

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

It is a wonder that some of cupid's victims haven't turned and put him out of the running long ago.

TENDER SKINNED BABIES

With Rashes and Irritations Find Comfort in Cuticura. Trial Free.

Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when baby's skin is irritated and rashy. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Anachronism.

Nearly all of the prominent business men of America have some connection with the church; many of them are conspicuous leaders of Christian enterprise. Industrially they are Doctor Jekyll; ecclesiastically they are Mr. Hyde. What use is there in glossing the matter? They are proud of being just and fair where it is an economic necessity; they are brutally callous where it is a religious grace. The employer who dare not rip a faithful but gray-haired mechanic from his lathe and throw him upon the mercy of the community will tear a faithful but gray-haired preacher from his pulpit and drop him upon the lean, cold bosom of charity.—Joseph H. Odell in Atlantic.

Coal Tar Colors.

American dye works are now turning out coal tar colors at the rate of 15,000 tons annually, and a report on the present dyestuff situation issued by the bureau of foreign and domestic commerce calls attention to the importance of the fact that these colors are being manufactured wholly from American raw material.

From Different Viewpoint.

"I'm so sorry you don't like my new gown," said Mrs. Growell. "Everybody else says it is perfectly lovely." "Oh, its easy for others to pay compliments," replied Growell, "but I have to pay the bills."

HANDY HUSBAND

Knew How to Get Part of the Breakfast.

"I know one dish I can prepare for breakfast as well as any cook on earth," said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally. "In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night.

"She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

The KITCHEN CABINET

Contentment is the true philosopher's stone. The poor are rich who have it, the rich are poor who possess it not.

Contentment comes not from outward possessions, but from the inward life.

GOOD THINGS TO KNOW.

When making cake a good plan is to add the soda or baking powder to a little of the flour the very last thing, stirring it in well before adding the whites of the eggs. Keep absorbent paper in the kitchen on which to drain fried cakes, croquettes and any fried food.

A little beefsteak chopped fine and mixed with cooked rice, salt, pepper, and a little onion made into small cakes or used as filling for peppers, makes a tasty dish. A common currycomb will clean the brush of the carpet sweeper of threads and hairs.

Spareribs With Sauerkraut.—Trim off the edges of two sets of spareribs, break the bone across the middle, rub well with salt, pepper, and sprinkle with flour. Fill with sauerkraut which has been parboiled 20 minutes. Save the water in which the kraut was cooked, sew the ribs tightly, place on the rack in a roaster, then pour the kraut liquor around it. Cook slowly. Turn once, and when tender serve with mashed potatoes.

Cornmeal Griddle Cakes.—Take a cupful of yellow cornmeal, add a cupful of boiling milk, a half teaspoonful of salt, teaspoonful of baking powder, one tablespoonful of melted butter and a tablespoonful of molasses with a well-beaten egg. Mix well and bake on a hot griddle.

Cornmeal With Raisins.—Take a cupful of cornmeal, two cupfuls of milk, one cupful of seeded raisins, one egg, two teaspoonfuls of baking powder, two tablespoonfuls of butter, one teaspoonful of salt. Mix the cornmeal and milk together and the well-beaten egg and melted butter, add the salt, baking powder and raisins which have been well cleaned and put through the meat grinder. Mix all together and pour into a well-greased pan. Bake in a hot oven.

An egg broken into a pan with a little hot butter stirred until thick and well cooked, then seasoned and spread on buttered bread makes a most tasty sandwich filling.

Let your standard be high—and though you may not reach it, you can hardly fail to rise higher than if you aimed at some inferior excellence.

DISHES OF CORNMEAL.

Cornmeal is rich in fat and mineral matter, and being comparatively cheap when compared with other grain products is a food that can be used profitably in exchange with them for variety, as well as to cut down expenses.

Steamed Corn Bread.—There are few people who do not enjoy the nutty, brown loaf of steamed bread, and this may be varied by adding different fruits or nuts to it so that it never becomes monotonous. Take four cupfuls of cornmeal, two cupfuls of graham, a cupful of finely chopped suet, mix well, then add three-fourths of a cupful of dark molasses, two teaspoonfuls of salt, three cupfuls of sour milk and a teaspoonful of soda. The soda may be mixed with the molasses. Add a cupful of stewed prunes cut fine, or a cupful of raisins, and steam in well-greased molds for four hours.

Cornmeal Mush.—A good old New Englander will not ask for a more tasty dish than a good bowl of well-cooked cornmeal mush and rich milk, with perhaps a wisp of salt codfish for an appetizer. To prepare the mush add a cupful of cornmeal very slowly to a quart of boiling water and two teaspoonfuls of salt. Let it cook slowly for an hour. The mush that is left may be poured into a mold and fried in butter after cutting in neat slices.

Scrapple is made by putting the pork scrapple into the hot mush, stirring until well mixed, then pouring into a mold to cool. This is cut in slices and fried and is a great delicacy.

Fried mush with cheese sauce is another well-liked dish. Prepare the sauce by using a tablespoonful of bubbling hot butter stirred with three tablespoonfuls of flour, a half teaspoonful of salt, a half teaspoonful of mustard and two cupfuls of milk. When

Valuable Asset.

There is no more valuable asset in business than politeness, and this is true in almost every section of society. We prefer to trade with a courteous person; we resent a push from a fellow traveler or a shove from a conductor; we choose our friends from those who seem to be kindly disposed toward us; we judge a man by his conduct toward those who serve him. Nevertheless, this reaction is almost involuntary.—Christian Register.

smooth and thick add a cupful and a half of finely grated cheese, a rich American cheese is best, and when melted serve on the mush.

Grated maple sugar or maple sirup is good on fried mush or small fresh fruits such as strawberries served with sugar and cream makes a most tasty dessert.

A woman who can laugh outside when she is crying inside, has a great accomplishment.

It's the songs ye sing and the smiles ye wear That makes the sunshine everywhere.—Riley.

JUST COMMON THINGS.

The ordinary vegetable may by a little manipulation, and combining

with other foods, make a dish quite out of the ordinary. Here is one worth trying:

Pumpkin Scrapple.—Take a cupful of pumpkin pulp, stir it into a quart of boiling water with a half cupful each of cornmeal and hominy, well mixed, and a half teaspoonful of salt. Cook slowly one hour, stirring frequently, then add a cupful of broken hickorynut meats, pour into a shallow pan, making the scrapple about two inches thick. When cool and hard, cut into half-inch slices and fry in hot fat. Serve with maple sirup.

Turnip Soup.—Mix together a pint each of hot mashed turnips and potato, add a quart of scalded milk. In another dish place four tablespoonfuls of butter, and when melted and bubbling hot add two tablespoonfuls of flour, cook and add to the milk with three tablespoonfuls of scraped onion, two teaspoonfuls of salt and a few dashes of cayenne. Cool 20 minutes in a double boiler, then strain and serve. Sprinkle with grated cheese over the top.

Turnips, like cabbage, should be cooked in an uncovered vessel to make them less strong and more wholesome to eat. Diced turnips, cooked until tender, then served with melted butter and lemon juice, makes a most tasty dish.

Peas With Peanuts.—Mix a pint of black peas with a pint of peanuts, chopped fine. Season well with salt, pepper and sage and place half the mixture in a buttered baking dish. On top place four slices of toast which have been softened in hot cream. Place the rest of the peas and nut mixture on top and pour over a half cupful of cream. Bake slowly an hour and a half. Serve with cranberry sauce. This will be a good meat substitute.

Salsify makes a most delicious soup, so do carrots. Cook them until tender, put through a sieve and then add to any stock or hot milk thickened with butter and flour cooked together.

For life is the mirror of king and slave, 'Tis just what you are and do; Then give to the world the best you have, And the best will come back to you.—Madeline Bridges.

SALAD MAKING.

The making of salad is an art. Often the simplest combinations, if carefully put together, will make an otherwise common salad an artistic creation. Lemon juice is preferred to vinegar when using fruit and heavy, rich salad dressings are not appropriate for either fruit or meat or fish salads.

The materials to be used for salad should be free from water. Carefully dry all lettuce and fruit after washing for oil will not mix with water. French dressing is the general favorite for crisp vegetable salads as it is quickly prepared. A vinegar that has been used on pickled beets, or cucumbers should always be saved to use in salad dressings. When making the boiled variety the spiced vinegar makes an unusual flavor which is well liked.

If a color scheme is to be carried out a little vegetable coloring may be added to the dressing. A pretty combination is chopped beets with a dressing colored a light pink. Garnish the salad with white leaves of lettuce.

A salad may not only fill an ornamental place on the table, but it is also recognized as having a distinct food value as well as a pleasure to the eye.

Like Many Grown-Ups, A mother asked her little son why his chum, Donald, wasn't also in class A. He replied: "I'll tell you, mother, Donald when asked a question thinks, and thinks, and thinks, and then he says what it ain't."

Advance Dope. "What's the news from the spring training camps?" "As near as I can find out, eight teams are going to be tied for first place in each of the leagues."

Heeie Maxwell

IN WESTERN CANADA

"He Who Will and Does Work Will Not Want."

As in the United States it is said, that the Mennonites in Canada are very much oppressed, and have to suffer from a great deal (on account of the War in Europe) and I have been requested to write something about this. I will do so.

I came with my parents A. D. 1874, from Southern Russia to America, South Dakota, and A. D. 1907 I came with my family here to Western Canada, here we have found a healthy climate; the acre yields on an average more and wheat is better than in South Dakota. What concerns the Government, up to now we have had a good one, have been able to live according to our creed and have not been oppressed in any way, and I believe: All Mennonites, who live according to the fundamental beliefs of the Mennonites and to God's word, as their guide, will agree with me.

He, who, here in Canada, will and does work, will not want. So much as an answer. Remain your friend, (Sgd.) DIEDRICH GOOSEN.

Very few farmers cultivate the habit of keeping careful accounts of their receipts and expenditures, showing at the end of the year a balance, either for or against. The farmer of Western Canada is no exception to this. It is felt if more careful book-keeping were resorted to there that much better results would be obtained and shown.

There is the case of the Crowfoot Farming Co., of Crowfoot, Alberta. It has just issued a certified statement of its operations for the years 1912, 1913, 1914 and 1915. This Company has had for the past few years about 1300 acres in wheat and between 200 and 250 in oats. The total operating and general expenses for 1912, including interest at 6% and depreciation at 15%, were \$12,587, for 1913 \$17,506, for 1914 \$18,729, and for 1915, \$29,804.43. Expense per acre of land in crop was \$7.80 in 1912, \$11.57 in 1913, \$11.70 in 1914, and \$17.87 in 1915. Total receipts were \$15,531 in 1912, \$30,661 in 1913, \$31,589.87 in 1914, and \$62,520.26 in 1915. The percentage earned upon capital invested was 6 1/2% in 1912, 30% in 1913, 23 1/3 in 1914, and 50% in 1915, in which year it paid a cash dividend of 58%.

The Company's statement shows that the average dates of finishing seeding was April 20th; the average date commenced cutting was August 18th.—Advertisement.

Statistical Statement Shows a Dividend of 58% in 1915.

Gold Dust by Mail. A Watertown (N. Y.) man has just received a bag of gold dust, mailed to him from Klondike in 1889, three tags with 20 addresses showing the lengths to which he had gone to prevent that filthy lucre's overtaking him. The flight of the average man from such a peril would make a glacier look like a Fokker aeroplane.

HOW A DRUGGIST CURED HIS KIDNEY TROUBLE. For the past twenty-four years I have been selling Dr. Kilmer's Swamp-Root with excellent satisfaction to my customers who have used it. They are always pleased with the results obtained and speak very favorably regarding the preparation. It cured me of a bad case of Catarrhal Inflammation of the Bladder eighteen years ago, after two months treatment with pharmaceuticals recommended for inflammation of the bladder. It is undoubtedly a remedy of great merit in the diseases for which it is so highly recommended. Very truly yours, J. W. HANAN, Druggist, East Lynne, Mo.

November 3d, 1915. 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. Simply from your druggist, and apply a dollar size bottle for sale at all drug stores.—Adv.

A Mature Apprehension. "When I was a boy my father forbade me to read dime novels." "You saved a great deal of time." "Maybe. And yet I sometimes fear it resulted in saving up my appetite for sensational fiction till my time was rather more valuable."

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of fearing shame of your freckles, as the prescription ethine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ethine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength ethine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

About the first thing the new cook expects the mistress to learn is to keep out of the culinary department during business hours.

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

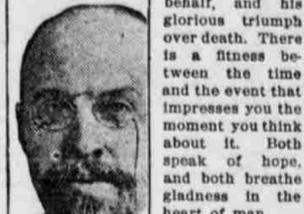
Patriotism always stands in with the government.

Christ's Death and Resurrection

By REV. JAMES M. GRAY, D. D. Dean of the Moody Bible Institute of Chicago

TEXT—Who was delivered for our offenses, and was raised again for our justification.—Romans 4:25.

One is so glad that the Son of God chose the budding springtime for his sacrifice on our behalf, and his glorious triumph over death. There is a fitness between the time and the event that impresses you the moment you think about it. Both speak of hope, and both breathe gladness in the heart of man.



"He was delivered for our offenses." How pregnant is every word of that great inspired sentence! "He." It is no mere man of whom this pronoun speaks, but "the mighty God, the Father of Eternity, the Prince of Peace," as Isaiah testifies. "Immanuel, which, being interpreted, is God with us," as Matthew echoes. Oh, wonder of wonders, that the Eternal God, in the person of his Son, should have become incarnate of the Virgin Mary. It will take us all eternity to grasp the thought.

"Was delivered." Who "delivered" him? We think of Judas, who betrayed him, of the Roman soldiers who arrested him, of the Jewish sanhedrin who persecuted him, of Pontius Pilate who illegally tried him, of the cruel executioners who nailed him to the cross. And yet it was the hand and the counsel of his Father that had before determined it should be done, or else these wicked men had had no power. Far back in the councils of eternity God so loved us as to freely offer his Son on our behalf.

"For our offenses." We are born into a state of sin, but that is not all, for the moment we arrive at a point of moral consciousness, we actually transgress the law of God. "In many things we offend all," as the epistle of James says. "There is none righteous, no, not one," we are taught in Romans. Men do not like to hear this. They resent it, they hate it. But, Oh, what love, that "while we were yet sinners Christ died for us." The very ones who hate to hear of man's sinfulness, are those who talk about divine love. But who can sound the depths of that love until he accepts the truth of the cross of Calvary. And it is that truth which this text presents most fully.

"And was raised again." The same one who died was the one who was raised. This truth must not be minimized. We must hold with all the tenacity of faith to the bodily resurrection of our Lord and Savior. We must do this not because our peace depends upon it, but because the Bible teaches it, and because history proves it. "He showed himself alive after his passion by many infallible proofs." Historic Christianity is a testimony to Christ's resurrection which cannot be accounted for unless he arose from the dead. The change of the day of rest and worship from the seventh to the first is another proof which meets and challenges the skeptic 52 times a year.

"For our justification." That word, "our," how we should love it and praise God for it. "Deliver for our offenses," raised again for our justification. "What kindness to the human race is in that word! How close it brings the heart of God to our hearts. What interest it should awake on our part to learn all we can about it from the Holy Scriptures.

And "justification," what does that mean? Sometimes when Christians think of salvation, they get no further than the forgiveness of sin; and indeed that were glorious enough even if it stopped there. But one might be forgiven for the past and still be very wretched for the present and the future. Justification therefore is a bigger word, and stands for a greater thing than simply forgiveness. The justified man is one who stands in God's sight free from the guilt, the penalty of all sin, past, present and to come! The reason of this is that his penalty has been paid, not by himself, but by another, whose resurrection from the dead is the proof of it. That event is God's testimony, to his acceptance of the atoning sacrifice of his Son.

This is what the song calls "The Old, Old Story." Those who know it best "seem hungering and thirsting to hear it like the rest," and no apology need be made to them for repeating it, especially at this season of the year.

There are others, however, who have heard it and whose hearts are hardened against it. One pities them because they have cut away their only hope. Let me lovingly urge them to yield, to step over the line today, to make this the acceptable time for their salvation. Oh, that the resurrection of the year might witness the awakening of faith, and hope, and life within them through receiving Jesus Christ as their Savior and Lord!

800 No. 28

Canada as a whole has enjoyed wonderful prosperity in 1915, from the products of the farm, the orchard and the centres of industry. No country wrote a brighter page of history in agricultural and industrial development during 1915 than Canada. Nearly a billion bushels of grain produced. Taxes in Western Canada average \$24 and will not exceed \$35 per quarter section, which includes all taxes. No taxes on improvements.

When Western Canada was faced with her enormous harvest last fall the military authorities decided that soldiers in Canada could give the Empire no better service for the time being than to assist in harvesting the crops. For that reason leave of absence was given to soldiers who wished to work in the harvest fields, and their labor was an important factor in harvesting the big crops successfully.

The necessity for increasing the agricultural production is commanding even more attention in 1916, and it is now announced that soldiers in Canada may obtain leave of absence from their military duties in the spring for a certain length of time to enable them to plant the seed for the crops in every Province of the Dominion.

The fact that the Government recognizes the seeding and harvesting of Canada's crops as being of the first importance is perhaps the best evidence that conscription or any increase of taxes which would reduce the agricultural activity of Canada will never be considered by the authorities.

Owing to the number who have enlisted for overseas service it has been found necessary to secure farm labor in the United States. It is hoped that fifty thousand can be secured.—Advertisement.

Every man thinks he could invent a lot of things that would startle the world if he didn't have to waste his time in trying to earn a living.

LADIES CAN WEAR SHOES. One size smaller after using Allen's Foot-Ease, the antiseptic powder for the feet. Shaken into shoes and used in foot-bath, Allen's Foot-Ease makes tight shoes feel easy, and gives instant relief to corns and bunions. Try it today. Sold everywhere. For FREE trial package, Address, Allen S. Olmsted, Le Roy, N. Y. Adv.

War on Dirt. "What's this? Your house is all torn up. Things are a wreck." "My wife has started her house-cleaning offensive."

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans. Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

Buy the 3 lb. Canister Can for \$1.00.—Adv.

Poor Substitute. "Mamma, won't you buy me a little puppy dog?" "No, Ethel. You've got that little kitten Aunt Mary gave you. Isn't that enough?" "No, mamma. I don't like Kitty a bit. I tried to give her a bath this afternoon and she scratched me something awful."

SALTS IF BACKACHE OR KIDNEYS TROUBLE YOU

Eat Less Meat if Your Kidneys Aren't Acting Right or if Back Hurts or Bladder Bothers You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them like you relieve your bowels; removing all the body's urinous wastes, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt 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, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness. Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

Money talks, but it doesn't say half as much as the wife of a man who declines to give up.

A woman's mind is nearly always on dress—which may explain the frequent changes of both.