

## BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

### Decision Deferred.

"How are you going to like your new neighbors?"

"Can't tell. I happened to be out when their furniture was moved in."—Judge

## ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

### The Earlier Opportunity.

"Do you think our friend's peace plans can end the war?"

"I'm afraid not. Anybody smart enough to end the war would have been smart enough to prevent it."

## QUIT MEAT IF KIDNEYS BOTHER AND USE SALTS

Take a Glass of Salts Before Breakfast If Your Back is Hurting or Bladder is Irritated.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with 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 gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acids of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine; so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

### Part of the Obligation.

Patent—Doc, I owe you my life. Doctor—Yes, and that isn't all.—Minnesota Minnehaha.

# The KITCHEN CABINET

We live in deeds, not years; in thoughts, not breaths; in feelings, not in figures on a dial. We should count time by heart-throbs. He most lives Who thinks most, feels the noblest, acts the best.

### SEASONABLE DISHES.

For those who need to count the pennies a most appetizing and substantial meat dish may be made of hamburger steak. Buy a pound of meat, having it half chopped fresh pork and half beef; add a cupful of any cooked cereal, like cream of wheat, oatmeal or bread crumbs, a little milk, salt and pepper to season, with a dash of nutmeg and a pinch of cloves.

Roll into a long loaf, place in the oven and bake with butter and water while baking. This little roast will serve five people abundantly and is most economical as well as appetizing. One may add a little onion juice, a clove or garlic or other seasonings like kitchen bouquet to the basting liquor.

Rub tough mutton chops with lemon or a little vinegar, let them stand two hours in a cold place, then cook, and you will find the fiber much more tender.

Cheese Balls to Serve With Salad.—Mix one-half cupful each of grated American cheese, Roquefort, and bread crumbs together, add a half teaspoonful of Worcestershire sauce and one egg. Mix well and roll into small balls the size of a hickory nut.

dip in beaten egg, then in crumbs, then fry in deep fat until brown. Serve fresh with a lettuce salad. A little cayenne pepper may be added for seasoning if liked.

Spaghetti With Tomato Sauce.—Break a fourth of a pound of spaghetti into inch pieces, drop into salted, boiling water in which there is a small onion. Cook on the back of the stove for an hour; remove the onion and sprinkle with grated cheese after it has been well drained, and serve with the following sauce: To a half car of tomato add a little parsley, a stalk of celery, three or four cloves, two bay leaves, salt, red pepper, two tablespoonfuls of sugar and a tablespoonful of onion juice. Cook for half an hour, then strain. Melt three tablespoonfuls of butter, then add the same amount of flour; when smooth add the tomato liquid and cook until smooth and thick.

### MORE GERMAN DISHES.

Fruit soups of various kinds, cold in summer and hot in winter, are great favorites. Here is a good hot one of chocolate:

Chocolate Soup.—Heat gradually one quart of milk. Soften in a little of the milk, five tablespoonfuls of shaved chocolate; simmer eight minutes and sweeten to taste. Beat the yolks of four eggs, add a little of the milk, then add it to the hot milk, but do not boil. Beat the whites of the eggs, add two tablespoonfuls of sugar and drop by teaspoonfuls into the hot soup. Cover the pot so that the egg whites will cook. Serve either hot or very cold.

Kartoffel Kloese.—Mash six medium sized potatoes, add two well beaten eggs, two slices of bread, soaked in water and flour to make a dough. Roll in balls the size of an egg, drop into salted water, fast boiling, and cook at a hard boil for twenty minutes. Drain, sprinkle with browned, fried onions and crumbs and serve with apple sauce.

Liver Balls.—Parboil and chop enough liver to make a cupful, mix with it an equal quantity of bread crumbs, soaked in milk; also add a tablespoonful of softened butter, salt, cloves, and chopped parsley with three beaten eggs. Cook slowly until thick; make into balls; drop into a kettle of boiling water and cook for half an hour; drain and serve with parsley garnish.

Cabbage With Sausage.—Remove the outer leaves of a cabbage, take a good slice off the top and remove with a sharp knife as much of the heart as possible. Fill the cavity with sausage, replace the top, tie up and drop into boiling water. Cook until the cabbage is tender. Serve in slices hot or cold.

Sauer Braten.—Cover a piece of beef stew with vinegar and let stand forty-eight hours. Drain and lard it, sprinkle with spices and fry in drippings. When brown, add a lemon rind, two sliced carrots and onions and boiling water. Simmer three hours. Thicken the gravy and add lemon juice to make it tart.

### TAKEN FROM EXCHANGES

The Continental hotel in Philadelphia, a famous hostelry in Civil war days where the prince of Wales once stopped, to say nothing of many American celebrities, has been sold for \$1,121,500, a million of which must be used to meet a mortgage.

A generator is built in connection with a new automobile radiator fan so that, while the motor is running, current is produced for lights, battery charging, ignition or other purposes.

From snow topped hills the whirl winds keenly blow, How through the woods, and pierce the veil below, Through the sharp air a flaky torrent flies, Mocks the slow sight, and hides the gloomy skies. —Crabbe.

### FURNACE COOKING.

There are many dishes which are most appetizing cooked in the furnace. A pot of beans placed on the ledge of the furnace door just inside will bake well all day, needing no attention. Care should be taken that the right kind of utensils for cooking are used, as even solid crockery may produce a crack and away go your beans on the cellar floor, if nothing more disastrous happens. All tempered earthenware dishes are safe to use in the furnace, aluminum if not used at too great a length of time and, of course, iron kettles and frying pans are perfectly safe. For further protection one could slip a roaster with the baking dish inside or put a sheet of sheet iron between the dish and the fire.

A delicious steak may be served by broiling over the coals. Use a long-handled cornpopper or put a long handle on the wire broiler used for that purpose. Have a dish set on the ledge to catch the gravy as you turn the steak.

Apples baked in a stone dish after being peeled and quartered are much more delicious than the ordinary apple sauce. Casserole dishes of various kinds are easily taken care of in the furnace. A dish which one is at all doubtful of endurance, should be covered with asbestos before putting in the sheet-iron shield. Beans are best put in at night when the fire is banked, as they need such long, slow cooking. Stews could be cooked this way also as well as cereals and soups.

Cheep cuts of meat, Irish stews, and many dishes may be well cooked in this manner. By a few experiments the housewife will discover many dishes which she can prepare and leave to the furnace to finish.

Heavy padded holders and sometimes the coal shovel will be needed to carefully remove the dishes without burns. Where gas is the only fuel for cooking, this furnace method is highly economical.

### DELICIOUS DISHES.

This is not new, but is not well enough known. Serve pumpkin pie with whipped cream generously sprinkled with grated cheese.

Pumpkin pie should not be too sweet. Use a cupful of pumpkin, two eggs and a pint of milk, a quarter of a teaspoonful of salt, a teaspoonful of ginger, a grating of nutmeg, a little lemon rind and a dash of cinnamon. If the pumpkin is the sweet kind, a quarter of a cupful of sugar will be ample. Bake this pie at least an hour, putting it into a hot oven at first to bake the crust, then lower the heat to finish the baking.

Tomato Ice.—Cook a quart of tomatoes, seasoned with grated nutmeg, sugar, paprika, salt and a little grated lemon peel. Strain through a sieve and freeze. Use an ice cream dipper to serve it, putting a cone on a nest of head lettuce. Cover with mayonnaise and serve with toasted cheese crackers.

Apple-Fig Roly-Poly.—An unusual dessert and most appetizing, may be made by rolling out a rich biscuit dough, then spread it with figs that have been cooked in a double boiler with enough water to soften. Then beat until smooth, add a little grated lemon peel and enough juice to flavor well. Spread this on the dough with a cupful of chopped apple, roll up and pinch the ends; place in a deep dish and cover with a cupful of boiling water, a half cupful of brown sugar, three tablespoonfuls of butter and two of lemon juice. Bake one hour. The sauce in which it is baked will be sufficient to serve with it.

Brown Onion Soup.—Cut fine four large onions. Melt in a saucepan two tablespoonfuls of butter, add the onions, cover and cook slowly, stirring until they are a pale yellow. Dredge with two tablespoonfuls of flour cook a few minutes until the flour is well blended with the fat, then stir in a quart of hot milk. Serve with small squares of fried bread.

Nellie Maxwell

A new form holder for concrete work can be left in the concrete to reinforce it and to provide a socket for attachments or future concrete construction.

It is officially announced in Peking that the Bank of China is to increase its capital by \$20,000,000. One-half of this is to be obtained from the sale of government property, and the remainder from popular subscription. The increase will make the bank one of the most important and largest in capital in the far East.

## Safety in Perilous Times

By REV. L. W. GOSNELL  
Superintendent of Men, Moody Bible Institute of Chicago.

TEXT.—But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.—Jude 20, 21.

The book of Jude sets forth the apostasy which began even in apostolic days, but which will reach its height in the end of the age. It is of high interest in the perilous times in which we live, and we would invite special attention to the secret of safety for believers set forth in the text.

The root of the exhortation is, that we shall keep ourselves in the love of God. This is the sunshine whose light and warmth we need in dark days. A realization of the love of God will keep us from both discouragement and apostasy.

But the Spirit of God is even more explicit and gives three directions which, if followed, will enable us to keep ourselves in the love of God.

First, we are to build up ourselves on our most holy faith. John Wesley used to warn his preachers that they would not grow in grace unless they grew in knowledge. We may add that many stray from the faith because so poorly instructed in its contents. They seem willing to trust their own powers in the conflict with Satan, whereas our Lord himself was content to meet the assaults of the devil with, "It is written."

An excellent illustration of obedience to the direction of the text is found in the life of Charlotte Elizabeth, who lived in the days of the Irvingite movement. She heard of marvelous healings and "gifts," including the gift of tongues, and was very desirous of taking a proper attitude in the matter. She felt that a few scattered texts were not enough, but that she should read the Bible in a connected way for light. So, one night, after earnest prayer for guidance, she sat on the side of her bed, and, beginning at Matthew, read straight on till she had gone through the seventh chapter of Revelation, completing the New Testament next morning. She saw that miracles may even be of Satanic origin and that they will characterize some things to be avoided in the last days. The prominence given to women in the Irvingite movement she saw to be unscriptural, and her judgment on the matter was confirmed shortly afterwards when she found that heresy as to the nature of Christ was being taught. We tremble to think of the easy prey found by Satan among Christians because of a lack of such building up of themselves on their most holy faith.

Next, we are instructed to pray in the Holy Ghost. We are familiar with the fact that the Holy Ghost prays in us, but the thought of the text is not so common. It represents the Holy Ghost, so to speak, as the atmosphere in which the Christian lives and breathes out his petitions.

Finally, we are to be "looking for the mercy of our Lord Jesus Christ." We shall need mercy when he comes, and looking for his coming is a means of safety. While such an attitude of expectancy was common in the early church, it has unhappily become rather rare in modern times. Yet it appears on the very surface of the New Testament as the normal attitude of Christians. A missionary who had spent fourteen years in China stated that all the native Christians in her district were looking for the coming of the Lord. She went on to explain that this was not the result so much of specific instructions on this point, but because they had no book on doctrine save the New Testament, and they found this truth for themselves as a commonplace of apostolic teaching.

Jude speaks of false teachers who ran greedily after the error of Balaam for reward. Looking for the Lord is a cure for the greed which has led some into the ways of apostasy. John Wilkinson, the founder of the Midway Mission for the Jews, was once approached at a railway station by two women who had heard him speak. They placed in his hands a large sum of money and one of them explained that God had entrusted to them of this world's goods and they were anxious to prove good stewards lest the Lord at his coming should find his wealth in their hands unused. So, in many directions, looking for the coming of the Lord is a safeguard against falling from the faith.

Verse 1 of this epistle speaks of our being "preserved in Jesus Christ," or, as the Revised Version renders it, "kept for Jesus Christ."

We do not wonder that Jude closes with a confident doxology, "Now unto him that is able to keep you from falling (or, stumbling), and to present you faultless before the presence of his glory with exceeding joy, to the only wise God, our Savior, be glory and majesty, dominion and power, both now and ever. Amen."

## GOOD REASON FOR STOPPING

Youthful Angler Not Out of Patience But of Something That Was Quite as Important.

The old man was an enthusiastic fisherman. To him there was no sport like sitting dangling a bit of string at the end of a pole. He set off in pursuit of this hobby one afternoon, and, just before reaching the river, met a lad coming back, his fishing-rod hanging limply over his shoulder.

"What's this, sonny?" exclaimed the man, in good-natured reproach. "Surely you are not giving up so soon? The fishing will be better still in an hour or two."

"I know," replied the lad, sorrowfully, "but I'm going home for all that."

"You're quickly tired," scoffed the older angler. "Next time you come out, bring more patience with you."

"Tain't that, mister," the lad answered. "I brought plenty of patience, but not enough bait."

## RED, ROUGH, SORE HANDS

May Be Soothed and Healed by Use of Cuticura. Trial Free.

Nothing so soothing and healing for red, rough and irritated hands as Cuticura Soap and Cuticura Ointment. Soak hands on retiring in hot Cuticura soapsuds. Dry, and gently anoint hands with Cuticura Ointment. A one-night treatment works wonders.

Free sample each by mail with Book. Address Postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

### Boston's Nocturnal Habits.

A wild pigeon that has a haunt somewhere near the old Boston City club has formed a habit of coming down into the street late at night for his supper.

Several nights lately as I have come through Beacon street I have seen the bird having its midnight meal. It strikes me as something unusual for pigeons to do so.

Shouldn't self-respecting pigeons be at roost at such an hour?—Boston Post.

### All the Difference.

A motorist, who was touring in Ireland, one day met a native who was driving a donkey and cart.

Thinking he would like to have a little fun at the man's expense, he began:

"What is the difference, Pat, between your turnout and mine?"

"Oh, not a great deal," promptly replied Pat. "Shure, the donkey's in the shafts in the wan and on the sate in the other."

### Naturally.

Noah (just before the storm)—All the animals on board? Shem—All but the leopards, but I'll soon spot them.

### Afraid of the Thirteenth.

"Is he superstitious?" "Yes. After Grace had refused him a dozen times he stopped proposing."

## FRUIT LAXATIVE FOR SICK CHILD

"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 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

### Birds Increase During War.

Wild birds which were formerly shot as game have been increasing rapidly since the war in France, Belgium and other countries, according to T. Gilbert Pearson, secretary of the National Association of Audubon Societies.

"For example, the French government has stopped all hunting," he said, "and the minister of war has issued an order that the sale of native game would not be tolerated. Ordinarily more than one thousand tons of native-killed game are sold annually in the markets of France, representing many millions of game birds."

"Belgium in time of peace was one of the greatest bird-catching countries in Europe. More than fifty thousand skylarks, as well as hundreds of thousands of other birds, were annually trapped and exported from that country for food. Our correspondents have found that there was less hunting in all parts of Europe than formerly."

### Not Agile.

Archibald—Yes, he sprang from the people. Archibald—Well, he didn't spring far.

### Mean Query.

Conceited Karl—You know, people are always running after me. Sarcastic Gus—Who? The police?

Horseshoes that are attached by bolts instead of nails have been patented by an Englishman.



## A Vast Army of Workers

who need sound nourishment, whether for labor of body or brain, have come to know by actual test that they can depend upon

## Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies all the rich nutriment of the grains, including their valuable mineral elements—lacking in many foods—but mighty necessary for energizing of the mental, physical and nervous forces.

Grape-Nuts has a delicious nut-like flavour—is always ready to eat—easy to digest, and wonderfully nourishing.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.