

## Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.—Adv.

### The Uncertain Future.

During a theatrical engagement at Manchester, England, Kemble and Lewis were walking one day along the street when a chimney sweeper and his boy came up. The boy stared at them with open mouth and exclaimed: "They be play actors."  
"Hold your tongue," said the old sweep, "you don't know what you make to yourself."

## BIG EATERS HAVE BAD KIDNEYS AND BACKACHE

Take a Glass of Salts at Once if Your Back is Hurting or Kidneys and Bladder Trouble You.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out; they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, 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 flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

### The Seat of Trouble.

"Toothache?"  
"Yeah. Something terrible."  
"Which tooth is it?"  
"That new false tooth in front. I had it filled with gold so that it would look natural, and the gold doesn't show a bit. Wouldn't that give you a pain?"

## WHY SUFFER SKIN TROUBLES

When a Postcard Will Bring Free Samples of Cuticura?

Which give quick relief for all itching, burning, disfiguring skin troubles. Bathe with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy healing often when all else fails.

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

### Mean.

"Jack proposed three times before I accepted him."  
"To whom, dear?"

Use Murine after Exposure to Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago, Sends Eye Book on request.

Our exports amounted to about 2 per cent of our business under normal conditions.

## REFORM ASSOCIATION

When health commissioner of Chicago, by reason of the office he holds, made a member of several commissions. The last of these has just made its final report, and this is, therefore, from my standpoint, an opportune time to call attention to the work of these commissions. A statement of the work of these commissions is worth while since such statement will direct attention to a series of important happenings of the last six years and will draw attention to some matters by hygienic importance.

The Lake Michigan water commission was composed of representatives from the four states, some of whose citizens used water from Lake Michigan and at the same time put their sewage into the lake. Soon after the organization of this commission the Chicago Association of Commerce organized an auxiliary association to do propagandist work for the commission.

The Lake Michigan water commission was the direct instigator of the great lakes water commission and somewhat more indirectly of the United States-Canadian joint commission for the pollution of the boundary waters. They are in a great measure responsible for improvements already accomplished or in the process of installation in the water supplies of Chicago, Milwaukee, Cleveland, Grand Rapids, Waukegan, Evanston, and other northern towns suburban to Chicago. Hamilton, Waukegan, Gary and East Chicago, Michigan City, South Haven, Racine and Kenosha.

The improvement in the quality of the water of these cities has been followed by lowering of the death rates from typhoid fever. The stimulus for the commissions to prevent them from polluting the water near water intakes came from this commission, and following action to control the sewage disposal and water supplies of steamships there came necessarily action to control the sewage disposal and water supplies of railroad trains.

The Sane Fourth association was not in any sense a city commission. Its only relation to government was the fact that it always asked for, and generally had, the cooperation of the chief of police, the fire chief, and the health commissioner. These officials sat in the councils of the association and helped to raise the money to finance its parades, and did some part of its work.

The Sane Fourth association did not originate the idea of a sane Fourth. The American Medical association first carried out this idea in a large way, to the cost of the existing method of celebrating the Fourth. The Chicago Tribune took the academic work of the American Medical association and gave it blood and brawn. The Sane Fourth association took the creation and breathed into it the breath of life. The project, therefore, had three parents.

The Sane Fourth association went out of business several years ago. A national custom, and one which gripped all the people of every state of society and of every age in life was changed within three years.

## CHILDREN AND MILK.

Mr. Hoffman, of the Prudential Life Insurance company says children are almost as subject to consumption as grown people. He proves what he says by statistics from the United States census office.

In 1911 the death rates from consumption in the United States were highest in people between 35 and 44 years of age. The death rate from consumption among children under 5 years of age was half as high as in the worst period. To which Dr. White, of Pittsburgh, replied that Mr. Hoffman was measuring the importance of tuberculosis among babies by the death rate and that was an unfair way to measure it.

In the first place, grown people who have consumption got it when they were children, but the disease lay quiet until they grew up. Then they overworked or overworried or breathed dirty air, or lived where there was no sunshine, and the dormant disease became active.

In the second place, children have every kind of tuberculosis. Grown people pretty much limit themselves to one kind—consumption. Children have tuberculosis of bones, glands, skin and intestines as well as consumption. Boys up to 14 years old have a death rate only one-tenth as high as that of men 35 to 44, but in spite of this showing, consumption is more important to boys than it is to men.

This is Christmas seal week and today is children's day. Children get tuberculosis from drinking milk from tubercular cows. All over the country today the school children are thinking about what they can do to prevent consumption. One thing they should decide on is that they will not drink any milk unless they know it comes from a healthy cow or is made safe by pasteurizing. Wherever the farmers will not agree to get rid of the tubercular cows and the milkmen will not agree to make the milk safe, then the children ought to agree not to drink milk. No school child has to drink milk.

Other children get colds and maybe consumption from going to school in rooms where there is no fresh air. One day Giuseppe came to Dr. Britton, one of the Chicago open air school doctors, and asked: "Say, doctor, how sick has a fellow got to be to get into this here school?" Giuseppe knew what was good for him and he was willing to take a chance by getting sick in order to get what was good for him if he did not have to get too sick.

Dr. White was right. Nearly every child has some tubercular infection in him somewhere. That being so, Giuseppe was even more right than he thought.

It will not be possible for all the children to go to open air schools—at least not in the north. But it would easily be possible for every schoolroom to be aired out, by raising the windows once every hour, whether the school be north or south.

Mrs. Young, superintendent of the Chicago schools, says so, and she knows. The school children might agree on that much today. They might agree to ask the teachers to air out the schoolrooms. And maybe those two points are enough for them to agree on today. There are some other points of importance that we may propose next year if the boys and girls make a try at these two this year.

### A Matrimonial Bargain.

Charles broke the spell as in a dejected tone of voice he said:  
"Miss Fraser, I love you, but dare not dream of calling you mine. Yesterday I was worth \$25,000, but today, by a turn of fortune's wheel, I have but a few paltry hundreds to call my own. I would not ask you to accept me in my reduced state. Farewell forever."

As Charles was about to stride mournfully away she caught him and eagerly cried:  
"Good gracious! Reduced from \$25,000 to \$100? What a bargain! Of course, I'll take you! You might have known I wouldn't resist."

### Getting on Thin Ice.

From the Kansas City Star.  
Politician—Congratulate me, my dear wife in the nomination.  
"What nomination?"  
"What nomination?"  
Politician—Now what in thunder did you want to bring up that point for?

## MUTTON ON A PLATE.

(Copyright, 1915, by the McClure News Paper Syndicate.)

Mutton is the standby of England—perhaps not yet of America. But at all events it is one of our standby meats and the cook who knows how to prepare it in many ways has mastered an important art—for variety in meats is something to be worked for, and some things many cooks never attempt.

To begin with, of course, roast lamb or roast mutton is the best way for a beginning; but once in a while a boiled leg of mutton is delicious, if served with caper sauce, and the water in which it is boiled, properly seasoned, makes delicious broth.

It is the second day serving of a roast that calls for ingenuity, and the third and fourth day, if there is any of it left.

Mutton sausage can be made, for one thing. For these chop a pound of underbone roast mutton and add to six ounces of beef suet, also chopped fine. Mix with four ounces of bread crumbs and seasoning of thyme, mace, pepper and salt. Add two beaten eggs and a pint of chopped oysters, and roll into balls. Fry in a deep fat for seven minutes.

Hash is always delicious if properly made. To each pint add three cupsful of chopped cold boiled potatoes, a tablespoonful of butter and a cupful of stock. Stir over a hot fire for eight minutes, then put over a lower heat and brown for half an hour, very slowly. Mince green peppers or minced parsley may also be added.

Shepherd's pie can also be made with left over mutton. To make it chop cooked meat and mix with two tablespoonfuls of crumbs to the pound with one chopped onion, one tablespoon chopped parsley, one cup gravy, salt and pepper to taste, two tablespoonfuls drippings, one tablespoon catsup. Turn into baking dish and cover with thick layer seasoned mashed potatoes. Brush with beaten egg and dot with butter and bake 20 minutes.

Another way of cooking a leg of mutton or lamb is this: Have it boned and rolled by your butcher. Be sure he sends you the bone and meat the day before it is to be eaten. As soon as it comes put it in a kettle with cold water, an onion, and season with salt and pepper. Let simmer for three-quarters of an hour. When this comes to a boil put in the meat and keep at a constant boil for two hours. Take out meat and boil down liquor, then strain and cool. Add to the fat, one cup put in half cup barley and boil till tender. This will make delicious soup. The leg should now be covered with the fatty membrane that has been taken off the leg. This will give it flavor and serve to baste the meat. Bake in oven about one hour.

### The Prohibition Lobby.

L. Ames Brown, in the North American Review.

The prohibition forces of today are organized with a degree of efficiency attained by few movements in the history of the republic. Their efficient organization prevents us effectively from drawing a parallel between the Dow movement and the prohibition movement. The power of that portion of public opinion which now supports the demand for national prohibition is exerted upon congress and state political bodies and in elections through the Anti-Saloon League of America. The league organizes and manages every important prohibition fight made in the country, and maintains a Washington office by the most powerful lobby ever seen at the national capital. It is known as the national legislative headquarters of the league, and is in charge of Rev. C. D. Willard, national legislative superintendent. It is a lobby clearly within the sense of the term accepted in modern American politics. Its representatives, backed by an organized and powerful public opinion, are enabled to dictate the attitude of a considerable number of congressmen on a pending question, with the result that congressmen are often driven to vote against their own views and their own consciences in favor of measures advocated by the lobby. The harmful effect of such a lobby enterprise upon our system of government does not admit of controversy. It is inimical to the very spirit of our governmental institutions, and it would remove the legislative power from congress itself, in so far as the matter of prohibition is concerned, and place this power in the hands of the Anti-Saloon League. This has been condemned by the American people. The very term "lobby" has been anathema in American politics. Until the appearance of Mr. Gurnea and George D. Widde, those who exerted "a concerted influence" upon congress did their work secretly and under cover. The Anti-Saloon League has been utterly fearless in its operations, however, and has made no effort to cloak its activities in the corridors of the House of Representatives.

### Law of Compensation.

From the Baltimore Star.

Old Mr. and Mrs. Muldoon were in close converse around the peat fire, discussing the natural laws of compensation, though that wasn't exactly what they called the subject.

"Just fancy," exclaimed Bridget, "according to this paper, when a man loses war of his senses another gets more developed. For instance, a blind man gets more sense in hearing and touch."

Pat thought the matter over long and anxiously.

"Sure an' it's quite true," he remarked, learnedly, after a while. "Ol'va noticed it meself. When a man has got one leg shorter than t'other, begorra, the other's longer."

### Melba Isn't Her Real Name.

From the Kansas City Star.

The appearance of Mme. Melba at the Hippodrome recalls the manner in which she selected the name de theater which has become famous the world over. Mme. Melba's name was Nellie Mitchell until her marriage, when it became Mrs. C. N. F. Armstrong. At the time of her debut into opera she decided to adopt a stage name, and as she is an ardent patriot she combined the first four letters of Melbourne, her native town, and the last of Victoria, the reigning queen of that time together making Melba.

An inventor in Holland has brought out a gas motor with only five parts.

### WHAT SAVED EUROPE'S SMALLER NATIONS.

From the Buffalo Enquirer.

"If preparedness prevented war," say the anti-preparationists, "Europe would now be at peace."

How long would Russia hesitate to discover evidence of preparedness services of preparation?

Switzerland's preparedness saves that country from being the high-way and battlefield of foreign armies.

Holland's preparedness saves her from the trespass that both sides would commit if they did not fear the cost would exceed the benefit.

How long would Russia hesitate to sweep over Roumania to get at the German, Austrian and Bulgarian armies if Roumania were not prepared to defend herself?

The deference the allies and central powers are showing to Greece is due to nothing but their respect for that country's preparedness.

If Russia could use Scandinavian ports in her war business, how long would she refrain from seizing them but for dread of raising up a new, though weak foe to fight? Even Denmark's tiny army is a factor that helps stall off any thought of a flank attack on Germany through her territory.

Isn't it strange that reasoning beings who lock their doors at night and cheerfully pay policemen see no reason for locking the coasts of this country against invasion?"

## BETTER THAN A BAROMETER

As Reliable Weather Prophet, Old Ram Fully Justified Confidence Put in Him by His Owner.

In the Country Magazine, Miss Margaret Woodward tells how a farmer's barometer proved its effectiveness as a weather predictor, and confounded science. Every New England farmer, she says, knows that cattle and sheep are trustworthy weather prophets.

There is a story of a party of scientific men who were making observations on a ledge near which was a flock of sheep. The professors settled a great many questions relating to natural science to their own satisfaction. As they wished to make another trip to the ledge the next day, the weather became a matter of interest to them. One of their number studied the barometer carefully, and announced to the waiting group that tomorrow's weather would be fine.

Thereupon the old farmer who was within hearing distance remarked with a genuine Yankee drawl, "I dunno how you fellows air so cocksure about the weather tomorrow, but if that old ram yonder keeps his rump to the wind'ard, it's jest bound to rain."

And rain it did, much to the discomfiture of the professors.—Youth's Companion.

## MAKES ICE IN HOT WATER

Boston Scientist Also Has Succeeded in Boiling an Egg in Freezing Temperature.

Dr. P. W. Bridgman of Boston, in creating new substances by pressure in the Harvard chemical laboratory, has crystallized water at nearly the boiling point. Only the limitations of his apparatus have prevented him from making ice at a temperature of thousands of degrees above zero, where the hardest metals melt. This hot ice is the permanent form of water under very high pressure, such as exists in the interior of the earth.

Twenty-two other liquids also have been crystallized at high temperature under the doctor's laboratory use of the immense forces of geology.

He has produced black phosphorus and 30 other new substances by pressure and also boiled an egg at freezing temperature by squeezing it with a pressure of 180,000 pounds to the square inch.

### Misleading.

Rev. George R. Lunn, the new Socialist mayor of Schenectady, was congratulated on his election.

"The people have confidence in the honesty of my party's policy," he said. "Our opponents tried to put our principles in a false light, but the people couldn't be fooled. They knew that the opposition's animadversions on our principles were as misleading as the bachelor's description of his sister's new baby."

"Asked to describe this new arrival, the bachelor replied:  
"Um! Very small features, clean-shaven, red-faced and a very hard drinker."

### Careless.

"What brought you here, my poor man?" asked the prison visitor.  
"Just plain absent-mindedness," replied the prisoner.  
"Why, how could that be?"  
"I forgot to scratch the monogram off a watch before I pawned it."

### The Ones Benefited.

Jerson—Everyone is opposed to divorce, but—  
Higson—The married ones.

The tensile strength of a paper fly-wheel is far greater than one made of iron.

## NOTHING FOR BROWN TO DO

Only Minor Matters Came Up, and Those Were Wife's Privilege to Deal With.

Col. J. J. Irish, who is a strong anti-suffragist, said in San Francisco: "The recent elections show plainly the unpopularity of woman suffrage. I think the voters were wise. There are enough husbands already in Brown's boots."

"Brown and Black," continued Colonel Irish, "were arguing at their club on the question as to who should be at the head of the house—the man or the woman."

"I'm the breadwinner," Black said firmly, "and, therefore, I rule in my house."  
"Well," said Brown, "before we were married my wife and I made an agreement that I should make the rulings in all the major things, and she in all the minor ones."

"Brown smiled wanly. 'So far,' he replied, 'no major matters have come up.'—Exchange.

### At Least He Was Honest.

He was an honest little coon, but due to a lack of sanitary precaution his honesty was without benefit to the good woman who succored him. He was dirty, ingratiating and hungry when he appeared at her door. He asked for something to eat.

"I will give you something," she said, "but you must do a little work to earn it."

The little ducky said he was willing to work. So she prepared a huge sandwich and told him to go out and pick worms off the tobacco. A bit to her surprise he did not eat the sandwich at once, but slipped it inside his dirty little shirt, and started for the tobacco field. Half an hour later he returned. It was a torrid day and his face was shiny with perspiration. Grimly he reached inside his shirt and drew forth his sandwich untouched by his white teeth, but much the worse for dirt, perspiration and pressure.

"Missus," he said, "the wuk is too hahd foh me. Take back yoh sandwich."—Louisville Times.

### To Ease Her Mind.

The nurse was writing a letter for a wounded soldier.

"There's something I'd like you to put in, miss," said the soldier hesitatingly.  
"Well, what is it?"  
"You don't mind, now? Just put 'The nurses in this hospital are all rather elderly persons.'"  
"That isn't quite true," said the youthful nurse.

"It isn't miss; but it'll ease my missis's mind wonderful. She's always been a bit on the jealous side."  
The missis's mind was eased.—Manchester Guardian.

### Inexplicable.

"I understand Scribner's latest novel is a failure, although he hoped it would be a 'best seller.'"

"How do you account for that?"  
"Um! I can't explain it. The binding of the book would make it an ornament for anybody's library table, and the illustrations were done by a well-known artist."

### The Reason.

"I am surprised to hear that the Dobsons have separated. What was the cause?"  
"Incompatibility. He absolutely detested all the moving picture stars she admired."

### No Change.

Evelyn—How old is Mabel?  
Edith—Twenty-four her last six birthdays.

A lawyer doesn't know everything, but he thinks a client thinks he does.

## What Does Catarrh Mean?

It means inflammation of a mucous membrane somewhere in the head, throat, bronchial tubes, stomach, biliary ducts or bowels. It always means stagnant blood—the blood that is full of impurities. Left alone, it extends until it is followed by indigestion, colds, congestion or fever. It weakens the system generally and spreads its operations until systemic catarrh or an acute illness is the result.

## Peruna

Is the nation's reliable remedy for this condition. It restores appetite, aids digestion, checks and removes inflammation, and thus enables the membranes, through which we breathe and through which our food is absorbed, to do their work properly. Forty-four years of success, with thousands of testimonials, have established it as the home remedy—Ever-Ready-to-Take. Its record of success holds a promise for you.

THE PERUNA COMPANY  
COLUMBUS, OHIO  
You can obtain Peruna in tablet form for convenience.

### Another Reason.

"They call her the human graphophone."  
"Just because she buzzes a bit?"  
"It's on account of the airs she puts on."

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.

### Suppose They Drown in Meantime.

In southern California where there is rarely rain, the houses are built accordingly. Roofs that leak are common, even in the best houses, to the amazement of easterners. One easterner who is spending the winter there, complained to the landlord that the bungalow roof leaked.

"Oh, yes," replied the landlord. "The sun dries out the shingles. After it rains a few times the shingles will swell and then you will not be bothered any more."

### Quite Different.

"What is meant by the odor of sanctity, father?"  
"I don't exactly know, my son, but you may be sure it isn't anything like the odors that float over to Riverside drive from the glue factories in Jersey."

### What Made It Lean.

She—What made the tower of Pisa lean?  
He—It was built in an age of famine.—Lampoon.  
Trying to stand on your dignity may result in a hard fall.

### Suspicious.

"Aren't you delighted that your husband has given up smoking?"  
"I don't know. I am afraid he did it just for an excuse to give away those cigars I bought him for Christmas."

### Just So.

"Are we living too fast?"  
"Maybe so. But there doesn't seem to be any way to apply a speed limit."

There's very little waist material in this year's ball gown.

## A Food Fact to Remember

Seventeen years ago a food was originated that combined the entire nourishment of the field grains—wheat and barley—with ease of digestion, delicious taste and other qualities of worth designed to fill a widespread human need.

Today that food—

## Grape-Nuts

has no near competitor among cereal foods in form or nutritive value, nor has it had from the start.

Grape-Nuts on the Breakfast Menu builds and maintains body, brain and nerves as no other food does. Ready to eat, economical, appetizing.

### "There's a Reason"

### JOIN THE THINKERS' CLUB

Grocers everywhere sell Grape-Nuts.