IN THE Maintenance OF HEALTH

It is highly important that you pay special attention to the stomach, liver and bowels

AT THE FIRST TENDENCY to sluggishness or weakness you should try

HOSTETTER'S Stomach Bitters

Eighteen residents of the Pueblo (Colo.) Young Men's Christian association dormitory have been married since that institution opened its doors about a year ago.

Twenty-Five Years' Experience With This Kidney Remedy

Some twenty-five or thirty years ago I began to sell Dr. Kilmer's Swamp-Root and I am satisfied that there is not a superior kidney, liver and bladder medicine on the market. I enjoy a steady and satisfactory sale on the remedy and my customers have nothing but praises in behalf of the merits of Swamp-Root. I am so favorably impressed with the preparation that I recommend it to those in need of such a medicine because I firmly believe it is a valuable and reliable proprietary.

Very truly yours, C. M. COBB, Druggist, 2008 South 10th Street. Sept. 21, 1916. Lincoln, Neb.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

WORD THAT IS OVERWORKED

Weakened Almost to Disability, and Frayed at the Edges, Is That Too-Much-Used "Very."

There is a word that once possessed a vigor and a power that is altogether lost: "Verily, verily"-"in truth, in truth." Now it is "very," and though it still means "in truth," it has become so weakened by usage that it conveys bo force whatever. You meet me on the street and say, "It is a very fine day." What do you mean? Probably you mean, "How do you do?" What you have said is simply a salutation. But if you should say to me, "It is a fine day," you probably mean it is a fine day. That little word "very" has been so weakened, so frayed at the edges that it harms rather than helps its companions. So, gentle reader, I would say to you, if I had arbitrary power over your speech, "This week I will allow you only two 'veries;' " and though for a time such restraint may make you self-conscious, yet it will force you to grope about for musty treatures in the storehouse of your memory, and furbish up old adjectives and adverbs, even drive you now and again to a careful appraisal of your best slang, and when this temporary self-consciousness shall pass, not only your vigor of speech, but your exactitude and clarity of thought will be the better for it. That is a gain that will be worth all the sacrifice.-Burges Johnson, in Century.

Helping the Game Along. The midnight stillness of the darkened parlor was punctuated by a crash

"What-what-what was that, dud-duddarling?" exclaimed the timid young

lust overhead.

"Merely father dropping a hint," she replied, as she snuggled a little closer. -Judge.

Instead of Worrying

about the high cost of living, just buy a package of

Grape-Nuts

-still sold at the same fair price.

Enjoy a morning dish of this delicious food, and smile over the fact that you've had a good breakfast and

Saved Money

Isn't that a fair start for any day?

WOUNDS OF HORSES

Animal Is Often Stung by Swarm of Insects.

SINGLE STING NOT DANGEROUS

Nostrils May Be Closed as Result of Swelling and Possibly Cause Asphyxiation-Treatment for Burns and Scalds.

(Prepared by the United States Depart-

Potsoned wounds are the result of bites of snakes, rabid dogs, stings of bees, wasps, etc. A single sting is not dangerous, but an animal is often stung by a swarm of insects, when the chief danger occurs from the swelling produced. If stung about the head, the nostrils may be closed as a result of the swelling, causing labored breathing and possibly asphyxiation. Intoxication may be produced by the absorption of this poison and is manifested by staggering gait, spreading of the legs, paralysis of the muscles, difficult respiration, and a rise of temperature. Death may follow in five to ten hours. Treatment.

Douse the animal with cold water and apply an alkaline liquid, such as soapsuds, bicarbonate of soda, or weak solution of ammonia. Internally give alcohol, ether, or camphor to strengthen the heart. In case of bites by rattlesnakes, moccasin, or other polsonous snakes, a painful swelling occurs about the bitten part, which is followed by labored breathing, weakness, retching, fever, and death from collapse. The animal usually recovers if it can be kept alive over the third day. In treating the animal, a tight ligature should be passed about the part above the wound to keep the poison from entering the general circulation. Wash out the wound thoroughly with antisepties and then apply a caustic, such as silver nitrate, or burn with a hot instrument. A subcutaneous injection of one-fourth dram of one per cent solution of chromic acid above the would is also beneficial. Cold water may be applied to the

wound to combat the inflammation, Bites of rabid dogs produce an infected wound, and the virus of rables introduced in this manner should be removed or destroyed in the wound. Therefore produce considerable bleeding by incising the wound, wash out thoroughly with ten per cent solution of zinc chloride, and then apply caustics or the actual cautery. Horses thus bitten should be maintained under strict observation for the possible development of rables during a period of at least three months, and if the disease appears, the horse should be killed immediately.

Burns and Scalds.

wounds of domestic animals are, fortunately, of rare occurrence; however, when they do occur, if at all extensive, they prove to be quite troublesome and in many cases are fatal. They are classified in three degrees according to the severity of the burn: First degree, where there is a simple reddening of the skin; second degree, where there is a formation of vesicles, or blisters; third degree. where there is a complete destruction of vitality of the tissues, such as would occur in charring from direct contact with flames or from escaping steam. Besides the burns caused by flames and steam, there are other causative agents, such as chemicals (caustic, alkalls and acids), lightning stroke, and occasionally the broken trolley wires of electric railways. When a large surface of the skin is burned or scalded, the animal (if it does not die at once from shock) will soon show signs of fever-shivering, coldness of the extremities, weakness, restlessness, quick and feeble pulse, and labored breathing. No matter which agent is a factor in the production of burns, the lesions are practically of the same nature. The extent and site of the burn should lead one in the determination and course of treatment. Burns of the shoulder and those about the region of the elbow or other parts where there is much movement of the tissues are grave, and, if at all extensive, treatment should not be attempted, but the immediate destruction of the animal is advised. A burn of the third degree, where there is a destruction of the vitality of large areas of tissue, even on parts not subject to much motion, is extremely tedious to treat; in fact, it is questionable whether the treatment and keep of the animal will ever be compensated for, even though recovery does take place; this, in any event, will require at least six or eight weeks. Burns caused by lightning stroke and trolley wires are liable to occur in irregular lines, and, unless death occurs at once, they generally

Treatment. Treatment should be prompt and effective. If the burns are extensive, the constitutional symptoms should be combated with whisky and milk and eggs or ammonia carbonate, strychnia, caffein, and other stimulants to prevent shock. In the local treatment, to alleviate the pain, the application of cold water in some form and the hypodermic injection of morphine are recommended. In burns of the first degree, where there is only a superficial inflammation, lead carbonate (white lead) ointment is very good. Carron oil (limewater and linseed oil, equal parts) is a standard remedy, but a liniment composed of linseed oil and limewater each 200 parts, blcarbonate of soda 100 parts, and thymol 1 part, is perhaps better. The scorched sur-

are not serious.

face should be covered with this liniment and then with a layer of borated gauze or absorbent cotton, to protect it from the air. The application should be frequently renewed. Carbolated vaseline may be used in place of the above. In case the burn is more extensive, the following solution may be used: Picric acid 2 parts, alcohol-40 parts, water 400 parts. The tesion should be thoroughly cleansed with this solution used on absorbent cotton. The vesicles, if any appear, should be opened with a clean needle, allowing the skin to remain. Strips of gauze or absorbent conton saturated with the solution should now be applied and renewed only occasionally, In burns of the second and third degrees more satisfactory results may be obtained with nonpoisonous, dry dressing powder, such as is used in ordinary open wounds, as tannic acid 8 parts and iodoform I part, or a salve made of this powder and a sufficient quantity of vaseline. When sloughing of the tissues takes place the wounds should be cleansed with a warm 3 per cent solution of carbolic acid, all loose fragments of tissue removed, and either a dry, antiseptic dressing powder or carbolated vaseline ointment applied to exclude the air. Proud flesh should be controlled by the application of silver nitrate in the form of a caustic pencil.

Burns due to intheral acids may be treated by flushing the parts with a copious quantity of cold water or by the application of whiting or chalk. Either use a large quantity of water at the start or use the chalk first, then wash with water. If the irritant has been a caustic alkali, such as potash, lye, ananonia or soda, then vinegar should be the first application. Car-"on oil is a good general application for all burns for the first week; then this should be followed by the ordinary antiseptic wound dressings.

ECONOMIC PASTURE ON FARM

Practical Data Should Be Secured as to Number of Acres Needed to Support One Head.

In many cases land is given over to use as pasture which will not support sufficient stock to make any reasonable return on the investment. Such land properly belongs in the category of nonproductive land, in that it makes no return commensurate with the interest on the money invested.

It should be borne in mind that the quality of the pasturage in relation to the land value is an important consideration in choosing a farm. For instance, what is economic pasture on land that is worth \$10 per acre might, on land valued at \$100 an acre, be decidedly uneconomic. This relation should be carefully studied in buying a farm with much pasture land. To determine whether pasture land is economic or not, practical data should be secured as to the number of acres necessary to support one head of stock and the interest on the value of the land in question compared with the current charge per head of the same kind of stock for a season's pasturage. Or the estimated value of the return in increased value of the stock or its products may be used for comparison. By this means the relative economy of pastures may be determined.

TREATING COLT FOR VERMIN

Most of Lice Powders Will Prove Efficient If Used Frequently-Coal-Tar Dip Is Good.

Care must be taken that the colt does not become lousy, for no colt will thrive and make good growth while troubled with lice. If the owner of a good colt which is not thriving as well as his feed and management warrant will make a close examination he will discover that the young animal is being eaten up by lice.

Most of the lice powders on the market will prove very efficient if used frequently, or one of the coal-tar dip preparations may be applied as a spray with a hand sprayer. As long as the lice persist this treatment should be administered once a week. Spray well under the mane, under the jaws, along the backbone, back of the forelegs and around the flanks. A thorough treatment may be given in a few minutes with a good sprayer.

BEES ARE GREAT TRAVELERS

To Collect a Pound of Clover Honey Insects Must Get Material From 62,000 Blossoms.

The bee is famed for industry, but to show how much work the bee really does a naturalist says that to collect a pound of clover honey the bees must deprive 62,000 clover blossoms.

The flowers must be visited by 3,750. 000 bees, or, in other words, to collect his pound of honey one bee must make 3.750,000 trips to and from the hive.

As bees are known to fly for miles in their quest of suitable fields of operation, it is clear that a single ounce of honey represents millions of miles

COMPOSTED MANURE IS GOOD

Better Than Well-Rotted Article and Very Much Cheaper-Is Well. Balanced Plant Food.

Composted manure is as good or better than the ordinary well-rotted article and very much cheaper because more can be saved and much less is wasted by being washed away or leaching into the soil while rotting. It is a better balanced plant food and does not produce so much leaf and vine instead of the fruit or roots for which most garden crops are grown.

INTERNATIONAL **SUNDAY SCHOOL LESSON**

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.)
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LESSON FOR JANUARY 14

JOHN THE BAPTIST AND JESUS.

LESSON TEXT-John 1:19-34. GOLDEN TEXT-Behold, the lamb of God that taketh away the sin of the world.-John 1:29.

John began his public ministry in the summer of A. D. 26 and the baptism of Jesus probably took place in January, A. D. 27. The delegation from Jerusalem to interview John must have appeared along toward the latter part of

I. John the Witness (vv. 15-18). John's ministry created great excitement. The people were in expectancy. All classes were reasoning as to who this strange but marvelously forceful man might be. Some thought perhaps he was the Christ (Luke 3:15). To settle this question a committee was sent to Jerusalem to investigate. Malachi, the prophet, has suggested the coming of Elijah (Mal. 4:5) before the Messiah should come, and another prophecy indicated that the prophet should be like unto Moses (Deut, 18:16-18). John freely confesses to this delegation that he is not the Christ nor Elijah nor the prophet predicted by Moses. How foolish and silly are those modern ones who profess to be the messenger of the covenant or some other fanciful title, indicating the return of the witness which is to precede the coming of Christ. John exercises humility in the way he states his real position though he does apply to himself the prophecy of Isaiah (Isa, 40:3-5) which sets forth what his mission was to be. A voice can be heard but not seen. With our bodily eyes we never see a spirit. No man ever saw the soul of his nearest friend. We do see God, however, in his works, in his marvelous deliverances and his guidance of the world and his answers to prayer.

11. John the Baptizer (vv. 19-29). As John had denied that he was the Christ or Elijah, the priests and Levites made bold to question his authority at a later time (Matt. 21-23), and still later the authority of the apostles and the priests (Acts 5:28). John answers them with another display of his humility. His baptism in water was nothing to the baptism of the coming one (See Matt. 3:11; Acts 1:5). Though Christ was in their midst, they were blind and did not recognize him. (See vv. 10, 11; ch. 8:19; 16:3). John's baptism of repentance denotes baptism which a penitent submitted to that he might receive the pledge and assurance that his sins were forgiven. Baptism meant the cleansing of the people from past sins that they might be fitted for entrance into the kingdom. Baptism is not conversion. It is a witnessing and a symbol of a spiritual truth that we are dead unto sin, and have risen to newness of life (Rom. 6:3-5). Like John, our voice must be not only that of humility but it must be really a voice with a message from God, one that sounds an unmistakable note, one that can be heard wherever we go, one that will make men happier, stronger, braver, more like God, to prepare the way for Christ in the hearts of men.

III. The Witness of the Spirit (vv. 28-34). The writer is very explicit, stating the exact time that these things occurred, for he was an eye witness. John first testifies that Jesus was the Lamb of God, referring of course to the sacrificial lamb, the atoning sacrifice of the Old Testament (Gen. 22:7-8; Ex. 12:3; Isa. 53:7). As the Lamb of God, Jesus would take away the sins of the world; thus the thought is primarily that of atonement, a substitution of another and the deliverance from the guilt of sin. The next day after John's witness to the delegation from Jerusalem, he saw Jesus coming unto him, and said to the assembled people, "Behold the Lamb of God." This refers not so much to his character, that of innocence, meekness and patience, as to his office, his completed work of atonement by the sacrificial death wherein he takes away the sins of the world. On the ground of the propitiation for sin which Jesus wrought (I John 2:2; Matt. 20:28; II Cor. 5:21; Gal. 3:13) sin is removed from the sinner as far as the East is from the West. God dealt in mercy with men before Christ's time because of the lamb which was slain from the foundation of the world (Rev. 13:8). Here John says that at first he did not recognize Jesus as the Messiah, but he does bear record that he saw the spirit descending at his baptism, and it bode upon him.

The work of Christ is for the whole world till all its sin is removed.

He is actually removing sin from the world, and when he comes again, sin will be banished. Luke's record adds that this same Messiah is to baptize with the Holy Ghost and fire.

Christians are to be on fire for God. The gift of the holy spirit at Pentecost was the first and most manifest expression of this power of Christ who is the real haptizer. Begotten of God (Luke 1:35), possessed of all the attributes of the Father (Phil. 2:6), the one in whom the fullness of the Godhead dwelt bodily (Col. 2:9) he is to be honored and worshiped as God (Heb.

Fraternity Adopts Orphan.

Clarence Eckberg, five years old, was an orphan, but he is an orphan no. longer. He has been adopted by the Signm Nu fraternity of the University of Washington, and the 25 young men who belong to that fraternity have pledged themselves to give him a proper education. - Duluth Herald.

Send 10e to Dr. Pierce, Invalids' Hotel, Buffalo, for large trial package of Anuric for kidneys—cures backache.—Adv.

A census of the volcanoes in the world shows there are 672 in all, of which 275 are active.

Whatever is best administered is

The first sneeze is the danger signal. Time to take-



The old family remedy—in tablet form—safe, sure, easy to take. No opiates, no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store



Serious.

"She's only flirting with him." "It's more serious than that. I saw her looking up his rating."

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To haif pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 14 oz. of glycerine Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come treach box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scaip, is not sticky or greasy, and does not rub off. Adv.

Heard in the Ananias Club. "Bliggins sometimes tells the truth." "Yes. But he always mixes something up with it so as to spoil it."

An Empty Echo.

"Money talks," observed the Sage. "Yes," replied the Fool. "But all some of us hear is the eche."

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constination Biliousness, Sour Stomach, Bad Breath-Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels-you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and polson from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep .-Adv.

The Kind It Was. "Did you have a fine kind of autonobile trip?"

"It was nothing but fines."

New York city has eight pension

A Great Discovery

Swollen hands, ankles, feet are due to a dropsical condition, often caused by disordered kidneys. Naturally when the kidneys are deranged the blood is filled with poisonous waste matter, which settles in the feet, ankles and wrists; or under the eyes in bag-like formations.

As a remedy for those easily recognized symptoms of inflammation caused by uric acid-as scalding urine, backache and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, lumbago, sciatica, gout, it is simply wonderful how quickly Anuric acts; the pains and stiffness rapidly disappear.

Take a glass of hot water before meals and Anuric to flush the kidneys. Step into any drug store and ask for

Anuric, many times more potent than lithia and eliminates uric acid as hot water meits sugar.

Male and female staves were sold publicly in the fairs of England during the fourteenth century.

Russians are to colonize in South



winter, place, six suites and a lot of servatita?

"Well, what did the paragra say?"

"He said that if I would sleep more on any couldn't have such dream."

had dreams are a good sign of poor digestion, when the hard worked stomach begins to complain the whole system suffers and we have constipation, offensive breath, dyspepsia and all sorts of similar disorders every one of which, if you did but know it, cries aloud for

Green's **August Flower**

Which for 51 years has contributed to the health and well being of countless thousands everywhere. 25c. and 75c.

TYPHOD is no more necessary than S malipox, Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphold Vaccination.

Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhold?" telling of Typhold Vaccine, results from use, and danger from Typhold Carriers.

Producing Vaccines and Service under the second of the second vaccine, and the second vaccine. Producing Vaccines and Serums under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, IIL



RUPTURE CURED in a few days gical operation. No pay until cured. Write Dtt. WRAY, 306 Dec Bidg., Omaha, Neb.

To Kill Rats and Mice ALWAYS USE STEARNS' ELECTRIC PASTE U. S. Government Buys It

SOLD EVERYWHERE - 25c and \$1.00



are lightened when she turns to the right medicine. If her existence is made medicine. If her existence is made gloomy by the chronic weaknesses, delicate derangements, and painful disorders that afflict her sex, she will find rollef and emancipation from her troubles in Dr. Plerce's Favorite Prescription. If she's overworked, nervous, or "run-down," she finds new life and strength. It's a powerful, invigorating tonic and nervine which was discovered and used by an eminent physician for many years, in all cases of "female complaints" and weaknesses. For young girls just entering womanhoed; young girls just entering womanhood; for women at the critical "change of life;" in bearing-down sensations, periodical pains, diceration, inflammation, and every kindred ailment, the "Favorite Prescription" is guaranteed to benefit or cure.

Dr. Pierce's Pellets cure billousness.