The following unsolicited letter has been received from Mr. J. F. Ward of Donalda, Alberta. It is a plain statement of conditions as Mr. Ward has found them:

"It's with pleas-A Settler's ure I drop a line to Plain Letter. you. We had a good year. Off of 65 acres, oats and wheat, I got over 2,500 bushels of wheat and oats. Oats went here from 50 to 100 bushels per acre, and wheat from 25 to 52 per acre. Just see me being here one year and have over 700 bushels of wheat. It is now over \$1.00 per bushel. Oats is 42 cents, and going up. You told me the truth, and I want the people of Toledo to know it. Hogs are 8% cents; cattle are high. Canada is good enough for me. I have 5 good horses. I sold 2 good colts, 2 cows and 18 head of hogs and killed 2, I have 6 hogs left. I got 400 bushels of potatoes off an acre and a good garden last summer, fine celery and good onions. One neighbor had over 1,200 bushels of wheat, and sold over \$700 of hogs and 2,000 bushels of oats. This is a great country. If you should tell the people of Toledo of this it would get some of them thinking. The soil is a rich black loam, and a pleas-

"We have a good farm. We have a flowing well with soft water. It is the best water in the country. Some people think they got to go to war when they come out here. They need not be afraid of war. There is no war tax on land; only school tax, \$12.00 on 160 acres, and road tax of two days with your team. I tell you the truth, there is no land in or around Toledo as good as our land here in Alberta. If anybody wants to write us, give them our address.

wre to work it.

We have had nice weather. We have had it quite cold for one week, but no rain and sleet, and the sun shines nearly every day, and it is hot in the sun. Coal is \$2.25 per ton. The people are very nice and good here. We are well enjoying the West. The horses and cows are feeding on The prairies all the winter. We just have two horses in the stable to go to town with. Yours truly, (Sgd.) J. F. WARD, Donalda, Alberta, Feb. 9, 1916."

statement of Steve Wisconsin, but Schweitzberger moved with my parents when a boy to Stephen Co., Yowa. I was there farming for 50 years. I sold my land there for over \$200 an acre. I moved to Saskatchewan, and located near Briercrest in the spring of 1912. I bought a half section of land. I have good neighbors. I feel quite at home here the same as in Iowa. We have perfect safety and no trouble in living up to the laws in force. My taxes are about \$65 a year on the half section for everything. I have had splendid crops. Wheat in 1915 yielded me over 50 bushels to the acre. That is more than I have ever had in Iowa, and yet the land there costs four times as much as it does here. The man who comes here now and buys land at \$50 an acre Schweitzberger, February 9th, 1916." Advertisement.

Nine to Draw From. Hiker-Young Pellets tells me he makes a specialty of doctoring cats. Piker-Well, his patients are lucky. Hiker-How's that? Piker-They each have nine lives.

AN APPRECIATIVE LETTER.

Mr. M. A. Page, Osceola, Wis., under date of Feb. 16, 1916, writes: Some years ago I was troubled with my kidneys and was advised to try

Dodd's Kidney Pills. It is now three years since I finished taking these Pills and I have had no trouble with my kidneys since. I was pretty bad for ten or twelve years prior to taking your Mr. M. A. Page treatment, and will

say that I have been in good health since and able to do considerable work at the advanced age of seventytwo. I am glad you induced me to continue their use at the time, as I

Dodd's Kidney Pills, 50c per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box.-Adv.

The Neglected Vocation. "My daughter writes beautiful poe-

"Dear me, dear me," sighed the man,

"and the world so hungry for good

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.

Even when a woman can speak with her eyes her tongue doesn't give them

The average length of a generation its 33 years.

OF THE MIDDLE MAN

New Law Provides Nobody May Buy and Sell Necessities For Personal Gain.

Vienna (by mail). - Further measires for the elimination of the "midfleman whose participation in com-merce does not add to the value or facilitate the distrib tion of necessities" are being adopted throughout the Austro-Hungarian monarchy. Not alone tre new laws for this purpose being enacted, but the provisions already made by the civil and military bodies tre now being enforced with vigor that gives no quarter to offenders.

Laws in force and in the course of enactment provide that nobody within Austria and Hungary may buy an article of necessity and then sell it again for the sake of personal gain. This affects transactions in foodstuffs especially. When the European war broke out it was found that there were many who wished to profit by it through the "cornering" of certain supplies. In little time the cost of living went up alarmingly, increases ranging from 50 to 400 per cent. To curb this tendency the government it-self took such action as its power and scope permitted. It was found, however, that the legislative bodies of Austria and Hungary, had to act in the matter. Suitable laws were adopted, and these are now being so amplified as to close the loopholes which various actions at law have disclosed.

A recent ruling in an Austrian superior court in this city is of interest because it shows both the letter and spirit of the "anti-speculation laws" which have been adopted.

In this case three Galicians had bought a relatively small quantity of foodstuff, mostly grain. At the trial it was shown that the three dealers had sold the articles again in the same town, in one instance wheat had been resold to its original owner. A profit had been made, and a slight increase in the price of food made from the articles in question, had resulted,

was proven.

The court ruled that under the law this was an offense, because the sale and resale of the articles had been made by the defendants with a profit made by the defendants with a profit to which they were not entitled, having added neither to the value of the articles, nor facilitated their distribu-tion. They had, in fact, found the judge, rendered distribution more dif-ficult by holding the articles for a cer-tain time.

The defense was that the accused had acted within their constitutional rights by buying and selling as they had done, and that they had not hampered dis-tribution, because they had at all times been ready to sell. But the prosecu-tion obliged the defendants to make the admission that they had held for a higher price, whereupon the court found that this was now an offense, because to hold necessities for the gaining of a profit, through the opera-tion of the law of "supply and demand" was illegal.

Heavy penalties of imprisonment and fines were imposed upon the three

Austria did not always have such a Austria did not always have such a law. Taking this view of economics is distinctly a result of the war—the spirit that nobody shall gain at the expense of the other when "the other" is likely to be at the front, risking his life for his country and leaving his family in straightened circumstances, perhaps.

perhaps.

To "deal for profit" has become a very dangerous and unprofitable entervery dangerous and unprofitable enterprise in Austria today. But the Hungarian government, which hitherto has not been obliged to concern itself much with this problem is also beginning to act. Hungary has greater food resources than Austria, and, for this reason, speculators have not found so good a field there. Food stuffs have been so relatively plentiful there that so far, for instance, it has not been thought necessary to regulate the consumption of bread by means of a bread card, almost universally used in Austria.

Contrary to opinions generally held, in interior affairs, Austria and Hungary have nothing in common. On this

account, Hungary is now improving her own "antispeculation laws."

Before the Hungarian diet, now in session, is a bill, introduced by the Hungarian minister of justice, according to which no person outside of a trade or industry, or without the spe-cial permission of the authorities, may buy or sell, for purposes of gaining profit through speculation, any food-stuff or other necessity of life. This means that only a miller may buy grain and only a baker flour, and then no more than what he will need for the no more than what he will need for the requirements of his own business. The bill, which is sure to pass, provides a maximum penalty of two years' imprisonment and a fine of 20,000 crowns. Another bill, from the same source, provides for a penalty of three years' imprisonment and a fine of 10,000 crowns, for the person who wilfully "destroys or depreciates the quantity and quality of food stuffs. Persons convicted of this offense may also be deprived for three years of all civil deprived for three years of all civil and political rights.

Heretofore speculation in Hungary has been curbed principally by means of a law, reading as follows:

of a law, reading as follows:

"The ministry may, for the duration
of the war, in order to assure to the
population a steady supply of foodstuffs and necessities and to prevent
the forcing up of prices, apply suitable
measures in the production and distribution of these articles, included
among them such emergency regulations as are needed even if these be in tions as are needed even if these be in

conflict with existing laws."

A similar law was adopted in Austria, but in both countries speculators tried hard to evade the letter and spirit of the regulations which resulted from it. Most of those who have done so have been made to account, and in dealing with them the civil courts have been less relenting than even the mili-tary authorities. Meanwhile a lesson in economics is taught, which, as many here believe, will not be without bene-ficial influence after the war. The government's campaign against the "use-less middleman" and speculator is fol-lowed by the consumer with an interest and approbation not likely to ter-minate with the coming of peace.

The rivers of the earth carry 6,500 cubic miles of water into the sea each year. This means a column 10 miles square and 65 miles high.

++++++++++++++++++++++ INDIVIDUAL REFORM.

By Tolstot.

However strange this may appear, the most effective and certain deliverance of men from all the calamities which they inflict upon themselves and from the most dreadful of all—war—is attainable, not by any general measures, but merely by that simple appeal to the consciousness of each separate man, which 1,900 years ago was proposed by Jesus—that every man bethink himself, and ask himself who he is, why he lives, and what he should and should not do.

+++++++++++++++++++

ADVERTISED FOODS AND PURE FOOD ADVERTISING

From the Optimist. The most direct method of increasng the consumption of tinned soup or any other form of canned or prepared food is by bringing to the attention of the public, by means of judicial advertising, first, the delectableness of the article in question; second, its clean-

liness; and third, its convenience. Before the days of the higher development of prepared food and of food advertising, the American public ate illcooked soups, greasy potatoes, and fried steaks-and dyspepsia was considered a national characteristic. The octors scolded and raved in vain.

Then came the advertisers of foods ho drew roseate pictures of the palatable nature of their wares, and made people's mouths water for them. It people for their faults as to encourage them in their virtues. The result has been the great wave of food reform that has swept over the entire country. Now, almost everything from soup o nuts is advertised in some

etter and more palatable shape than eople have been accustomed to, and this food goes to the table of the con-sumer in more sanitary and more delectable form than ever before. The world owes much to the men who have given their best brains to the purity of foods and to the enlightenment of the public on the subject.

One of the most hopeful things today the increasing respect for the human stomach—true respect, mark you; not flattery or indulgence, but regard for the stemach's place in the scheme of iuman economy.

Formerly, people gave thought to the

faintiness, purity and wholesomeness of their foods chiefly when they were sick. But—praise be to educational advertising!—they now make an inteligent study of their regular diet; and what they want is not so much food for availds as food that will keep them from becoming invalids.

Considering the ratio of cost to effi-piency, advertising is not an expensive method of selling goods, but it is ap-parent that when conducted on a na-tional scale it means such a large inestment of money that the necessity of having the quality of the goods back

ap the advertising constitutes a perfect guarantee to the consumer. The pure food laws have done much to safeguard the health of the com-munity, but it is evident that the requirements enforced by law will never measure up to the quality that the advertiser's own interest urges him to put into the foods that he prepares and advertises. The manufacturer knows that advertising turns a flood of light on his foods, his factory, his methods. He knows that his competitors will allow no flaw, no condemnatory fact to escape. The rigid observance of the highest standard of quality and purity is the only way to cope with scrutiny

so penetrating and so persistent.

From the above, it becomes evident that the consumer derives the following advantages from buying advertised

Quality. Assurance that the ingredients are the finest; that the methods of preparation are calculated to give the best results; that the skill employed in the preparation is the highest.

Purity. Assurance that every possible care is employed to guard food from contamination; that the factory and the factory hands vie with the arrangements of a well managed kitchen in a private home; that the processes are scientific, up-to-date, and involve as little handling as possible.

Appetizingness. No one knows bet-

Appetizingness. No one knows better than the producer of advertised foods that "the proof of the pudding is the eating of it." Pre-eminence among competing foods depends above all and the consumer's palate A .vdister the consumer's palate. Advertised foods must be tasty. must be tasty. The producer must

Convenience. alm constantly at the convenience of the housewife—convenience of package, preparation and serving.

The advertising of foods is one of the

most interesting contributions to do-mestic science. Its effect on the well-being of the community is incalculably great. It has developed in directions great. It has developed in directions that only a year or two ago would have been believed very unlikely, if not imssible. and it is sure to find new fields as time goes on.

QUARRELS OF YOUNG MARRIED FOLKS.

(Copyright, 1915, by the McClure News-paper Syndicate.

What if night came, and not he? Something might mislead his feet, Does the moon rise late? Ah me! Listen, listen—that is he! I was all to blame, today; Sweet, forgive me, why—I may!

"What! Young married couples quarrei? Surely not! You say." "Oh yes, but they do, and I can tell you, too, how it often comes about: The knot is no soone tled than each think they own the other, heart, body and soul. There's no fear that he or she will wander away-stray far afield, become lost, or stolen. The length of the married tether is exceedingly short; extending little further than the home roof. Rich and poor couples quarrel over about the same things. The bride feels herself aggrieved over the lack of car-esses, such as she believes her young husband should lavish upon her. band becomes annoyed at the notion that they should sit and court of an evening in the park now that they are wedded. She accuses him of his love growing cold. He accuses her of being far more of a foolish girl, than he ever imagined her to be. She accuses him of not wanting to take her out of an evening, yet passing those hours away from her. He retallates that he has to work work overtime, to pay their bills, adding that he hadn't calculated it would cost so much more to keep two than one; continuing he finds he has to put up for the cost of a whole army of people, for that's what the entertaining she insists upon doing, amounts What woman will allow a man to have the last word? She retaliates. Because she is married does he expect her to shut her-self up in the house, never see a human face, or the light of day outside of the four walls? He suggests that a wife's place is at home, not gadding. This adds fuel to the fire of her wrath. She splutters hotly. Her eyes are being opened to the fact that it is a cook and elderly woman of all work he should have secured and not a young wife to be finding fault with. If the one or the other turned the first remark off with a smile, refused to answer back, much trouble could be avoided. One angry word brings on an-other. He turns moodly away, leaves the house without his goodby kiss, that made his duties, his life and the world so sweet to him. She misses it quite as much; but finds some little satisfaction in resorting to tears, crying herself into a headache There is still a trace of it when he comes home at night in her swollen face, bloodshot eyes. She thinks he does not notice t, when she has her hair so nicely curled, and her best bib and tucker on. But he does. Each is repentent to be sure. the one who shows the first overtures towards peace, that gives proof that such little tifts are danger signals, to wreck future happiness. Each young married couple should make a compact that they will never, never, quarrel, but keep prints.

hearts happy with love.

old, but he thought a great deal, and die's toys or even his watch."

sometimes he said things that showed Tommie did not look as though he he had a great deal of sense in his lit-tle head.

One day a family moved into the house next to where Tommy lived. It was not very near, because the houses were far apart and not like the city houses.

"I know what it is he hasn't got that I have," he cried, clinging to his

"O mother! there is a little boy come to live in the next house," Tommy told his mother. "I saw him go in there just now, and he is as big as I am."

Tommie meant by that, of course, that the little boy was about his age, and he was so impatient to see him again that he hardly ate any dinner.

That night he came in to supper with a smiling face. "His name is Freddie, and he is five years old, just like me," he told his mother.

The next morning he was up bright and early to play with his new friend, and when he came in to his dinner he

and when he came in to his dinner he had many things to tell.

"O mother! Freddie has a cart and a horse that goes all around the floor when you wind it, and he has a baseball and a bat, too," he said. "He has an Indian suit too, mother, I wish I had one."

That night Tommie came he with many more wishes. "Freddie a music box over at his house," said. 'I wish I had one. "Freddie has

said. "I wish I had one.

"And he has a big boat that will sail in the water, too; he has a knife with two blades, and, mother, he has a watch, and he carries it all the time."

I am afraid my little boy will find Freddie has many things that he does not have and cannot have, for Freddie's father has more money to buy things with than your father," said his mother. "You must not let it make you unhappy because Freddie has so many things to play with and you so few. you so few.

you so few.

"Perhaps you will find there is something you have that Freddie has not got, if you keep your eyes open, and then you may think you are much more fortunate than Freddie."

"I guess it is not so about Freddie's not having everything," said Tommie the part day at the dinner table. "I mother, "an

the next day at the dinner table. "I kept both eyes wide open, and I didn't see that he was without anything. He has lots more than I have, mother, I am sure." I am sure. "You keep your eyes open, son," mie, hugging her tight.

TOMMIE'S CHOICE.

(Copyright, 1915, by the McClure News-paper Syndicate.)
Tommie Jones was only five years would not part with for all of Fred-

believed what his mother said, but that night when he came in the house

mother's skirt; "Freddie hasn't mother, his mother is dead."



but his mother took him on her lap and soon quieted him.

"Mother knew her boy would not want to change places with poor little Freddie when he knew there was no mother there," she said. "You see, it was wrong to want anything Freddie has, because he hasn't any mother and his father buys him all the things that money can get for him, so he will not be unhappy."

"But he'd rather have his mother than anything else in the wi-world," said Tommie, looking up his mother through his tears; "he told me so and he cries every night when he goes to bed, and no one tells him a story or tucks him in his bed same

"Poor little Freddie, we must be very kind to him and do all we can to make him happy," said Tommie's mother, "and you will never again want anything Freddie has, will you, or be unhappy because you cannot have as much as he has?" "No, mother, I won't," replied Tom-

WHY DON'T WE EAT MORE CHEESE?

(Copyright, 1916, by the McClure News-paper Syndicate.) As a race we don't eat very much

about cheese food values.

It is because we aren't enough interested in getting the most for our money that we still neglect cheese. We talk much of the high cost of living, but we don't by any means, take every chance that presents itself to cut that

high cost down. Cheese has a tremendously high food value. Cheese, if properly prepared, is not a tax on the digestion; that is to say, although it digests slowly, it eventually digests without causing distress

It has a taste that is tempting to most of us and when it is added to other foods it makes them more appetizing. So it is obviously merely a matter of indifference that makes us eat such a comparatively small amount of cheese as we do. Most of us eat it, not as a as we do. Most of us eat it, not as a food, but as a tidbit at the end of a meal. As the saying says:

"Poor men eat cheese for hunger; rich eat it for digestion."

"We're not really poor enough to ap-preciate cheese. Wherever mankind has As a race we don't eat very much cheese,

It is not because we are ignorant of the food value of cheese either, for by this time most of us have read and heard more than we can remember about cheese food values.

It is because we aren't enough incheese ever made—an exhibition cheese that was made with the milk of some \$,000 cows, but weighed over 12,000 pounds, and that stood five feet high and some 25 feet in circumference.

Yes, we're a cheese-making nation, and it is now our economic duty, at least opportunity, to become a cheese-

eating nation.

Among the cheese that the housewife can use, with wafers and coffee, in-stead of dessert, at dinner, are Stilton, Cheshire, Roquefort, and the softer Camembert and Brie. Cruyere or Swiss cheese makes delicious sandwiches with toast, or bread and mustard. Cream cheese can be eaten in sand-wiches, or with salad. Pot cheese or cottage cheese can be eaten with bread and fruit to make a substantial lunch. Parmesan cheese can be grated, the dried bits of it, to flavor all sorts of

PREVENTION OF PNEUMONIA.

In the registration area in 1913, according to Dr. Matthias Nicoll, of New York, 84,000 people died of pneumonia. At this rate the number of deaths from pneumonia in the United States was present 150,000. The about 150,000. The number of cases of pneumonia was at least 600,000, and it may have been as high as 1,000,000.

A city which kills so many and sickens so many more is of great importance. Therefore, sanitarians are studying it closely. Drs. Cole and Dochez find that four-fifths of the people who get pneumonia catch it from people who have recently had the disease or who have been nursing cases of consumption. Cases of pneumonia have the germ which caused the disease in their throats for an average of 28 days. Carriers (nurses and others who have been in contact with case of pneumonia) carry the disease in

would be in agreement from the start. The sputum of sick persons and convalescents must be received on cloths and these must be burned. The sick person must be kept in a well ven-

sterized by hot water.

When convalescence is established special precautions against spitting on the floor or walks must be enforced for at least four weeks. at least four weeks. A handkerchief must be held before the face when coughing and sneezing while the disease is on, and for four weeks thereafter. Some sort of an antiseptic mouth wash must be used during the attack and for four weeks thereafter. The provisions apply with about equal force to the patient, the nurse and other

of pneumonia) carry the disease in their "spit" for an average of 23 days. What this information leads to is this: Cases of pneumonia should be reported to the health department. The health department should quarantine the case. The quarantine should last from three to four weeks. Just what restrictions should be imposed will have

front, back and on each side, and stiff-

ened with wires or transparent stiff-

There are also various collars of stiffened lace or muslin that are high

ADDING CUBITS.

eners.

Of course we can't add cubits to our, stock of crepe de chine in the color of stature—but that isn't important today. We can add them to our collars,
and that's the all-important thing to

smartest of the new blouses have high collars, at least at the back So the high collar might be called the distinguishing mark of this your's blouses. If you have some of last year's blouses in good condition on hand the only thing you need to do is hand the only thing you need to do is about an inch or an inch and a half wide. It follows the V-line of the control of the losing and at the back it goes to remodel the collar. Even if the sleeves are short, they will look well under a coat or jacket if the collars are high.

Sometimes, of course, it is possible to put in full length sleeves of chiffon related but this is not always worth the solution of the but this is not always worth the solution of the solution of

or lace, but this is not always worth while.

As for the collars, there are several ways of remodeling these. And, perwhile iaps, the best way is not remodeling at haps, the best way is not remodeling at all, but simply covering the low line of last year. The jabot is in fashion again, and a fluffy bit of lace arranged in a jabot will cover the V-shaped opening in front. To the top of this the collar is attached. The old collar should be removed, and the neck of the should be removed, and the neck of the statement of the collar is attached. Then the neck of the statement opening in front. To the top of this the collar is attached. The old collar made to wear without collars, and, therefore, the blouse with a high collar can be easily adjusted.

The coars of the winter were not made to wear without collars, and, therefore, the blouse with a high collar can be easily adjusted.

These different makeshifts fill the bill

This collar can be a high shirred quite satisfactorily.

The Romance of the Export Trade.

John Chapman in World Outlook.
The kind of Romance which insists on veiled beauties, hair-breadth rescues of noble ladies from on-springing man eaters doubtless exists—I've seen too many impossible things happen to be a doubter. No doubt their exist little kingdoms wherein the recently graduated college men of the United States uphold the reigning, and always young and handsome princess. My only contribution to this type of romance has been a money contribution to the authors of these tales.

Offhand there's nothing of romance in selling farming machinery, but just the same I feel like a real missionary when I hit some towns in Siberia and see wellied, well clad, intelligent people and look oack less than 15 years to the time when

SOME WESTERN CANADA **GRAIN REPORTS**

In its issue of February 24th, 1916, the Wadena (Minn.) Pioneer Journal

Oats

Per Acre.

has the following letter from Western Canada written 115 Bushels by Walter Gloedeu, who is renewing

his subscription to his home paper: 'The times we are having up here are very good in spite of the war. I have had very good crops this fall and we are having very good markets for it all. Wheat went from 30 to 60 bu. to the acre, oats from 50 to 100 bu. to the acre. I had an 18-acre field of oats which yielded me 115 bu. per acre by machine measure, so I think this is a pretty prosperous country. I have purchased another quarter section, which makes me now the owner of three-quarters of a section of land. The weather was very nice this fall up to Christmas, then we had quite severe weather, but at the present time it is very nice again.'

"I lived many years in Alberta; filed a homestead in the Edmonton district; own property in several parts of Al-

berta. I found it

one of the best

One of the Best Countries I Ever Saw.

countries I ever saw; its banking system is better than that of the United States; one quarter section I own, with about \$4,000.00 worth of improvements, pays \$18.00 a year taxes. All tax is on the land; implements and personals are not taxed. I was secretary-treasurer of Aspelund school district for two years. My duties were to assess all the land in the district, collect the tax, expend it (\$1,-000.00 a year), hire a teacher, etc., for the sum of \$25.00 a year. Some economy, eh!

"All school and road taxes are expended in the districts where they are collected. There are no other taxes. Land titles are guaranteed by the government and an abstract costs fifty cents. Half of the population of Alberta are Americans on from Eastern Canada. (Sgd.) WILL TRUCKEN-MILLER." Advertisement.

A Just Tribute. "Why did Wombat leave his money

to found a home for servant girls?" "Well, you know he was a manufacturer of fine china. And he always said the girls did a lot for his business.

TAKE SALTS TO FLUSH KIDNEYS IF BACK HURTS

Says Too Much Meat Forms Uric Acid Which Clogs the Kidneys and Irritates the Bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and duli misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all

sorts of bladder disorders. To find out the number of deaths in any community divide the population by 100,000 and multiply by 132. The result will be too high if the community is rural, too low if it is a crowded city.

A city which kills so many and sickactive and clean, and the moment you cups used by the sick person must be take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithiawater drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to forks who believe in overcoming kidney trouble while it is only trouble.-Adv.

the house is so old and shabby.

Wife-Everything we have here in

Hub-Have a little patience, my dear. When they get a bit older they will be antiques.

Some Consolation.

FOR ITCHING SCALP

And Falling Hair Use Cuticura Soap and Ointment. Trial Free.

When the scalp is itching because of dandruff and eczema a shampoo with Cuticura Soap and hot water will be found thoroughly cleansing and soothing, especially if shampoo is preceded by a gentle application of Cuticura Ointment to the scalp skin.

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

Indignant Denial.

"My poor fellow, I fear you are

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Children Cry for Fletcher's Castoria

Colorade uses more than two miltalk to submarines, even when the lion electrical horse power every day