are seldom ill.

If you are accustomed to wake up National, Political, Personal and Other with a coated tongue, foul breath or a dull, dizzy headache; or, if your meals sour and turn into gas and acids, you have a real surprise await ing you.

Tomorrow morning, immediately upon arising, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is intended to first neutralize and then wash out of your stomach, liver, kidneys and thirty feet of intestines all the indigestible waste, poisons, sour bile and toxins, thus cleansing, sweetening and purifying the entire alimentary canal.

Those subject to sick headaches, backache, bilious attacks, constipation or any form of stomach trouble, are urged to get a quarter pound of limestone phosphate from your druggist or at the store and begin enjoying this morning inside-bath. It is said that men and women who try this become enthusiastic and keep it up daily. It is a splendid health measure for it is more important to keep clean and pure on the inside than on the outside, because the skin pores do not absorb impurities into the blood, causing disease, while the bowel pores do.

The principle of bathing inside is not new, as millions of people practice it. Just as hot water and soap cleanse, purify and freshen the skin, so hot water and a teaspoonful of limestone phosphate act on the stomach, liver, kidneys and bowels. Limestone phosphate is an inexpensive white powder and almost tasteless .- Adv.

Your neighbors haven't any more use for you than you have for them.

GIRLS! GIRLS! TRY IT, **BEAUTIFY YOUR HAIR**

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff-Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this-moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of ing and falling hair.

be after a few weeks' use when you greatest ocean disaster of modern will actually see new hatr-fine and times. downy at first-yes-but really new hair-growing all over the scalp. If you care for pretty, soft bair and lots of it, surely get a 25 ceat bottle of of acres in four counties in Kansas Knowlton's Danderine from any store and just try it. Adv.

The United States produces 80 per cent of the oil of the world.

LOOK! RESINOL HAS CLEARED THAT AWFUL SKIN-ERUPTION AWAY

Every day, thousands of skin-sufferers find that the moment that Resinol Ointment touches their tortured skin the itching stops and healing begins. That is why doctors have prescribed it so successfully for over 20 years in even the severest cases of eczema, ringworm, rashes, and many other tormenting, disfiguring skin diseases. Aided by warm baths with Resinol Soap, Resinol Ointment usually makes a sick skin or scalp healthy, quickly, easily and at little cost.

Resinol Ointment and Resinol Soap also greatly help to clear away pimples and dandruff. Sold by all druggists.-Adv.

A new electrical process makes charcoal from sawmill waste.

IF BACK HURTS CLEAN KIDNEYS WITH SALTS

Drink Lots of Water and Stop Eating Meat for a While If the Bladder Bothers You.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the

night. To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.-Adv.

Brazil produced sugar commercially as early as the sixteenth century.

NEWS OF THE WEEK

CONDENSATIONS OF GREATER OR LESSER IMPORTANCE.

Matters in Brief Form for All Classes of Readers.

WAR NEWS.

Four people dropped dead from heart failure in one of the towns in England visited by the Zeppelin as the raiding airship appeared.

The Swedish foreign office informs Greek consul in Omaha. the Associated Press that a warning against embarking on armed merchantmen has been issued to Swedish citizens

eluded British patrols on her return bus operators to file an indemnity to a German port by cruising northward around Iceland. First Lord of the Admiralty Balfour told the British house of commons.

Four German steamers which had taken refuge in the port of Lourenco Marquez, Portugese, East Africa, have been seized and the Portuguese flag hoisted on them. The crews of the vessels were interned.

Emperor William of Germany has received the commander of the German commerce raider Moewe and personally presented him with the Order Pour Le Merite, according to a dispatch from Amsterdam.

Germany, in her Verdun drive, has taken approximately forty square miles of positions held by the French, or more than four times as much as the French gained in the entire Champagne offensive last fall.

Germany has declared war on Portugal. Thus thirteen countries are engaged in the international struggle. The declaration of war was made by Germany chiefly on account of the recent seizure of German merchantmen interned in Portuguese ports.

The United States has asked Great Britain for a copy of the confidential instructions to commanders of British merchant vessels, which Germany claims prove that merchantmen armed ostensibly for defensive purposes have orders to act offensively against Ger- tendance in 1916 will be presented man and Austrian submarines.

The French ministry of marine announces that there were nearly 4,000 men on board the French auxiliary erniser Provence when she was sunk dandruff; cleanses, purifies and invig- Mediterranean on February 26 and night will be known as "Woodrow Wilorates the scalp, forever stopping itch- that more than 3,000 lives were lost. The sinking of the French auxiliary But what will please you most will cruiser Provence is said to be the

GENERAL.

A prairie fire devastated thousands north of Dodge City, and caused the death of a boy and the severe burnin of a woman.

in a statement given out through the at the State Elks' convention in July. New York Mail, emphatically declines to be a candidate in the primaries of Massachusetts or any other state.

It was announced at Chicago that the vote of 400,600 engineers, firemen and trainmen of American railroads overwhelmingly favored authorizing union heads to enter into negotiations vide for development of waterpower with the railroads for an eight-hour

The soft coal agreement, which will add from \$15,000,000 to \$20,000.000 to ing \$825,000 for three new coast guard the incomes of the mine-workers of cutters from New York harbor, the western Pennsylvania. Ohio, Indiana Pacific coast and Alaska, and \$240,000 and Illinois, was signed in New York for three river steamers to relieve subject to referendum vote of all the flood sufferers on the Mississippi and bituminous miners in the United its tributaries.

ico, with 1,500 men, killed seventeen pean ports as passengers last year. Americans and fired many buildings. Figures assembled in the bureau of He and his followers were driven back navigation show that 250,000 of them accepted him.-Judge. across the international border by traveled on vessels owned by the bel-American troops. Villa's total losses ligerents. in the fight were estimated in excess of 100 killed and twice as many wounded.

Local option won over prohibition in Vermont at an election held recent. found unjustly discriminatory by the ly, by a margin of 13,164 votes. Every interstate commerce commission in so county in the state, with the exception of Orleans, gave a majority in burg, Colo., to the same points by favor of local option.

Seven thousand and twenty-eight Texas boys, in agricultural clubs, last ing industries of the United States year showed that they are better far have increased their working forces mers than their fathers. The corn an average of 15 per cent within the boys average yield per acre was 35.6 last year, according to figures given bushels, while the fathers' was only out by the department of labor. 24.7. The boys also led in many other products.

tral committee at Topeka decided to the equal in fighting strength of the hold the state convention, at which present German fleet, Admiral Fletchfour delegates-at-large to the national er, commander of the Atlantic fleet, convention will be chosen, in Hutch- declared before the house naval cominson, April 11.

Observance of a "swat the fly" day In Iowa schools some time soon has vote of 276 to 142 killed the McLebeen proposed by W. B. Barney of the more resolution to warn Americans Iowa Dairy and Food commission at off armed merchant ships of European Des Moines. Every fly which escapes belligerents, thus giving President death in the spring has 5,000,000,000,- Wilson a free hand in the German 000 descendants by fall, according to submarine controversy. Representathe commissioner.

A permanent organization of American mayors to promote the cause of national defense was effected at a meeting of mayors and their representatives from eighty large cities at res in eastern Utah and 10,988 acres

Will H. Orpet, University of Wisconsin student, was indicted by a Lake county grand jury in Chicago on a charge of murdering his former sweetheart, Marian Lambert.

stroyed the main barracks and ammunition houses at Fort Gibbon, occupied A BOILING DOWN OF EVENTS by Company B, Fourteenth infantry, at Fairbank, Alaska. More than 50 per cent of the University of Wisconsin co-eds are affected with goiter in a moderate form, ac-

cording to Prof. W. J. Meek, of the

Three soldiers were killed and two

seriously injured in a fire that de-

university facutly, in a lecture to a health and disease class at Madison. The Greek government has called to the colors all men of the classes of 1896 to 1905 of the navy and also all those formerly called who did not respond, according to word received from

Athens by George Cosmos, acting

The Iowa law giving cities the power to regulate jitney busses was held constitutional by Judge George Jepson in district court at Sioux The German commerce raider Moewe City, but the clause requiring jitney bond with the city clerk was held invalid.

> Dwelling houses and sites for stores are in demand at Gary, Ind., as a result of the announcement made by Elbert H. Gary, chairman of the United States Steel corporation that the steel industries in that city are to be enlarged by the construction of a \$25,-000,000 tube plant.

> Sixteen nations are participating in the big second year of the San Diego Panama-California exposition, which will be formally opened by President Davidson at San Diego on March 18. When the 1915 exposition closed December 31, it had established a world's record for expositions by remaining open for an entire year.

SPORTING.

Bennie Leonard outfought Johnny Dundee in a ten-round bout in New York, thus becomig eligible for a match with Freddie Welsh for the lightweight championship.

A bill to legalize fifteen-round boxing bouts in Kentucky passed the lower house of the state legislature by a vote of 48 to 27. Friends of the bill claim it will pass in the senate

Frank C. Zehrung, president of the Western league, announces that the city having the largest opening atwith a silver loving cup, presented by Governor Capper of Kansas.

President Wilson will open the Atlantic Coast Bowling tournament in Washington April 3 by rolling an ensupposedly by a submarine in the graved ball down the alleys. The first son night," in honor of the president. . . .

Final approval for football games on Thanksgiving day, with the stipulation that such games must be played in the afternoon was given at a meeting of the Missouri Valley Conference Governing Board at St. Louis. Post season games were forbidden.

Frank Gotch and Joe Stecher were offered a purse of \$40,000 by John H McIntosh representing the Copper Colonel Theodore Roosevelt, who is City Athletic club to wrestle for the now at Trinidad, British West Indies, world's championship in Butte, Mont., This is the largest bid vet made for this match, the highest previous offer having been made by a Chicago club.

WASHINGTON.

The senate, after four weeks of debate, passed the Shields bill to proin navigable waters by private capital. The vote was 4 to 22.

The senate passed a bill appropriat-

Despite the perils of submarine war-Francisco Villa, outlawed Mexican fare 400,000 persons crossed the Albandit, attacked Columbus, New Mex- lantic between American and Euro-

Rates of the Colorado & Southern, | THUIL LAXATIVE and other roads on coal from South Canon, Colo., to Wyoming, South Dakota, Nebraska and Kansas were far as they exceed rates from Walsenmore than 25 cents per net ton.

Manufacturing plants in seven lead-

Three dreadnoughts and four battle cruisers added to the American fleet, The Kansas democratic state cen- built and authorized, would make it mittee.

> The house of representatives by a tives from Nebraska voted solidly for the resolution.

> Orders approved by president Wilson restore to entry 113,348 acres of public land in Wisconsin, 188,338 acin western central Montana

CANADA'S PLANS FOR WAR REVENUE

So Wisely Distributed That Taxation Will Affect Farmers to a Degree Practically Unnoticeable.

So many rumors have been circulated regarding war taxation in Canada that the statement made by Sir Thomas White, Canadian Minister of Finance, of the Government's plans for raising war revenue should be given the widest circulation. Sir Thomas made it clear that the revenue will be raised by taxing the profits of incorporated companies whenever those profits exceed seven per cent, and the profits of unincorporated firms or partnerships when the profits exceed ten per cent. On all such excess profits contribute one-quarter to the Government. Transportation companies, banks, mining, milling, and other companies will be subject to this taxation. but life insurance companies, and companies with less than fifty thousand dollars capitalization, and companies, firms, or individuals engaged in agriculture or stock raising, are exempt, and pay no part of this taxation. The only other additional taxation proposed is an increase of fifty cents a barrel in the customs duty on apples. and one-half cent a gallon in customs duty on certain kinds of oils.

It will be noticed that this taxation is being applied in such a way that it does not affect farmers in the slightest degree, except, perhaps, through a small increase in cost of apples and oil. The war revenue is to be paid out of the profits of the big firms and companies with capital of over fifty thousand dollars, and even these are allowed seven per cent in some cases. and ten per cent in others, of clear profits before they have to pay any part of this taxation. It will be seen that the whole policy is to place the war expenditure taxation on those who have been making big profits and are able to pay it, and to encourage farming and stockraising by exempting farmers and stock-raisers from the taxation. This ought to set at rest every rumor that the farmer or the farmer's land is being taxed to pay the cost of the war .- Advertisement.

Her Reason. "Women," remarked the mere man,

'are seldom capable of reasoning," "Don't you believe it," replied the female of the species.

"Why not?" he inquired. "Well-because," she answered.

OLD PRESCRIPTION FOR WEAK KIDNEYS

A medicinal preparation like Dr. Kilmer's Swamp-Root, that has real curative value almost sells itself. Like an endless chain system the remedy is recommended by those who have been benefited to those who are in need of it.

Dr. Kilmer's Swamp-Root is a physician's prescription. It has been tested in fact, in the relations of the United for years and has brought results to count less numbers who have suffered.

The success of Dr. Kilmer's Swamp-Root is due to the fact that it fufills almost every wish in overcoming kidney, liver and bladder diseases, corrects urinary troubles and neutralizes the uric acid which causes

Do not suffer. Get a bottle of Swamp-Root from any druggist now. Start treatment today. However, if you wish first to test this

great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Blocked by Her Think. "I once thought seriously of marrying for money."

"Why don't you, then?" "The girl in the case did "ome think-

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and % oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

The Inexperienced One. Belle-Is he a man of affairs? Anne-Mercy, no! He never had a chance. The first girl he proposed to

"California Syrup of Figs" can't harm tender stomach. liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic-remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50cent bottle of "California Syrup of Figs," which has directions for babies. children of all ages and grown-ups printed on the bottle. Adv.

Six children in England claim the Prince of Wales as their godfather.

TROOPS CROSS LINE HIS SHARE OF THE HORSE STRAIN ON THE IMAGINATION

AMERICAN ARMY ENTERS MEX-ICO IN PURSUIT OF BANDITS.

FUNSTON DIRECTS EXPEDITION

Band, Dead or Alive-Seventeen Killed in Columbus Raid,

Washington .-- American troops, by

orders from President Wilson, have

crossed the Mexican border to take

or alive, as the result of the recent raid by Villistas on Columbus, N. M., when seventeen Americans were killed and a score or more wounded. Under the direction of Major General Funston, who ended the Philipthese companies or firms will have to pine insurrection by taking Aguinaldo consisting of about 5,000 men moved across the international boundary to little ones was the interesting topic meet about 3,000 guerrila troops in a of their conversation. mountainous region, from which Carranza troops have fled. Whether this long-deferred action, which begins purely as a punitive measure to clear northern Mexico of menacing bandit of Harold! He seems to take a fiendbands over which General Carranza has no control, shall grow into a general armed intervention or occupation in Mexico depends in a large measure upon General Carranza and the Mex- tist!"

ican people. After a brief eabinet meeting, at which the president was described as being as determined to eliminate Villa, as he was to eliminate Huerta. Secretary Baker hurried to the Wac department and as his first act in office sent orders to the border troops. Soon afterward the army general staff assembled and conferred over the plans, long drawn and perfected since the Mexican situation loomed up as a disturber to the peace of the United States.

General Funston telegraphed urging utmost secrecy of the army plans. The border is honeycombed with Mexican spies, and it was agreed that the expedition will be pushed to success by keeping Villa and his men ignorant of lodge at the municipal ledging house. its movements. It is possible that no correspondents will be permitted to accompany the columns. At any rate a strict censorship will be imposed.

State department officials declined to say what their attitude would be if General Carranza took a hostile position. They said the United States would settle that question when it arose. If an offer of co-operation of Carranza troops is made, they said, it could hardly be refused.

Secretary Lansing announced that no matter how far into Mexico it was necessary for American forces to penetrate, or to what numbers it became necessary to increase their force, the United States would consider the expedition a punitive oneone purely for the suppression of outlaws. For such action there is ample precedent in international law and, States with Mexico

In sharp contrast to the stirring scenes in congress two years ago when President Wilson ordered the fleet to Vera Cruz, the president's ac tion was received with marked complacency in both house and senate.

Mexicans Kill Rancher.

Bisbee, Ariz.-An American ranch er was killed when a band of approximately 200 Mexican bandits crossed the border southeast of Osborne Junction, Ariz., according to reports reaching here.

Many head of live stock were killed or driven off by the bandits, it was stated.

Tension High at Columbus. Columbus, N. M .- Residents of this town are in a state of high tension as the result of the killing of seventeen Americans by Villa and his band of outlaws in last week's raid. Many buildings that were fired by the raiding bandits were almost totally destroyed.

Bryan Says Plan O. K. South Bend, Ind .- William J. Bryan on his arrivel here gave out a statement in which he expressed approval of President Wilson's course in sending troops into Mexico after Villa.

Many Non-Combatants Killed. London.-The number of non-com batants killed by Great Britain's enemies since the beginning of the war aggregates 3,153, Premier Asquith announced just recently.

Refinery to Resume. Philadelphia.-The Franklin Sugar refinery in this city, which has been idle for more than a quarter of a century, will resume operations at once, giving employment to 800 men.

Women Declare Boycott on Sugar. Cincinnati, O.-The national house wives' co-operative league has declared a "boycott" on sugar and sent out communications to all branches of the league as well as to other wonien's societies urging co-operation. The high price of sugar is the reason.

Many Britons Made Homeless. London.-Hundreds have been made homeless and thousands of acres of farm lands in southwestern England have been inundated as a result of the overflow of rivers caused by snow.

Cornered by Police: Kills Self. Lincoln, Neb .- After taking a negro girl, Hazel Holcomb, from her escort and keeping her prisoner in a barn over night, Earl King, negro, took the girl to his home, held police at bay for two hours and finally blew out his brains.

Must Pay for Killing Man. Webster City, Ia .- Mrs. Agnes Alvestad was awarded \$1,500 damages in the district court here against Dr. E. W. Slater for running over and killing Alvestad with his auto.

Interfering Individual Evidently Was Company Was Willing to Believe a Not as Important as He Thought He Was. A newly admitted member of a big

stead of walking. The fault-finder

part owner of your horse and van."

the coaly, pulling a hair out of the

"Here's your share of the animal, mis-

Soon Settled.

"Then we'd better make him a den-

Everything in Stock.

and corsets. And it is a good bet

sheet music and bustles may be ob-

tained at his store-or if he didn't

have them he could order 'em for you.

Rough on the Water.

have a bath before being allowed to

"Well, what have you to say now?"

Willing.

"Why don't you take something for

"What would you advise me to

"Nothing doing. I was in hopes you

were going to say rock and rye."-

Wise Provision.

"I consider that a wise provision of

kept busy enough."-Kansas City Jour-

The city of Copenhagen is daily con-

suming about 25,000 pounds of Ameri-

in a man as if he were interesting.

"Beauty is only skin deep."

muce disgusted.

The hobo glared.

that cold of yours?"

take?"

nature."

can salt pork.

"Quinine."

New York World.

the curse of bathtubs."

The hobo had just been forced to

that if the truth were known, prunes,

Father and mother were having a

ter.'

He then drove on.

ther presently.

Mr. Stretcher-Yes, it's cold, but co-operative society boasting sixteen nothing like what it was at Christmas thousand members met one of the so- three years ago, when the steam from ciety's vans laden with coal, with the engines froze hard and fell on the the driver sitting on the shafts. line in sheets. The new member, full of the importance of belonging to such a big cold as in '87, when it froze the elec-

Mr. Cuffer-And yet that wasn't so society, considered it his duty to re- tricity in the telephone wires, and Orders Are to Take Villa and His monstrate with the driver on his want when the thaw came all the machines of consideration toward his horse by were taiking as hard as they could adding his own weight to the load in- for upwards of five hours. "Well, gentlemen," said Mr. Long-

Lot, But Longbow's Story Was

Too Much for Them.

wound up by saying: "I'm a share- bow, "the coldest year that I can reholder in the society, and therefore member was in the Christmas week in '84, when the very policemen had to "Shareholder, are you?" responded run to keep themselves warm."

But that was too much, and with Francisco Villa and his bandits, dead horse's tail and handing it to the as- silent looks of indignation the other torished member, with the remark: two left to his own reflections the man who treated the truth so slightly.

Safety First.

A missionary in a slum district presented a ragged little urchin with a new suit of clothes. More than a single-handed. American columns little chat by the fire before retiring week passed away, and the missionary met his little friend again.

for the night. The future of their Being well acquainted with the condition of the boy's home, and the "Then what about Harold?" said fa- drunken father, who pawned everything he could lay his hands on, he "Ah, Harold," sighed mother, "I was surprised and pleased to find that sometimes wonder what will become the lad still wore the suit.

"Still wearing your suit?" he asked, ish delight in hurting his brothers and and there was a word of pathos in the lad's reply. "Is that so?" said father promptly.

"Yes, sir; I've slept in it."

Enough Evidence.

Two rustics in the old country were discussing, one day, a newly erected A general merchant from Havre, postal pillar box in a village street. Mont., is in New York this week learn- For a long time they were unable to ing the latest wrinkles in the art of think of its use, when suddenly one selling corsets. The merchant's line of said:

goods at home includes lightning rods "Au knaw; it belongs to the Salvachewing tobacco, crackers, hoe han- tion Army; that's why it's painted dles, rope, molasses, rat traps, canned red." goods, matches, calico, assorted nails

But after a little consideration the other replied:

"Na, na; ye're wrong, lad; it can't belong to them, because it says, 'No collection on Sunday."

Habitual With Him. "Loogy yuh, Brudder Tump!" se-

verely said good old Parson Bagster. "What makes vo' beat yo' wife?" "Uh-well, sah." replied the wretch.

"dis lady am muh ou'th wife. I inquired the attendant as the previ- fawined de habit years ago o' beatin' ously unkempt individual emerged | muh fust wife uh-kase she needed it. and I've sawtuh been beatin' muh wives in rotation ever since, out 'o "Water," he remarked soleranly, "is custom. Yo' knows yo'se'f how hard it is to break off a habit when it's don got its claws socked on to yo'."-Kansas City Star.

Not So Much.

"My name is Jones and I'm from New York," announced the traveler to the keeper of a hotel in Minot, N. D. "That's funny," remarked the landlord. "I know a man by that name

out in Butte, Mont." Whereupon the New Yorker realized that this is indeed a small world and that he was about the smallest thing in it.

Couldn't Forget Him. Uncle George-Come here, Willie!

"With that limitation, the girls are Don't you know who I am? Willie-You bet I do! You are ma's brother who stayed here two months one time and never offered to pay a cent for board. Oh, yes; I've heard pa speak of you often.

The camelia was carried from Japan A widow can be as much interested to France by a missionary named Ka-



A Leading **Food Expert**

stood before the big battery of milling machines in the Grape-Nuts factories at Battle Creek, Mich., and after inspecting both the wheat and flour said to the miller:

"That's selected wheat, and no 'patent flour' stunt, either. That wheat comes out of the rolls as honest and unrefined as it went in. Where did you ever make flour before that retained the true mineral content of the grain?"

And the wise miller replied: "I have worked in a good many mills, and I am no youngster, but let me tell you, I never made whole wheat flour like that until I came with this company."

The truth is, white flour is wofully lacking in certain essential mineral elements which are thrown out in the milling to make flour white and pretty, and its use frequently results in impaired health and activity.

The famous pure food,

Grape-Nuts

is made of honest whole wheat and malted barley; and supplies in splendid proportion all the brain- and nervemaking, bone- and muscle-building elements of the field grains, including their mineral elements.

Rich, nut-like flavour, ease of serving, and quick digestibility have made Grape-Nuts a household word the country over.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.