

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back.

By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its tendency to increase weight, be used by anyone who does not desire to put on flesh.

If you are having business, domestic or other trouble, write us. We furnish expert legal advice and assistance by correspondence. Advice for year \$10, 6 mths. \$5, in advance. Legal Aid Bureau, 611 Bee Bldg., Omaha, Neb.

W. N. U., OMAHA, NO. 24-1919.

Friendly and Alert.
Small boy with two large bundles, each about three feet long, one under each arm, crossing Broadway in a gale of wind. Midway his hat blows off and goes rolling away with the boy in swift pursuit; handicapped, however, by those two bundles, for with his arms and hands thus handicapped you wondered how he could pick the hat up when he came to it. But he didn't even have to try for it. As it struck the curb a friendly and alert passer-by on the sidewalk stopped the hat, picked it up, and as the boy came up jammed it securely on his head, all without the boy's touching it at all.

Peel'd Chicken.
Three-year-old Kitty was visiting her grandmother, who lived on a farm. Everything about the farm was a novelty to the child. Another pleasant thing about the visit was grandmother's constant questioning of:
"Now, what shall we eat today?"
One morning she asked the usual questions as to the menu. Little Kitty thought a minute and then answered:
"Oh, grandma, won't you please catch a chicken and peel it for dinner?"

Mercenary Principles.
She—Don't you believe the world would be better for ideals in business?
He—No, ma'am; what I believe in are cash deals.

To insure glistening-white table linens, use Red Cross Ball Blue in your laundry. It never disappoints. At all good grocers, 5c.

The man who points out our faults may be a true friend, but we feel like kicking him just the same.

Carelessness is the outside partner of the undertaker.

Catarrhal Fever, Pink Eye, Shipping Fever, Epizootic
And all diseases of the horse affecting his throat speedily cured; colts and horses in the same stable kept from having them by using SPOHN'S COMPOUND, 2 to 6 doses of ten cures. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. SPOHN'S is sold by your druggist.

SPOHN MEDICAL CO., Mfgs., Ind.

Many a self-made man ought to be ashamed to admit it. Manners polish a man, but brains complete the job.

The Mission of Swift & Company

Swift & Company has become one of the large businesses of the world through continuing to meet the growing needs of a nation and a world.

Society has a right to ask how the increasing responsibilities and opportunities for usefulness which go with such growth are being used by the men who direct its affairs—and the men have the right to answer:

To promote the production of live stock and perishables and increase the food supply;

To reach more people with more and better meat;

To make a fair competitive profit, in order to reimburse the 25,000 shareholders for the use of their capital, and to provide for the future development of the business;

To reduce to a minimum the costs of preparing and distributing meat and to divide the benefits of efficiency with producer and consumer;

To live and let live, winning greater business only through greater usefulness, with injury to nothing but incompetency, inefficiency and waste; to deal justly, fairly, and frankly with all mankind.

These are the purposes and motives of the men who direct the policies and practices of Swift & Company.

Swift & Company, U. S. A.



POULTRY

METHODS OF HANDLING HENS

Labor-Saving Appliances Are of Value on Poultry Farm—Orchard Furnishes Range.

(Prepared by the United States Department of Agriculture.)

In general the simplest methods of handling poultry are best, especially on general farms, where poultry is a side issue, though such farms furnish the bulk of the poultry production. Labor-saving appliances are of value on poultry farms, but are not always practical on general farms. Women and children can do most of the poultry work on a general farm and thereby release the labor of the men for other farm work. On general farms, place the poultry house convenient to the dwelling house in order to save steps.

One house holding from 75 to 150 hens can be used to advantage, allowing the hens free range all the time. An excellent arrangement is to have the house near an orchard, which furnishes a good range for the hens. By allowing free range the hens will pick up all the necessary green feed and will also get a considerable amount of their grain feed. Keep large hoppers containing dry mash before the hens constantly, so that it will be necessary to feed the scratch grains only once or twice daily. Very little more labor is required in caring for a flock containing from 100 to 150 hens than is required for from 30 to 100 hens, provided all the hens are kept in one house and have a large free range.

A separate shed or a room in the laying house can be utilized to advantage for hatching chickens with hens,



Poultry on Range Requires Less Care.

setting as many hens as possible at one time; this saves labor, as it takes only a little while longer to care for a number of setting hens than for one hen. Confine the setting hens to their nests and allow them all to come off at one time daily. An incubator may be used for hatching the eggs and the chicks may be put under hens for brooding, especially early in the season, when it is difficult to get hens to set as early as is desirable to produce early chickens.

Raise the chickens under hens, putting from 15 to 25 chickens with each hen, and confine the hens to small coops placed on a good green sod, or a field of some growing crop whereby the young chickens will have free range on fresh land. A considerable number of hens with broods of chickens can be kept in a limited space where the hens are confined to the coops.

In sections where commercial hatcheries exist the farmer can have his eggs hatched there and thus save the labor of hatching the chicks. These chickens can be reared with hens, or a stove brooder which will cover from 200 to 400 chicks may be used to good advantage, thereby saving labor in feeding and caring for the chicks and still allowing the young chickens free range. By the use of these commercial hatcheries all the chickens can be hatched at one time and the chicks can be brought out early in the spring, at which time it is most profitable to hatch and raise chickens.

WATCH FOR LICE ON CHICKS

Where Pests Are Found Make Application of Small Amount of Lard—Provide Shade.

Watch for head lice on chicks; if found grease the head of each chick with a small amount of lard. Do not use salt with the lard, as often advised. Allow plenty of shade, as the hot sun's rays are often fatal to freshly greased chicks.

PROPER FEEDING IN SUMMER

Not Advisable to Give Too Rich Food During Extremely Hot Days—Not Easily Handled.

It is best not to feed too heavily, or of too rich food, during the extremely hot days which are experienced occasionally in summer because overloaded digestive systems cannot handle the food as well in the extreme heat.

COCA-COLA WILL BE USED TO CHRISTEN ENGINE

Program Will Feature Exercises at Fire Hall on Wednesday.

(From Nashville Tennessean.)

Ann Dallas Dudley, the new fire engine at the Waverly-Belmont fire hall, will be christened on Wednesday afternoon at 2 o'clock with appropriate exercises. Mrs. Guilford Dudley, for whom the engine gets its name, is one of the state's pioneer suffrage workers and it is due to her untiring work that partial suffrage was given the women of Tennessee. Mrs. Miles Williams, a resident of the twenty-first ward, is chairman of arrangements, and also a pioneer suffragist, and little Judith Winston Folk, the 6-year-old daughter of Mr. and Mrs. Reau Folk, also a pioneer suffragist and the youngest member of the Nashville organization, has been chosen sponsor. Miss Folk has selected as her maids the following young girls, daughters of prominent suffrage leaders: Travania Dudley, Lenore Kenny, Kate Barksdale, Harriet Ingram, Mary Sue Cantrell, Jane Davis and Elizabeth Smith.

At the christening not champagne but a bottle of coca-cola will be broken and the maids will shower the engine with yellow flowers. Speeches will be made by Mayor William Gannon, Commissioner Tompkins and Chief A. A. Rosetta. Mrs. Dudley, a member of the national suffrage organization, and Mrs. Reau Folk, chairman of the city organization, will be honor guests of the occasion.—Adv.

All some women talk about is—well, about 18 hours.

Cry tomorrow, if you must, but laugh today.

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

Do you put your "O. K." on your day's work?

Laws are not alive until they are executed.

IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ills afflicting people today can be traced back to the kidney trouble. The kidneys are the most important organs of the body. They are the filters of your blood. If the poisons which are swept from the tissues by the blood are not eliminated through the kidneys, disease of one form or another will claim you as a victim. Kidney disease is usually indicated by weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago. All these derangements are nature's signals that the kidneys need help. You should use GOLD MEDAL Haaren Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Go to your druggist today and get a box of GOLD MEDAL Haaren Oil Capsules. In twenty-four hours you should feel health and vigor returning. After you feel somewhat improved continue to take one or two capsules each day, so as to keep the first-class condition and ward off the danger of other attacks. Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

Good Riddance.

"Shall we hire a detective to watch our wedding presents?" "I hardly think that will be necessary, my dear. Our friends have seized the opportunity to work off a lot of old junk."—Louisville Courier-Journal.

Their Faithfulness.
"Force of habit is almost as hard a master to some people as rum is said to be," commented the landlord of the tavern at Grudge. "Although the post office moved to its new location more than a month ago, and, too, though they never were compelled by law to do so, 'most any time o' day a bunch

of prominent and influential luncheons can be seen standing in the doorway of the old post office room, patiently waiting for busy people to come, as they used to, and scrouge past them, trying to get in."—Kansas City Star.

Hard facts do not always make an impression on a soft-headed man.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest doses, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable.

The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly decried, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to dose them willfully with narcotics.

Castoria contains no narcotics if it bears the signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Don't Sneeze; You May Die.

Scientists say that we are never nearer death than when we sneeze, the act causing a momentary convulsion of the brain.

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these horrid spots.

Simply get an ounce of Othine—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 Othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

The bet you intended to make but didn't is always a safe bet.

NEW SOUTH WALES INFORMATION BUREAU
Singer Building, 149 Broadway, New York City
Will be pleased to send Government Bulletins or answer any inquiries regarding opportunities for farming, stock raising, fruit growing, mining and investment in New South Wales, AUSTRALIA

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

Kill All Flies! THEY SPREAD DISEASE
Placed anywhere, DAISY FLY KILLER attracts and kills all flies. Kills, cleans, disinfects, deodorizes and keeps flies from coming back. Lasts all summer. Made of natural, harmless material. Will not soil or injure anything. Guaranteed. DAISY FLY KILLER at your dealer or write for circular or sample to: HAROLD SOMERS, 30 De Kalb Ave., Brooklyn, N. Y.

Cuticura Heals Itching Burning Skin Troubles
Thoroughly cleans, soothes and cures. Sample each free of "Cuticura, Dept. E, Boston."

HEARTBURN

Caused by Acid-Stomach

That bitter heartburn, belching, food-repeating, indigestion, bloating after eating—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, sciatica, that tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestines and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach miseries. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Brought them relief when everything else failed.

Our best testimonial is what EATONIC will do for you. So get a big 50c box of EATONIC today from your druggist, use it five days—if you're not pleased, return it and get your money back.

EATONIC

(FOR YOUR ACID-STOMACH)

Hard to Determine.
Ruth Clifford, the moving picture star, has a cousin overseas. Recently his name appeared in the casualty list as wounded.
"Yes," said Miss Clifford, in answer to an inquiry by her director, "he was wounded, but not seriously. We had a letter from the regimental surgeon."
"Where was he wounded?" asked Gerard.
"We are not quite sure. The surgeon mentioned the place, but we don't know whether it's an anatomical phrase or a French village."

Health Insurance

One of the distinctive qualities of food baked with Royal Baking Powder is wholesomeness.

This is health insurance of such vital importance that millions of women bake at home just to be sure that Royal Baking Powder is used.

Remember the adage—"Bake it with Royal and be sure."

ROYAL BAKING POWDER

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum—Leaves No Bitter Taste