

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pesty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate does not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

There are times when the corkscrew is mightier than the typewriter.

BILIOUS, HEADACHY, SICK 'CASCARETS'

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head, stomach sweet and your liver and bowels regular for months. Adv.

No man can win success unless he is in love with his work.

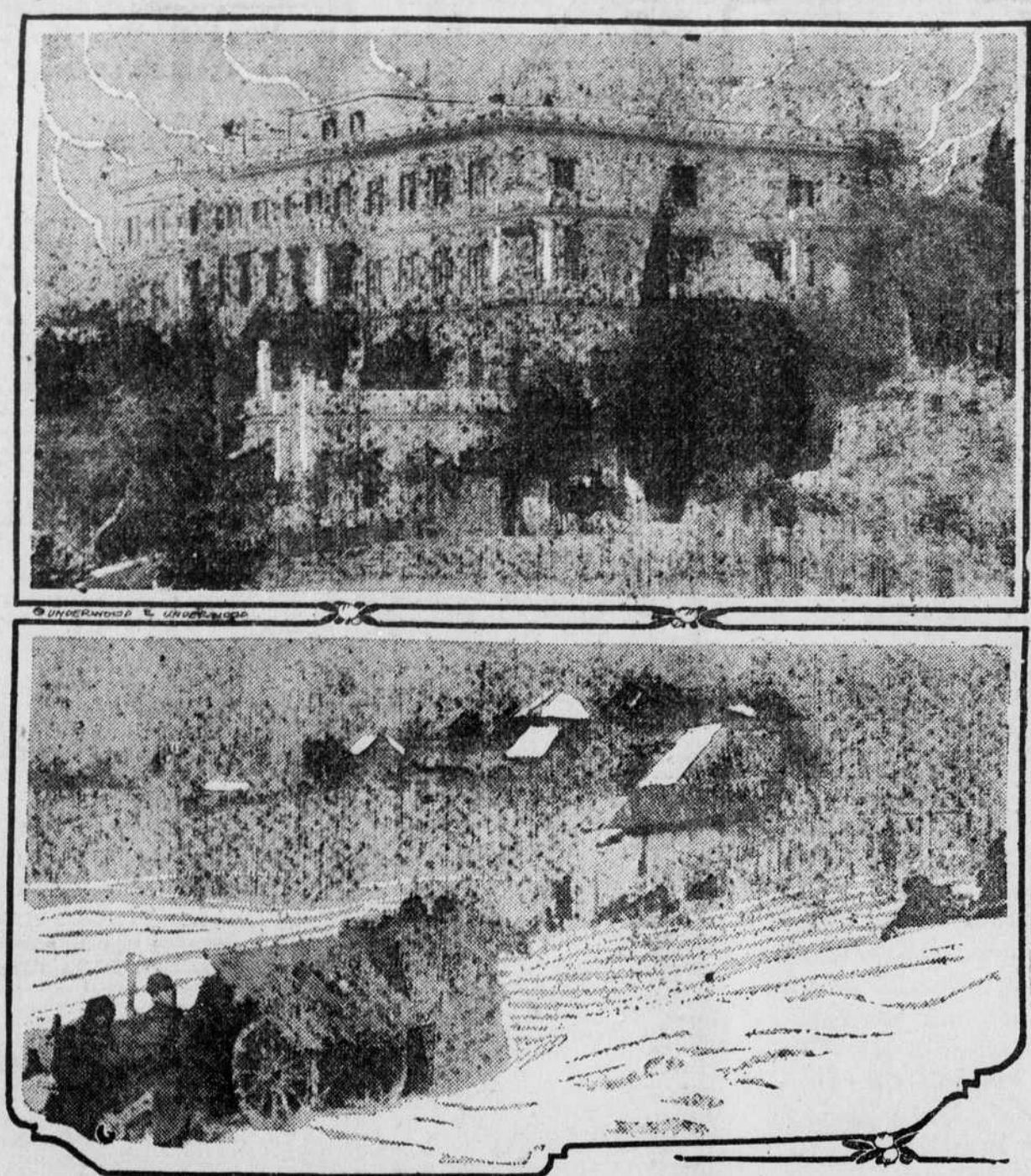
MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You—Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms lactic acid which excites the kidneys, they become overworked from the rain, get sluggish and fail to filter waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in your kidneys or your back hurts or if your urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of lemons and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in the urine so it no longer causes irritation, thus ending bladder weakness. Jad Salts is inexpensive and cannot overdo; makes a delightful effervescent lithia-water drink which everyone would take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney applications.—Adv.

KAISER'S PALACE FRENCH HOSPITAL; AUSTRIANS IN MONTENEGRO



Kaiser's palace on island of Corfu taken by French; Austrians pushing Montenegrin invasion. "Achilleion," the palace of the emperor of Germany on the island of Corfu off the west Greek coast, has been seized by the French and converted into a military hospital. In the meantime, the white snows that cover the hills of Montenegro are dyed in many places a vivid scarlet, where the life blood of the sons of the little empire is being given in an effort to stem the tide of Austria's advance.

Quinine Famine Is Feared.

(From The Indianapolis News.)

If the European war continues much longer, where are the people of the United States to get their usual supply of quinine? At the breaking out of the war sulphate of quinine was selling at about 20 cents an ounce, wholesale. A year ago it sold for 40 cents; today it is selling for \$1.30 an ounce. When it is stated that during the fiscal year ending June 30, 1914, the last normal year prior to the war, the United States imported nearly 3,000,000 ounces of sulphate of quinine, then valued at about \$650,000, and over 3,600,000 pounds of cinchona bark, valued at \$450,000, it may be seen what such a difference in price may mean to the country.

Great Britain controls the cinchona bark industry in her possessions of India, Ceylon and Jamaica, and Holland the product of Java, and these are the sections of the world which have been furnishing practically its supply of quinine. In the form of cinchona bark, for the last 30 or 35 years, Great Britain is carefully husbanding the supply for the use of her armies and those of her allies, while the Dutch must be depended upon to supply those of the central powers. Armies in the field need a vastly larger supply of quinine than would the same number of men in ordinary occupations—hence a quinine famine is feared for the rest of the world.

The time when certain countries of South America, where the cinchona trees originated, supplied the world, and the story of quinine and how it was introduced into Europe is told by Edward Albee in the current number of the Bulletin of the Pan American Union.

Once upon a time—275 years ago, to be more exact—in her viceregal castle in Lima, Peru, a lady lay ill of a fever. She was the Countess Ana, wife of the fourth viceroy of Peru. News of the lady's illness having reached one Don Juan Lopez de Cansales, the Spanish corregidor of Loja, who dwelt some 20 miles south of Quito, in what is now the republic of Ecuador, he dispatched a parcel of a certain kind of powdered bark to her physician, Juan de Chus, with the assurance that it was a sovereign remedy and a never failing specific in cases of intermittent fever. He knew this to be true from both experience and observation, for about eight years prior to this event he had suffered from a severe attack of fever, and had been cured by an old Indian of Malacotas, who had the remarkable properties of this bark. Since then he had observed its effects in many other cases. The remedy was tried and the countess

was cured. The name given by the aborigines to the tree on which grew this wonderful bark was "quina-quina."

In 1640 the count of Chinchon returned to Spain with his wife. She took with her a quantity of the healing bark, and thus was the first person to introduce it into Europe. Subsequently, some of the Jesuit missionaries in Brazil sent parcels of the powdered bark to Rome, whence it was distributed by the Cardinal de Lugo to other members of the fraternity throughout Europe. It was, therefore, often a Jesuit's bark, and sometimes Cardinal's bark. Something over 100 years after the countess of Chinchon had introduced it into Spain, Linnaeus, the great Swedish naturalist, in making his classification of all known trees and plants, commemorated the service rendered to mankind by that lady, in naming the genus which yields the bark cinchona, and subsequently still further immortalized the name by giving it to the great family of trees and plants now known as the cinchonaceae, which includes not only the cinchona, but also the impecaeanans and the coffees.

In their native habitat, in Peru, Ecuador, Bolivia and Colombia, the trees flourish in a cool and equable temperature, on the slopes and in the valleys and ravines of the mountains, surrounded by the most majestic scenery, never descending below an elevation of 2,500, and some as high as 9,000 feet above the sea. When in good soil and under favorable circumstances they become very tall, with branches on the higher elevations and when crowded and growing in rocky ground, they frequently run up to great heights without a branch; and at the upper limit of their zone they become mere shrubs. The leaves in the finest species are lanceolate, with a shining surface of bright green, traversed by crimson veins, and upon the same color. The flowers are small and arranged in clustering panicles, like lilacs, generally of a deep roseate color, paler near the stalk; and the fruit is a rounded berry, with a curly hair bordering the laminae of the corolla, and give forth a delicious fragrance.

About 55 years ago Sir Clements Markham, the English scientist and traveler, succeeded in getting a quantity of seeds and plants of the various valuable species of the cinchonaceae, which were taken to India for the purpose of starting cinchona plantations. Market success followed the experiment, and subsequently plantations were started in Ceylon and Jamaica. The Dutch were successful in their efforts in Java.

THE STATE MILITIA

From the Kansas City Star.

How came about the paradox that "the right of the people to bear arms"—a phrase that is classic in the annals of democracy—should have come to be a rallying cry against preparedness for national defense?

The answer is to be found in the deep rooted distrust of the English and American people toward standing armies, a distrust that has outlived by centuries the causes that gave it rise. Those causes date back to a time when a regular army meant a mercenary army, and mercenary armies—using the term in its original sense—are now unknown in Europe and never were known in America.

When the Virginia bill of rights declared that standing armies were dangerous to liberty it means the kind of standing armies the English kings had tried to keep and which the English people had prevented them from keeping. Before William of Orange was invited to take the throne from which James II had been driven he was compelled to give assent to this declaration which sealed the victory of English subjects in their long contest with the crown: "That the raising or keeping a standing army within the kingdom in time of peace, unless it be with the consent of parliament, is against the liberties of America ever would be subverted by military tyranny there never was possibility. Yet, both in England and America there has persisted to this day the distrust of permanent military establishments which in this country took expression in the famous declaration of the Virginia bill of rights: "That a well regulated militia, composed of the body of the people, trained to arms, is the proper, natural and safe defense of a free state."

It mattered not that regular armies, as now raised by every country, are composed of the body of the people, or that the absolute control of such armies, in all free states, is in the hands of legislative assemblies of the people.

Still the Anglo-Saxon idea clung to the distinction between "militia" and "regulars" and refused to accept the obvious fact that both were recruited from a common citizenship. In America the shadow of the distinction was made more real by the federal form of government. The militia belongs to the state, the regular army to the nation. The one is the exercised right of the people to bear arms, the other a "professional" military establishment. The one represents to the average man the "proper, natural and safe defense" of the nation; the other a dangerous rival, requiring to be jealously watched, of the civil power of the people.

If the evils apprehended by the colonists from a standing army had been real, a "well regulated militia" — trained to arms" might indeed have been the country's "proper, natural and safe defense." But the militia never has lived up to that description given it by George Mason of Virginia, and the chief reason it never became a real military force was because these evils turned out to be imaginary. The regular army never showed any disposition to become a Praetorian guard. The result has been that the theoretical defense of the United States has for more than a century rested upon the mere plan of a structure that never was built.

The militia—improperly called the national guard, which it is not—never has been "well regulated," never has been "trained to arms," and never has been a "safe defense" for the nation. Of it Washington said: "If I was called upon to decide upon oath whether the militia had been most servicable or hurtful in the revolutionary war upon the whole I should subscribe to the latter." With this opinion of the militia as a "safe defense" every military authority of note in the United States has produced, from General Upton to General Wood, has agreed.

Thus "the right of the people to bear arms," this right so strenuously insisted upon and never exercised, has come to be a chief stumbling block in the way of real preparedness for national defense. Young America was so afraid of the specter of militarism that it refused to the national government the control of the militia, and now when grown up America has awakened to the need of defense it is to find its supposedly chief arm, con-

ceded to the care of the states, a rusted and useless weapon.

WE MAY NOT MEET AGAIN.

(Copyright, 1915, by the McClure Newspaper Syndicate.)

"Stay, stay at home, my heart, and rest; Home-keeping hearts are happiest. For those who wander—they know not where. Are full of trouble and full of care. To stay at home is best."

Into every heart some time in life, whether early or late, comes love when 'twas to meet who are so congenial that they seem to be intended for each other. Both feel this intuitively, though no word has been spoken.

The cares of life and untoward circumstances decree oftentimes that happiness for each other is not for them. The path of the one is smooth and the other rugged. When they clasp hands to say goodbye, they know in that moment how dear each is to the other. Friendship is but a cold word to express what they feel for one another. Both realize that they may never meet again.

Were it not for that possibility, many a man would declare his love and ask that she give her hand at the altar as well as her heart before his departure. The fear that she might not give her immediate consent holds him silent. Love would bid him stay. But the faroff country where first he saw the light needs him in the hour of adversity. He stands before her, strong, brave, handsome and reliant. As such he has won her. Were he to come back to her maimed, blinded, shorn of all that made him what he was to her, in this moment would he have a right to cling desperately to her promise and hold her to it should their vows be plighted in this parting hour?

"The thought 'we may not meet again' holds the love words on his lips unspoken. Not alone is the man who is about to face the fortunes of a soldier fearful that he and the girl he loves may not meet again. Lovers who hastily agree that they will part after a quarrel, experience the same heart heaviness. One word leads to another. "Do you wish all to be over?" he asks, hoping desperately that she will not consent to it. Many a sweetheart's lips have answered "Yes," when her heart cried "No! No!"

In that angry farewell they looked in each other's eyes feeling that they might never meet again. Every mother and father who sees a loved son go from them out into the world, far away has this feeling in the heart: "We may not meet again, dear one; we may not meet again." Youth is sanguine. The son kisses both wrinkled cheeks fervently, and says with enthusiasm, "When I have made my pile I will come back to you again!" Fervent youth seldom realizes the changes that may crowd themselves between the present and the time when his hopes might be fulfilled. The thought seldom or never occurs to him that he may be looking on their faces for the last time.

It is wisest and best that this should not come to one. When goodbyes are spoken how much better for each to whisper to the other that mystical word "Mizpah," which means "God be with thee and me until we meet again."

'Being Musical.'

Thomas W. Surette in the Atlantic.

What is called "being musical" cannot be passed on to some one else or to something else; you cannot be musical vicariously—through another person, though so many thousands dollars, through civic pride, through any other of the many means we employ. Being musical does not necessarily lie in performing music; it is rather state of being which every individual who can hear is entitled by nature to attain to in a greater or less degree.

The Failure of American Criticism.

Edward Garnett in the Atlantic.

The recurring failure, the ancient failure of American criticism, is its inability to recognize and appraise what the artistic force in literature achieves, and that while this remains so, its standard of critical values rests upon sand.

A machine for digging holes for telephone poles has made a record of 50 poles an hour under the most favorable conditions.

WAITING FOR THE END OF THE WAR

"Then Take Advantage of the Opportunities in Canada."

(Contributed by W. J. White, of the Department of the Interior, Ottawa, Canada.)

I strolled into a bank in one of the cities of the west a short time ago and the bank manager said after the war, the Canadians should be prepared for a great influx of people. The crops that the western Canadian farms have produced in 1915, and the wealth that the farmers have had thrust upon them by the high price of grain, will make farm lands valuable and farming remunerative. After the war is over there will be thousands go to Canada to engage in agriculture and many other industries that will certainly prove profitable. Conditions will be wonderfully good. The advertising that Canada has had during the last year or two by its magnificent contribution of over 250,000 men to fight for the Empire, the wonderful sums it has given to the Red Cross and Patriotic funds, the excellent showing it made in subscribing over double when only 50 millions of dollars was asked as a war loan, the bravery, courage and hardihood of the soldiers who have fought the battles in Flanders, it is just wonderful," and my enthusiastic banker grew eloquent. One might have thought he was a subsidized booster for Canada. "But," he said, "they won't go until after the war."

"Well, now, Mr. —, why wait until after the war? If all you say be true, and you have said nothing yet of the wonderful bank clearings of Canada today, nothing of the fact that the immense grain crop of Western Canada this year has given to every man, woman and child in that country, over three hundred dollars per head, why wait until after the war? After the war, under such conditions as you have pictured (and which are real) land values will go up, prices will increase. Advantage should be taken of the low prices at which these agricultural lands can be had today. They have not increased any as yet, and excellent farm lands can be had close to railways in old settlements, in excellent communities for from fifteen to thirty dollars per acre. The climate is good and will be no better after the war."

"What about conscription, though? Is there not a danger from conscription, and should I advise any to go there now, would they not have to face it? Then too, there is the report that there is a heavy war tax on lands."

I was surprised to learn that these old yarns, stories that I thought had been exploded long ago, were still doing duty in many parts of the United States, and that a gentleman of the wide learning of my friend, was inclined to believe them.

"Conscription!" I said. "With Canada contributing 250,000 men voluntarily enlisted, why conscription? There is no conscription in Canada, and neither will there be. It is not needed. In any case no legislation could be passed by the Dominion Parliament which would impose military service upon people who are not citizens of Canada, either by birth or naturalization. Settlers from the United States could not become naturalized British subjects until they had resided in Canada continuously for three years."

I quoted from official documents. "In the first few months of the war I clearly stated that there would not be conscription in Canada. I repeat that statement today."

"And then as to taxes," I continued, quoting again from official authority. "All taxes levied by the Federal Government take the indirect form of customs excise and inland revenue duties. It is untrue that farmers are paying direct war-tax levies and no intending settler need hesitate to come to Canada on this account.

"Official denials should convince you that all apprehensions which have been making some would-be-settlers from the United States hesitate to make a change while the war lasts are without foundation. With these misunderstandings cleared up, the present war conditions even become an added inducement to settlement in any part of the provinces of western Canada, inasmuch as war prices and keen demands for all manner of farm products afford the farmer a special opportunity to make money."

I was glad of the chance and pleased to have him state that his views had altogether changed.

I could have continued, and told him of the fortunes that had been made in the season of 1915, out of farming, wheat growing, oat growing, barley growing, cattle raising, dairying and mixed farming. I could have told him of an Ottawa (Canada) syndicate that had a yield of 130 bushels of oats per acre from their farm at Wainwright and from 60 acres of wheat field they threshed over 60 bushels per acre. These yields while phenomenal, were repeated in many portions of western Canada. It was interesting to inform him that the average yield of spring wheat in Saskatchewan was 25.16 bushels per acre; Manitoba, 26.3 bushels; in Alberta, 36.16 bushels, and over the three provinces there was a total average of over 30 bushels per acre.

"The immense crop that has just been harvested has put millions of dol-

lars in the hands of the farmers, and the work of distribution through the regular channels of trade has already begun. Millions of bushels of grain are still in the hands of the farmers, which means that there is a vast store of realizable wealth that will be steadily going into circulation, benefitting the thousands who are dependent indirectly on the basic industry of the province for their livelihood.

"The mock prosperity that rested on the insecure foundation of inflated real estate values has passed away, and in its place the corner stone of the country's sound financial future is being built.

"The trust and mortgage companies, the large implement concerns and the wholesale merchants all tell the same story today of marked improvement in their business. The farmers and others are meeting their just dues and paying off debts that in many cases have been long overdue. Collections are better today than they have been since the most prosperous days of our history, and obligations are being met freely and promptly.

"Now," I said, "why should they wait until the war is over?" And he agreed with me.—Advertisement.

Many a man's success at poker depends on the way he is raised.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

It is a sign of rain when someone hypothecates your umbrella.

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.

Men who invest in watered stock are apt to get soaked.

Throw Off Colds and Prevent Grip. When you feel a cold coming on, take LAXATIVE SYRUP OF FIGS. It cures colds, whooping coughs and grippe. Only One—BROMO QUININE OF B. W. GROVE'S SIGNATURE ON BOX. 25c.

Oats originated in North America.



FREE Color Plans for Your Spring Decorating

Madam—

The Alabastine staff of interior decorators is at your disposal—to assist you with your spring decorating.

These experts offer you dependable free advice on how to treat your walls so that they will harmonize with and set off to advantage your floor covering, furniture, draperies, curtains and wearing apparel.

They also want to tell you about the handsome decorative wall and ceiling border effects that can be obtained by the use of stencils—the very latest wrinkle in wall decoration.

Stencils ordinarily cost from 50 cents to \$3.00 each; but if you will write for the free "Alabastine Packet" containing hand colored proofs of 12 of the very latest stencil effects, we will tell you how you can have your choice of these and 500 others at practically no expense. Write today for this absolutely free decorating service.

Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug, and general stores everywhere.

Alabastine Co.
355 Grandville Rd. Grand Rapids, Mich.

Farmers Attention!

Did you know that you could buy life insurance by mail and save the middle man's profits or about one fourth the cost of your insurance. Write telling us how much you farm, what county you are in, and how much insurance you want to carry and let us figure with you.

F. L. McCLURE SIOUX CITY, IA.