STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothers You-Meat Forms Urlo Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acld in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and uninary ir-

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; 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 acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone: makes a delightful effervescent lithiawater drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avolding serious kidney disease.—Adv

Some men will do almost anything in order to get their names in the pa-

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

Our Fix, Too.

"What does your husband do with his old clothes?"

"Keeps right on wearing 'em."

Cynical Comment. "Motorists certainly do talk meanly

about pedestrians." "You're right; they're always run ning pedestrians down."

A Beneficent Influence.

"Why do you keep pestering me to go and have some more pictures taken?" inquired Mr. Growcher.

"Because," replied his wife, "the photographer is the only person I know of who can get you to make an effort to smile and look natural."

Has a \$100,000 Woodpile.

A \$100,000 woodpile-walnut logs heaped over three blocks of groundis waiting the completion of the new gunstock factory at Chillicothe, Mo. A force of 1,100 men is buying up the walnut timber in Kansas, Iowa, Illinois, Arkansas and Misouri Trainloads of logs are arriving in Chillicothe daily. The factory already has a pay roll of 1,500 men and, when completed, will be the largest plant of its kind in the country. With a decrease in demand for guns, the manufacturing wooden ware, such as motor car and wagon spokes, will be taken up.

English Preserve Early French.

The pronunciation of Beaument, one of the villages captured by the Germans in the great attack on Verdun. presents, at any rate so far as the first syllable is concerned, no difficulties even to the man in the street. Yet in the eighteenth century the average Englishman spoke of "Bewmont" and "Bewfort," and Leigh Hunt, commenting on the fact, maintains that the average Englishman for once was right, and was merely reviving the original French pronunciation, surviving here in the word "beauty," which we correctly rhyme with 'duty." -London Telegraph.

WISE HOSTESS Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters.

"They were always complaining and taking medicine. I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning.

"Before the meal was half over, each one passed up her cup to be refilled, remarking how fine the 'coffee' was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say a while before that she didn't like Postum unless it was more than hali -coffee.

"After breakfast I told her that the 'coffee' she liked so well at breakfast was pure Postum, and the reason she liked it was because it was properly made.

"I have been brought up from a nervous, wretched invalid, to a fine condition of physical health by leav ing off coffee and using Postum.

"I am doing all I can to help the world from coffee slavery to Postum freedom, and have earned the grati tude of many, many friends." Name given by Postum Co., Battle Creek Mich.

Postum comes in two forms:

Postum Cereal-the original formmust be well boiled, 15c and 25c pkgs.

Instant Postum-a soluble powderdissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

WOMEN HELP TOWNS TO CLEAN UP AND PAINT UP

They Have Done Much to Make National Campaign for Civic Betterment Successful Everywhere.

efforts of women workers in the National "Clean Up and Paint Up" campaign, according to Allen W. Clark, chairman of the national campaign bureau, in St. Louis.

It is estimated that during 1915 human uplift which brightened the lives and homes of millions from Bangor, Me., to San Diego, Cal. "The growth and development of the national "Clean Up and Paint Up" campaign, has been in leaps and bounds since its inauguration," he said,

Individual women, women's clubs and women's organizations of all kinds for civic and moral improvement have joined forces in this great work which reaches into practically every phase of life. Letters have poured in by the thousand at the bureau headquarters from women inquiring how to start the work in their communities. Many of these indicated that the oldfashioned "parlor" variety of woman civic worker was dying a sure and natural death, and that serious-minded women were coming to realize more and more every day the big work that is before them.

Women Led the Way. "I don't believe we realized the farreaching extent of the work we had undertaken until the women showed us," said Mr. Clark. "The permanent features of the "Clean Up and Paint | Baxter recently, "in arousing civic Up" idea were what seemed to gain | consciousness in practical sanitation their immediate indorsement. Their old idea of a spring housecleaning, which I believe, originated in New England, seems to have been dropped entirely, and the women's organizations of the New England states are among the very hardest workers for an all-year-round policy."

It would be an impossible task to name in person even a small percentage of the women who have done active and efficient work since the national bureau inaugurated its system in the spring of 1913. - Some few of them, however, are such women as Mrs. Clarence Baxter of Kirksville. Mo., vice chairman of the civics department of the National Federation of Women's clubs; Mrs. E. T. Senseney, chairman of the pure food committee of the Consumers' league of St. Louis; Mrs. W. R. Chivvis, president of the Missouri Federation of Women's clubs; Mrs. Philip N. Moore of St. Louis, past president of the Naleys of the Women's Municipal league of Boston.

Much Work This Year.

The work of the bureau as planned for this year will be more comprehenimprove sanitation and tend to the hauling away all garbage, filling in or live.

bringing excellent results.

streets and burn rubbish.

look spick and span.

paint and lime-take your choice.

is worth it-health and happiness.

CLEAN UP AND PAINT UP!

ELLOW CITIZENS: Let us get together and

organize our forces, map out our plans and get to

work. Other cities and towns throughout the United

States are finding the efforts along these lines are

our atties, cellars, stables, sheds, yards, streets, alleys

and vacant lots of trash, dirt, junk, filth, garbage,

rags, cans, bottles and weeds. We must empty toilets,

cover manure heaps, drain barn lots, fill up mudholes

and slimy, ill-smelling ponds, open gutters, repair

rakes and shovels. We must throw lime freely about

toilets and stables. Why? Because disease germs

and germ-carrying insects, especially flies and mos-

quitoes, breed in filth and spread typhoid and con-

sumption when they enter our living rooms, alight

After the dirt is gone we must repair our buildings

and fix our fences-and then lay on the paint!

Paint everything that needs it, inside and out, for

paint is the best known preservative and its brighten-

ing influence will make the dullest town in the world

money into the paint-dealer's and lime-dealer's

pockets. But if we get sick and die the doctor, drug-

gist, undertaker, sexton and tombstone man take our

coin. Most folks would sooner spend theirs on

Come on, now, folks. Let's call a meeting, form a

Clean Up and Paint Up Club composed of men,

women and children, and get on the job! The prize

Of course when we buy paint and lime we put

on our food, or bite us while we sleep.

Then we must use soap and scrub brushes, brooms,

If we would have a healthful town we must clear

make this town of ours the most healthful and

most inviting in the State. To do this we must

THE United States is entering up- | doing away with breeding places of on an era of vastly improved liv- mosquitoes, flies or disease germs, the ing conditions, both physical and planting and trimming of trees and moral, due almost entirely to the hedges, planting of flowers, and the liberal use of paint on everything that needs it.

In many instances last year the planning and superintending of the work has put entirely in the hands of some efficient women's organization more than a million women took part | in the city or town. The files at the in the campaign for civic progress and | national "Clean Up and Paint Up" campaign headquarters in St. Louis are full of records of just such cases.

Assistance in starting a campaign in any community in the United States will be given free of charge by the national bureau, Mr. Clark explained, upon receipt of a request from any woman or women's organization. Aid can also be secured from Mrs. Clarence Baxter, chairman of the Women's committee of the national bureau, or from any of the other civic leaders constituting the bureau's advisory

Be Perpetually at it.

Mrs. Baxter and Mrs. Senseney are helping women's clubs everywhere to accomplish in their towns what was accomplished in St. Louis last year. The women's clubs conducted the entire campaign in St. Louis, Boston and many smaller cities last year and in thousands of other places they are aiding the men effectively. The "opening weeks" in many places will be only the beginning of perpetual "Clean Up and Paint Up" campaigns. "They will be of immense value," wrote Mrs. and conservation and in actual business activity in the community. Many people spend hundreds of dollars furnishing their homes and only an occasional caller gets to admire them. A much smaller amount spent on a coat of paint for the exterior, a general cleaning up of the premises and a few flowers would give pleasure to thousands of passers-by and their friends as well."

Both of these women are in daily correspondence with leading club women, in several thousand women's clubs, in the effort to make the local "Clean Up and Paint Up" campaigns the foundation upon which to build and conduct various other community betterment activities in which seriousminded club women everywhere are so interested.

Newspapers Give Help.

Editors of newspapers from coast to coast have taken up this work of the women and are aiding them in tional Federation of Women's clubs, both the news and editorial columns and Mrs. Thomas Sherwin, chairman and most of them are unanimous in of the department of streets and al- declaring that the chief value of the work is that it aims at permanent reform and continued effort.

Ministers are also aiding the women in their work by preaching appropriate sermons on civic cleanliness sive in its scope than before. It will and kindred topics. The wife of one include everything that will beautify, earnest, hard working clergyman in a southern town, in which the campaign health of the community. Some of the was in progress, wrote in a letter to things to be done are the cleaning of | the national bureau that if more peostreets, alleys, front and back yards, ple were as sincere in their religion cellars and stables, removal of ashes, as they are in this "Clean Up and carting away of tin cans and all rub- Paint Up" movement the world would bish from vacant lots, burning or be a much better place in which to

TheKITCIII

gives back to every man the reflection of his own face. Frown at it and it in turn will look sourly upon you; laugh at it and with it and it is a jolly, kind

A FEW DELICIOUS SALADS.

Dispose.

A slice of fresh tomato on a crisp white lettuce leaf with a spoonful of mayonnaise sprinkled with chopped chives will make a most dainty and tasty salad.

Diced pineapple mixed with onethird the quantity of pecan meats and dressed with mayonnaise, served on head lettuce, is another delicious

Cabbage Salad .- Chop enough cabbage to make two cupfuls, add chopped peanuts enough to flavor it well, two tablespoonfuls of scraped onton and French dressing highly seasoned with salt and red pepper A little red pepper cut in fine strips may be used as garnish to this nice salad.

Potato Salad .- Mix cold boiled potatoes, cut in cubes with crisp cucumber, also cut in cubes, sprinkled with chopped onion, pour over mayonnaise and garnish with minced parsley.

Apple-Cheese Salad .- Pare apples and cut in small balls with a French vegetable cutter, marinate in French dressing and chill Mash a cream cheese, season with a teaspoonful each of worcestershire sauce and chopped red pepper. Shape into balls the same size the apple and heap a few of each | than in too large quantities. This is on crisp lettuce. Serve with French

Meat Salad .- Cut chicken, beef or veal into fine pieces, removing all fat dressing, highly seasoned, to make it

bage head very fine, with an onion, fry sugar to taste. A grating of nutmeg until brown a slice of salt pork cut in or cinnamon may be added in some fine cubes, pour over the cabbage the cases. Other gruels may be prepared hot fat and browned cubes, stir and in the same manner, using barley, season well with salt and red pepper. then add enough boiling-hot vinegar to season well and serve hot. This is a salad which may take the place of of a loaf, add to them two tablespoona vegetable at dinner.

Jello or gelatine used with cut fruit and served with a French dressing. makes another nice salad, serve on head lettuce.

power The reason for failure in most cases is lack of perseverance. get tired and give up .- J. R. Miller.

Success in life depends on staying

If it wasn't for the optimist the pessimist wouldn't know how happy he

OTHER GOOD RECIPES.

Celery is so infrequently served except fresh or in salads that few people know how good it is

cooked outside of soups. As an escaloped dish it is most tasty. Arrange it in layers with buttered crumbs and top the last layer with tomatoes, season well and bake.

Another unusual dish is corn with canned pi mentos. Put the corn in the baking dish with layers of the

chopped pimentos between, with bread crumbs and seasoning, cover with milk and bake as usual Add stuffed chopped olives to the macaroni and cheese dish some time if

you want a savory change from the ordinary. A little grated ginseng root added

to the chicken dish, no matter how served, stewed, fried, fricasseed, is a new flavor for America but one which you are sure to like.

Bolled Cabbage.-Brown a chopped onion in two tablespoonfuls of butter, add a quart of cabbage, finely shredied, cover and cook ten minutes, then add a quart of boiling water, salt and pepper, and cook uncovered until tender. Sprinkle with a little sifted flour, add two tablespoonfuls of vinegar and serve hot.

Liver Dumplings .- Take a pound of dver and run it two times through the chopper, add two onions and four stalks of celery, all finely cut, two eggs, two tablespoonfuls of butter and the crumbs from fourteen crackers rolled. Add enough flour to make the mixture stiff enough to roll into balls the size of a walnut and serve after cooking ten minutes in any kind of soup stock. Serve with the soup.

Orange Pic.-Grate the rind of an prange, add a tablespoonful of flour to a cupful of sugar, mix well, add salt, a cupful of water and a tablespoonful

the crust and use two whites for frost-Graham Gems .- Take a cupful each

of butter with three egg yolks. Fill

of graham flour and sour milk, one egg, a teaspoonful of soda, two tablespoonfuls of sugar and three tablespoonfuls of melted shortening, add salt and bake in buttered gem pans in a hot oven.

Be consistent in your economy. Don't try to save on the necessaries of life. To do so is false economy, but to practice your economies on those things you do not actually need-the luxuries of life.

DISHES FOR THE INVALIDS.

The necessary requisites for an invalid's service are wholesomeness of

food, appropriate kinds for the person served and prompt and dainty service. Do not confer with the invalid as to what he would like to eat, for the various surprises will help to tickle his appetite. The tray on which the

food is served should be covered with a spotless napkin, folded to cover a good-sized tray. The smallest, prettiest dishes should be placed on it and everything in an orderly manner. All hot foods should be served hot and cold foods cold on wall-chilled dishes.

For a fever patient, fruit juice in cold water makes most refreshing drinks. Serve in small glasses rather a rule which should be observed in all serving to sick people.

Oa'meal Gruci.-Take two-thirds of a cupful of oatmeal, add three pints and gristle. To each two cupfuls of of boiling water and a teaspoonful of meat add a cupful of chopped celery salt; cook for two and a half hours and one small onion, finely minced, in a double boiler. Remove from the Just before serving add enough boiled fire and strain. When using for a patient, use half a cupful of the gruel with a half cupful of thin cream, two Cabbage Salad .- Chop a small cab tablespoonfuls of boiling water and cornmeal, rice or farina.

Chicken Custard.—Take a cupful and a half of crumbs from the center fuls of finely chopped chicken breast. Beat the yolks of two eggs until well mixed, add to them a dash of celery salt, a pinch of salt and a cupful of milk. Mix all well and pour into a custard cup set in Lot water and bake until the custard is set. Serve hot.

Simple custards are both wholesome and dainty to serve to an invalid. Float-island, with small cubes of jelly on the egg white, makes a most attractive dish which will be especially pleasing to children. The sight must be appealed to in the sick, so a study of pretty combinations pleasing to the eye is worth while.

There are three kinds of people in the world, the Wills, the Won'ts and the Can'ts The first accomplish everything, the second oppose every-thing and the third fall in everything. -Davidson.

MORE GOOD THINGS.

Cornmeal is a valuable food, being rich in fats and minerals.



Spider Corr Bread.-Mix to gether a cuprul and an eighth of cornmeal and a half cupful of bread flour, a ta blespoonful of su gar, three tea-

spoonfuls of baking powder, a fourth of a teaspoonful of salt; mix well, then add a cupful and a half each of sweet milk and a beaten egg. Add two tablespoonfuls of drippings into a hot frying pan and pour in the mixture. Bake in a moderate oven 30 minutes. Serve with jelly.

Cornmeal Crisps .- Mix together two cupfuls of cornmeal, two teaspoonfuls of sait; beat in gradually two cupfuls of boiling water, add two tablespoonfuls of butter and spread an inch thick in a large dripping pan. Bake until crisp, about fifteen minutes. Cut in squares and serve as crackers.

Savory Mush .- Stir into a quart of mush a teaspoonful of sage or of poultry dressing. When ready to fry cut in slices and dip in flour, fry in a little hot bacon fat and serve with fried bacon at breakfast.

Popcorn Balls.-Boil a cupful of corn sirup with a tablesponful of vinegar until it hardens in water. Pour over the corn while hot and butter the hands well before forming the balls.

Levie Maxwell

They Wanted Him.

A newspaper man ran across the street the other day to a dairy lunch. He was in a hurry. He leaned against the marble counter and ordered a lamb stew. A man who had been out all night swayed against him several times and his breath exhaled whisky and onions. "One stew! One stew!" called the boy behind the counter to the kitchen The newspaper man turned to the inebriate: "Pardon me. sir," he said, "but I think they are -sold by Grocers | Contract of Dituminous fuel,

After a Fashion. "Do animals and insects really

talk? "I have a language, so to squeak," the mouse responded. "Me, too," chipped in the locust, "as

whir. Manchurian Coal Fields Rich. The Fushun coal fields of Manchuria, operated by Japanese, are be-

lieved to be the richest in the world,

containing more than 800,000,000 tons

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert-vigorous and vivacious—a good clear skin; a n.t. ural rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

Instead of the thousands of sickly. anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosycheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, billousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate from any druggist or at the store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowers do .- Adv.

Lad of Seven Saves Sister's Life. The presence of mind of Archie Burkett, seven years old, in throwing a piece of carpet over his sister, Laura fourteen years old, probably saved her life recently when he found her clothes a mass of flames. The girl's injuries were not serious. The boy explained that he did just what his mother had told him to do in a case like that.-Pittsburgh Gazette.

SWAMP-ROOT STOPS SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, remember it is needless to suffer—go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for diseases of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases.

This prescription was used by Dr. Kilmer in his private practice and was so very effective that it has been placed on sale everywhere. Get a bottle, 50e and \$1.00, at your nearest druggist.

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.

Repartee. "Beauty is only skin deep," she

sneered. "Yes, my dear," retorted the other, "but wouldn't you like to change skins with me?"

Egotistic. He-I have never met more than two really lovely women. She-Ah! Who was the other?"

SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis .- "I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's



Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recom-

mend your Compound to other ladies." -Mrs. MARY RIDGWAY, Durand, Wis. A Massachusetts Woman Writest

Blackstone, Mass. - "My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well." -Mrs. PIERRE COURNOYER, Box 239, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.