Glass of Hot Water Before Breakfast a Splendid Habit

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

splitting headache, stuffy from a cold, without ceasing. foul tongue, nasty breath, acid stomby washing the poisons and toxins from the body with phosphated hot meter each morning. The wounded would have been left upon the field with the dead, to perish from cold, water each morning.

We should drink, before breakfast, glass of real hot water with a teapoonful of limestone phosphate in previous day's indigestible waste, sour bile and poisonous toxins; thus cleansmore food into the stomach.

is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a plendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the them. cheeks. A quarter pound of lime they lay." tone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipalion, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly .-

In a Way.

"Isn't it queer it has been so cold? "Why queer at this time of year? "Because these are the dog days.

TENDER SKINNED BABIES

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

Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when baby's skin is irritated and rashy.

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

Hire Woman Detective.

A woman detective has received an appointment from the Bristol authori-There is nothing amateurish about the Bristol appointment. The new officer has received special training in police work, and although her duties will chiefly concern women and children her services will be utilized in solving all classes of crime and mystery. "Women," an authority explained, "are particularly adapted for work which comes outside the scope of the ordinary detective, but unfortunately it is sometimes unsafe to trust a woman with an important investigation where young men are concerned. They are swayed by emotion. They can't help it; it is their nature. and they have been known to fall in love with the man they have been set to watch.'

Women for Police Duty.

Spokane's civil service commission after debating the type of woman that would make the best police officer, seems to have reached no very narrow definitions, the requirements being between five feet and five feet ten inches in height, between twenty-five and thirty-five years in age, and between 115 and 200 pounds in weight. timber line having been boosted to the latter figure to satisfy Commissioner J. M. Corbett, who admits a preference for woman officers of the 'large, queenly type."

HANDY HUSBAND Knew How to Get Part of the Break

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

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and

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

time she gained several pounds in reached her she was dead.

"There's a Reason." Name given by

THE "LADY OF THE LAMP"

For 48 hours streams of danger-ously wounded have been making their way toward Germany. * * Trainloads of wounded, moving Parlsward today, are bringing evi-dence of the fearfulness of the car-nage north of the French fortress.

From the battle field of Verdun a stream Those of us who are accustomed to of wounded men pouring eastward, and feel dull and heavy when we arise; another pouring westward, day and night,

But, if this battle had been fought 75 years ago, there would have been no men sch, lame back, can, instead, both with stretchers to hunt out and carry bok and feel as fresh as a daisy always away the wounded; no ambulances; no hunger and thirst, or from gangrene.

In all the Napoleonic wars there were no aurses, no field hospitals, and only a few surgeons. The wounded dragged themselves off the field if they could, otherwise it to flush from the stomach, liver, they slowly died where they lay. For days lidneys and ten yards of bowels the after those big battles groans and walls and shricks went up from the field, the gradually diminishing wounded died. Even so late as 1859 the ing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

battle of Solferino was fought with only a few surgeons to care for the wounded.

Henri Dumant was there and has described the horrors of that field after the battle. The action of limestone phosphate Wounded officers were cared for, the rank and hot water on an empty stomach and file got little attention. "In the silence of that night could be heard the sighing, the stifled cries of anguish, spairing appeals for help and water. What pen can describe the agonies of that night," writes Dunant. For days wounded lay because there were so many the small staff of surgeons could not attend to "The great majority perished where

> That it is not so today is due largely to the influence and example of women. The first war murse was a woman, Florence Nightingale. In the winter of 1854 Eng-land was stirred to its depths by reports

From the Kansas City Star.

We shudder as we read the news from jof the suffering of the sick and wounded in the Crimea. Miss Nightingale, a nurse who had been trained in Germany, volunteered to go. The government accepted her offer. She took 34 women nurses with her and arrived in Scutari in time to receive the wounded from Balaclava, and a few days later 600 shattered man from What she did is history now. The world never knew such self sacrifice, such devotion before. She used to work 20 hours at a stretch with the wounded. Each night she made her solitary round of the big barn like hospital with a lamp, ready for any complaint. The men called her the "Lady of the Lamp," and kissed the hem of her garment. Gradually she collected 19,000 men under her. They adored her. "The angel of the trenches," "the soldiers' friend," "our good angel, Saint Florence," they called her.

owes much to her. Every trained nurse in the world should reverence her name. Before her time only the poorest and most stupid women were nurses. Nursing was considered one of the meanest of callings. She raised the dignity of it so that women of the best rank were proud to go into it. ignorance has succeeded scientific training.

Her example led to the founding of the Red Cross by Henri Dunant who acknowledged his debt to her and said, "The influence of this woman is precious for the welfare of the human race.

Last week a memorial to Miss Night ngale was unveiled in St. Paul's Cathedral in London, and the queen of England, in her tribute to this heroine, quoted from fellow

Lo! in that house of misery A lady with a lamp I see Pass through the glammering gloom, And flit from room to room.

And slow, as in a dream of bliss, The speechless sufferer turns to kiss Her shadow as it falls Upon the darkening walls.

States' Rights Last Defense Of All Predatory Interests

William L. Chenery In Chicago Herald.

The child labor bill at Washington has up when the ruling powers of Utah and called to life the ancient fight for states' Wyoming and Colorado wished to obtain rights. That old doctrine which seemed to have died with negro slavery always bobs up when some special interest has to be protected. It is the one thing which prevents the United States from becoming

The southern textile mill owners profit chiefly by child labor. They are the only important class who would be injured by the passage of the Keating-Owen bill barring the products of child labor from interstate commerce. The southern mill owners, however, are not the only people who are fighting for states' rights. They have allies with kindred sentiments.

James A. Emery, the counsel for the National Association of Manufacturers, has been mentioned as an active lobbyist against the child labor bill. The association, Mr. Emery says, "has been at no time opposed to the regulation of child labor." What he is fighting for is not child labor in the southern mills. He is merely opposing the national control of the southern mills. Consequently he must attack a child labor bill which substitutes national for local control.

"Saving the Constitution." Mr. Emery has written an enlightening letter to the New Republic. He says:

I represent the opposition of the manufacturers of this country to the principle of control here invoked, because it seems from an examination of the measure that it proposes to substitute an exercise of the police power by congress for that of the legislatures of the respective states, themselves. Nay, more, by the circumstances of interstate commerce in this country it substitutes the views of congress for those of boards of aldermen and supervisors and country and municipal authorities in the states themselves-

In other words, Mr. Emery professes not disapprove of child labor laws if they are passed by legislatures, by city councfls and by county boards. He objects solely to congressional or national control. He objects That is very significant.

The men who defended negro slavery took precisely the same position. The men who have fought and are now fight-ing for the private exploitation of the naal water power and mineral resource of the country occupy the same ground. The enemies of conservation find them-selves in hearty accord with this attitude. Everywhere it is easier for a powerful private interest to break down state or local control than it is to confront the

A Bundle of Provinces States' rights came to the fore when California adopted a Japanese policy that appeared to bld fair to involve the entire country in war. States' rights unfair competition. That on a large scale were invoked when the national governist the advantage which national control ment attempted to conserve the radium resources of the country for the benefit of rights is bad morals and worse business. all the people. States' rights were dug Mr. Emery should take a longer view.

DEATH DEFEATS COURT ORDER REUNITING FAMILY

Chicago.-If the wheels of justice had turned just a little more quickly, the life of a woman would have been saved. An aged woman, who loved her five woman, who loved her five An aged woman, who loved her five grandchildren only as a mother could, gled of a broken heart because they were taken from her while they were on their way to see he, after a court order separating them was refused.

Mrs. Mariasanta Palermo was the grandmother. She came to Chicago from Italy two months ago, bringing with her children of her daughter, who

with her children of her daughter, who died seven years ago. Salvatore Gris-anti, the children's father, came to America when their mother died, and they had not heard from him. Their mother had been an invalid and the grandmother had reared them.

All went well until Grisanti came from New Jersey, where he had been living, and obtained custody of the children by means of a writ of habeas corpus. The children rebelled. When Brisanti called at the office of Attor-ney Albertson N. Gualano two weeks ago to get them they attempted to jump from a fourth story window rather than go with him. He placed them in the juvenile home, where they were to stay until the court was to decide who should have them.

In the meantime Mrs. Palermo was not permitted to see them, and she grieved and worried. Finally Attorney "She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in

Our Navy's Lack of Speed.

From the Outlook.

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

From the Outlook.

If there is one lesson that the naval engagements of this war have brought out clearly, it is the importance of speed to war ships. Given two vessels of equal finer velvet and woolen fabrics.

possession of the coal lands, the timber, the mineral resources belonging to the Able constitutional lawyers can find excellent defenses for states' rights doc-

trines. The defenses were stronger still when negro slaves were the greatest property interest in the country. They were unanswerable in the days when the 13 states were still a confederation, each unwilling to sacrifice for the common

Child labor, too, can be defended. So, also, slavery was bulwarked. Every bad cause has its supporters. States' rights which have been used to excuse so many evils have themselves become unsavory. It is hard to recall a great struggle for justice, for freedom, for humanity which has been served by them.

The Case of the Railroads. States' rights are out of the trend of

the times. The railroads once opposed national control. They wished the states to exercise the power which it was proposed to give to the Interstate Commerce commission. Now, however, their feel-ings have been changed. They prefer the Interstate Commerce commission to the multitude of state railroad commissions.

Mr. Emery and his constituents would probably have a similar change of heart. The south is progressing. Humanitarianism is growing. The southern legislature, which today refuses to protect working children, tomorrow will be adopting radical laws. That was the experience of the railroads and it is likely to be the case of the manufacturers who, directly or in-directly, support child labor.

When the legislatures and local boards

do wake up, they are much more severe The interest which thinks to eshurts. cape by taking refuge with the states has a sorry experience. A Longer View

Mr. Emery protests against "the larceny

of local self-government," which happens to be an excellent phrase. His clients none the less will profit in the long run by the same larceny. Illinois already has a child labor law

which does about what the Keating-Owen bill would accomplish. Children under 14 cannot work in the Illinois factories and none between 14 and 16 may toll more than eight hours. Massachusetts has a similar law and likewise it has cotton mills. Tender children can be exploited by the southern millers. The Massachusetts own-

ers cannot devise profit from this source Accordingly they suffer in competition with the south. Obviously the Massachusetts man should favor the Keating-Owen bill. It benefits him by eliminating is the advantage which national control

armament, the swifter one can dictate when and where the encounter shall take place. And if a swift vessel has heavier guns than a slow one, the former can keep just out of range of the latter's weapons and pound it to pieces, as the Sydney did to the Emden.

By the way, how many Americans know that we have no vessels which would have been strong enough to cope with the Emden and swift enough to catch it? And how many of them know that the heavy cruiser Blucher, overhauled and sunk by Admiral Beatty's fast steaming battle cruisers, could have shown its heels to any vessel larger than a destroyer in our navy?

shown its heels to any vessel larger than a destroyer in our navy?

The war has done one thing for Americans; it has opened their eyes to the fact that we are not independent of the trade, treaties and quarrels of the rest of the world. We have not the splendid isolation that we though we had. Consequently more and more of us are coming to realize that our navy today lacks many ships and men to make it a sufficient bulwark of protection. Fine as it is, and it is the finest we have ever had, our navy does not yet offer an adequate fighting fleet for a peaceful people as numerous as we are, and with as extended a coast line as we have to defend.

From Life. "What do you do with your car when your wife is away?" "Everything.

The Five Little Pennys. Said a very poor couple named Penny:
"Of children we can't afford any!"
But when five had been born.
They remarked with fine scorn:
"Though we're poor, we've a Nickel too
many!"
-Judge.

From the Washington Star.

"It must be a terrible thing to know that you are to be shot at sunrise," commented the highly imaginable person.

"Yes," answered the lazy citizen; "it's bad enough to have to get up at sunrise, without going through the rest of it."

Homeless Animals in War Zone

From the London Mail.

There have been published from time within the firing line he saw by the to time anecdotes of rescue work light of a German flare a black and among the cats and dogs of Flanders. among the cats and dogs of Flanders,

among the cats and dogs of Flanders, accompanied in some cases by portraits of waifs retrieved from a life of vagabondage and mendicancy.

Mr. Atkins is noted for his kindness to animals, and that his affections are not influenced by either beauty or blameless descent is patent to any one who has ever visited the soldier exhibits at a station dog show in India. The situation of these hapless victims of the war has stirred the compassion of all animal lovers, and to them it will be welcome hearing that the relief of the cats at any rate has been sensibly organized by those practical crebly organized by those practical crebly organized by those practical cre-atures themselves. The following in-stances are all vouched for by trust-worthy witnesses and have been col-lected direct from those witnesses; none is even second hand.

Cats are in the majority among the strays; their vitality is a proverb and this well known that their numbers do

tuals and drinks, and the prevalence of tamospheric disturbances of an alarming nature soon convinced such a reasonable animal of the precariousness of life above ground. Not far from the ruins of her home she might come upon a race of human beings living like rabits in deen complicated hurrows and constitutions. tages of the system. No one ever saw her arrive; with her sisters, her cousins and their combined offspring she insinuated herself into her new about insinuated herself into her new abode and was soon very much at home. Meals were fairly regular, comfort and shelter assured and there were always bits of sacking to lie upon. On cold affording them a succulent stew.

officer relates that one night when well eminently successful.

Besides the cat there are her poor re-lations, the rabbits—a family not noted

it is well known that their numbers do not decrease. Their outlook on life is severely practical—in fact, detractors call it by a harsher name. The collapse of the building containing the hearth to which she was attached, the disappearance of the dispensers of vic-

nights a cozy corner might be found Pets that are free to roam are less close up against the shoulders of a to be pitied than those shut up or kept sleeping soldier, though this sometimes in cages. Many poor little singing birds sleeping soldier, though this sometimes led to upheavals, as on one occasion when an officer started into life and vigor under the impression that the loud purring beside his ear was the buzzing of a hostile aeroplane. buzzing of a hostile aeropiane.

The waking hours simply teemed with interest. Often sappers on night work, repairing trenches, found themselves accompanied by an inquisitive tate the whistle of a shell to such persuase the channel, and one trembles at the thought of the varied tongues a really accomplished bird may acquire. It is recorded of one that it could imiselves accompanied by an inquisitive little cat, and a four-legged delegate fection that the men billeted in the was generally present to superintend the arrival of stores or ammunition. An trick, which, as a practical joke, was

that such large expenditures would result in graft. And while everybody denounces graft, there appears to be many people who are willings to continue the grafting ways.

If some—Italy has just taken the initial steps toward becoming the first entirely electrified country of the world. It will be one of the permanent benefits that war will have conferred, or rather forced, upon her.

Italy never did have a coal supply of her own, and what wood there was was consumed by the barbarians centuries before modern Italy had a chance to make use of it. With the outbreak of the present war, Italy at once realized that her greatest menace was that of having her coal supply, which comes largely from England, cut off.

Within the first month of the war England entered into an open agreement with Italy to keep her supplied with coal The wiseacres at once knew that Italy, if she ever participated in the war, would enter on the side of the allies, at is was considered certain that England would not allow coal to be sent to Italy without a positive guarantee that the coal might not eventually be used against her. In fact, it is even conceded in certain high fact, be one of the permanent benefits that war will have conferred, or rather foreed, upon her.

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In spite of England's promise to keep Italy stocked, the lack of ships, the high cost of freighting and the labor difficulties of England, all have had the effect of putting Italy in a bad way industrially. Realizing more than ever that a coal supply means to Italy what mastery of the sea means to England, what freedom of the seas means to England, what freedom of the seas means to Germany and what mastery of the Pacific means to Japan, Italy has set about to emancipate herself from this perpetual menace.

While entirely lacking a natural coal supply, Italy is blessed with perhaps more mountains to the square inch than any other country in the world. These mountains to the square inch than any other country in the world. These mountains to the square inch than any other country in the world. These mountains to the square inch than any other country in the world. These mountains to the square inch than any other country in the world. These mountains to the square inch than any other country in the world. These mounta

While entirely lacking a natural coal supply, Italy is blessed with perhaps more mountains to the square inch than any other country in the world. These mountains produce nothing but useless rocks, and what, up to date, have been useless streams and waterfalls. What Italy now proposes to do is to harness aft of these streams and waterfalls with hydraulic electric plants that will render unnecessary a single ton of coal in all Italy.

As a matter of fact, Italy already has scores of these plants, but to hurry along scores of others a series of royal decrees and other government help for their installation and development. Already in northern Italy there are hundreds of miles of electrified railways, but the present plans call not only for the electrifying of every mile of railway in Italy, but for furnishing electric power from hydraulic plants that will supply absolutely every industrial concern in the country without the use of a single ton of coal.

In this way Italy not only plans to free herself from the perpetual menace to her national existence, which would come from any country that might cut off her coal supply, but also to make possible an industrial life, which heretofore, owing to the high price of imported coal, has been impossible.

to the high price of imported coal, has been impossible.

Volunteer System a Failure. From the Chicago News,

From the Chicago News.

One of the most interesting contributions to the large fund of argument in favor of universal military training was turnished by Edward Price Bell in his special cable dispatch published in the Daily News on Saturday.

Mr. Bell, the Daily News' London representative and dean of American correspondents in that city, until the war was far advanced was convinced that the volunteer system on which Britain had pinned its faith so long was the only right and proper system for a free people. Recent developments, however, appear to have convinced Mr. Bell—as they have many thinking men on this side of the Atlantic—that a system which permits selfish men to stay at home and make money while self-sacrificing citizens, perhaps in spite of exceptionally heavy home responsibilities, risk their lives in battle is neither just nor democratic. Further, its injustice is so patent that it is hound to prove a failure in any serious crisis.

"The United States, one imagines, could avoid political shed social troubles of this sort by adopting compulsory and universal military service at once," says Mr. Bell. "This would appear not mere for its method of putting the northing for young men. It improves them rapidly and amazingly in body, mental alertness and moral fiber. Flabby youths with a few months' training have become first rate men with a heightened respect for themselves and for others. Their more selfish impulses give way to identical several services at st. 50; the losses on smell sizes of coal sold at less than one time to 52.40 per ton to cover "materials of all kinds, royality, taxes, deprelation of coal lands, equipment, administration expenses and accident indeminites."

If the price of coal is jumped up, it is to the consumer is charged under this last to the privilege of the consumer to attribute to the privilege of the consumer to attribute to the privilege of the consumer to attribute to the privilege of the consumer is charged under this last to equipment, adminites."

If the price of a sev

All this is exactly true. A system of universal military training is good for the nation and it is particularly good for the individual citizen.

The Fear of Graft.

ple of lowa are not going to be discouraged. They are determined to cooperate for the securing of better roads for the use and enjoyment of all the people.

From the Boston Transcript.
The soldiers of the future will deplore, with many wearying headaches, this war if one of its results is to bring back the helmet into general use. The precedent of France sustains the supposition that the restoration of the helmet is to be looked for—not the pith helmet, or that of felt. for—not the pith helmet, or that of felt. but a stout casque of steel. The French government is so gratified by the experimental use of the helmets by the infantry that it has already issued 300,000, and is going to supersede the cloth kepi for service wear as rapidly as possible. Specimen helmets received in Paris which have sustained fusillades at the front bear marks of bullets that would have killed men wearing ordinary caps. The feelings of a soldier whose life is saved at the -not the pith helmet, or that of felt tained fusiliades at the front bear marks of bullets that would have killed men wearing ordinary caps. The feelings of a sold'er whose life is saved at the price of sensing the concussion of bullet against steel can better be imagined than described, but the practical arguments are all in favor of the casque for battle wear. The Germans have never abandoned it, though they have occasionally discarded it for a cloth cap in campaigning. The revival of helmet wearing will be testimony to the value of another idea, and it may mean the exile of the campaign hat, dear to our own soldiers, who recall with headache memories the heavy headgear they wore before the Spanish war when in full dress. We imported the helmet idea from Germany, and gave it uppartly because it never attained popularity and partly because the campaign hat lent itself so easily to rough-and-ready work under hot suns.

Bookkeeping in the Coal Business. Bookkeeping in the Coal Business. As chairman of the executive committee of the anthracite mine operators, S. D. Warriner explains that out of the \$7.25 a ton that the consumer pays for coal the operator's earnings available for return on investments average only 20 cents per ton. The retailing cost he puts at \$2.15 per ton; the transportation at \$1.55; the labor-production cost at \$1.80; the losses on small sizes of coal sold at less than cost of production at \$5 cents per ton. Then, by way of good measure, he enters one item of \$2.40 per ton to cover "materials of all kinds, royalty, taxes, depreciation of coal lands, equipment, administration expenses and accident indemnities."

From the Boston Transcript.
We recently heard a remark by an old
Kentucky farmer which seems worth entering for the ungrammatical sentence
prize. To a visitor he observed: "Them
three Miss Perkins is three of as pretty a
gal as ever I see."

Not Always.

She-It's always to a man's credit when he stops drinking.

He—Don't you believe it. Sometimes it is to his lack of credit.

From the Des Moines (Ia.) Capital.

If we were asked to state the stumbling block in the pathway of good roads, costly surfaced roads, we would zay it is a fear water, will soften and cleanse sponges



been the choice of house-wives who take particular pride in the decoration of For 35 years Alabastine has

been sold everywhere by paint, hardware, drug, and general stores. It is known by dealers and users alike as the "tint beautiful" for walls and ceilings. Alabastine is a dry powder that

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6

Heard at the Palace.

"How long have you been learning "Oh, about a dozen sittings."-Penn

sylvania Punch Bowl.

900 Million Dollars in New Wealth Added in 1915.

WESTERN CANADA

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

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

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

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

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

Secret.

"Robb's life is a closed book." "Yes, he has kept it pretty well under cover." ASK FOR AND GET

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