

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 dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from your good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and 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 lithia-water 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 folks who believe in overcoming kidney trouble while it is only trouble.—Adv.

He Was Roped In.
Mary—I understand Hazel has taken advantage of her leap-year prerogative and captured a husband.

Almee—I don't think leap year had anything to do with it. You see she spent six weeks in Texas last summer and learned to manipulate the lasso.

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

'Tisn't Done Any More.
"Why do you disparage my humor?" Shakespeare indulged in numerous puns.

"So he did. And did you ever see a typical Broadway audience trying to get a laugh out of Shakespeare?"

The Neglected Vocation.
"My daughter writes beautiful poetry."

"Dear me, dear me," sighed the man, "and the world so hungry for good cooks."

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.

Asked and Answered.
"What are the air castles we hear so much about built of?" asked the frivolous female boarder.

"Gold bricks, I believe," promptly answered the cheerful idiot.

Johnny Reads the War News.
"What is a counter-attack, pa?"
"When your mother goes shopping, Johnny."—Judge.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 5c 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.

Husband to Support.
"Are you a certified cook?"
"Yesum. Here's my certificate."
"But that's a marriage certificate."
"Yesum. That certifies I've got to work."

Important to Mothers.
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *W. C. Child* in Use for Over 30 Years.
Children Cry for Fletcher's Castoria

Some Consolation.
Wife—Everything we have here in the house is so old and shabby.
Hub—Have a little patience, my dear. When they get a bit older they will be antiques.

The Market.
"I wonder what the house wreckers do with all the old bricks when they tear a house down."
"I imagine they sell them to the moving picture concerns that specialize in comedy films."

ALLEN'S FOOT-POWDER FOR THE TROOPS.
Many war zone hospitals have ordered Allen's Foot-Powder, the antiseptic powder, for use among the troops. Shaken into the shoes and used in the foot-bath, Allen's Foot-Powder gives rest and comfort and makes walking a delight. Sold everywhere, 5c. Try it today. Adv.

Natural Ability.
"How this patient does keep up!"
"Of course, he does. He's an aviator."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Beware of the bunko man if you would live to a green old age.

Cynicism is humor in ill health.

FOR THE BUSY MAN

NEWS EPITOME THAT CAN SOON BE COMPASSED.

MANY EVENTS ARE MENTIONED

Home and Foreign Intelligence Condensed Into Two and Four Line Paragraphs.

WAR NEWS.

The amount of subscriptions thus far entered on the official records for the fourth German war loan is 10,667,000,000 marks.

London reports that no less than 102 persons lost their lives when the British steamer Sussex was torpedoed in the English channel. Among them is thought to be several Americans.

Crop prospects in Rumania are reported as highly favorable, and it is said that France and Great Britain are negotiating for the purchase of a large portion of the new crop of wheat this year.

Russian casualties in the present offensive against Field Marshal von Hindenburg's armies are estimated in a Berlin statement to have been not less than 80,000 along the seventy-five mile front.

Great Britain has put in effect an order-in-council under which neither a vessel nor its cargo is immune from capture for a breach of the blockade on the sole ground that the vessel at the moment is on its way to a non-blockaded port.

Not less than three British hydro-aeroplanes, among them a fighting aeroplane, were brought down by German guns on and about the Island of Sylt, during an air raid on northern Schleswig, according to a German official communication.

An agreement has been reached by the Reichstag main committee that "Germany's sea warfare should be carried through by all means most instrumental in securing a successful issue of the war," according to a dispatch from Berlin.

Henry Haller, formerly of the Fifth United States cavalry, who was one of the few Americans in the Serbian retreat, asserted on his arrival in Rome that during the journey to Podgoritz, in Montenegro, in a four days' snowstorm, more than 50,000 men died.

A British air raid on Schleswig-Holstein and a resultant battle between British warships and German armed trawlers in which scaplanes were brought down, two German armed trawlers were sunk and a British torpedo boat probably was lost in a collision.

Prince August William, fourth son of Emperor William, has arrived in Brussels, says a dispatch from Amsterdam. He has received instructions to assist General von Bissing, the governor general of Belgium, and it is believed he ultimately will succeed von Bissing.

German troops have broken the French front for more than 2,000 yards, capturing several lines of trenches, in the fighting north of Malancourt, ten miles northwest of Verdun, the war office announced at Berlin. The Germans captured 498 prisoners and five guns.

Summarizing the work of the Germans since March 15, when their new program of submarine warfare against the entente allied ships began, the London Telegraph says that they have in less than a fortnight sunk seventy thousand tons of shipping, of which one-third belonged to neutrals.

GENERAL.

The Union Pacific Railroad company submitted in New York its February earnings, showing a gross increase of \$2,441,000, with a net gain of \$1,385,000.

Petitions for a constitutional amendment to permit the state of Colorado to mine and distribute coal were put in circulation by the State Federation of Labor. The amendment would also reserve to the state all mineral and coal rights on state land.

Eight persons were killed in a farm house two miles east of Davis, Okla., by a tornado which struck that section. The path of the tornado was eight miles long.

William J. Bryan, former secretary of state, in a speech at Auburn, Neb., declared in favor of the renomination of President Wilson. He said there were men who questioned his (Mr. Bryan's) sincerity, and he denounced them.

The Boston Transcript recently published a poll of the Massachusetts legislature showing Hughes to be the overwhelming first choice of both houses, with Roosevelt a poor second.

Addressing students of Iowa State university at Ames, William Howard Taft, asserted that Mexico had been an international nuisance for years, and that our troubles with Mexico are just beginning. He said it will require years and an army of 400,000 men to restore order in that country.

Six persons lost their lives in the burning of the fashionable San Antonio Country club at San Antonio, Tex., five of the victims being guests of the club.

Three men were killed and twenty injured by an explosion in the mine of the King Coal and Coke company at Kimball, W. Va.

Owing to a scarcity of print paper a Houston, Tex., afternoon paper has increased the price of its street editions from 2 to 5 cents in the expectation that a curtailment in street sales will effect a saving of a carload of paper in two weeks.

Captain Hans Tauscher, husband of Johanna Gadski, the opera singer, and said to be an officer in the German navy, was arrested in New York by agents of the Department of Justice on a warrant charging him with being concerned in alleged conspiracy to blow up the Welland canal in Canada.

Thirty persons lost their lives and forty or more were injured when three trains, including the Twentieth Century Limited, westbound, the New York Central's palatial fier and two sections of No. 86, known as the Chicago-Pittsburgh Limited, eastbound, came together in collision near Amherst, O.

General Carranza has granted permission to use the Mexican Northwestern railroad for shipments of supplies, either directly to the American military expedition or to civilians in Mexico. This does not include shipments of munitions nor use of American military guards on any Mexican trains.

Horace N. Hawkins, Walter S. Sanderson and Lee Champion, an oil corporation, has been organized at Cheyenne, Wyo., for the purpose of seeking oil in a hitherto little developed district of Fremont county, Wyoming, which geologists predict will become one of the greatest oil fields of the state.

SPORTING.

Walter Miller of St. Paul, and Mike Yokel of Salt Lake City wrestled three hours and three minutes at Butte, Mont., without a fall in a match for the world's middleweight championship.

Bill Demetral, who terms himself the Greek champion, lifted Joe Stecher of Nebraska, claimant of the world's heavyweight championship, high in the air at Butte, Mont., and slammed him to the mat. Stecher saved himself from a fall, however, and finally defeated Demetral.

Jess Willard successfully defended his title as heavyweight champion of the world in New York in a ten-round bout with Moran, and but for the fact that he broke open a knuckle of his right hand, probably would have knocked him out. Promoter Tex Rickard announced that the gate receipts amounted to \$151,254. Of this amount, the state received \$11,344.05. Willard's share was \$47,500 and Moran's, \$23,750. The total expense of the match amounts to \$90,094.05.

The Baltimore club of the Federal league has brought suit against organized baseball, in the United States district court in Philadelphia for the sum of \$200,000. The Baltimore club alleges that it was not considered in the negotiations last winter which resulted in the so-called peace agreement between organized and Federal league owners and that in consequence it suffered a loss of \$300,000 and asks for triple damages under the federal anti-trust laws.

WASHINGTON.
The senate military committee ordered a favorable report on the civil war volunteer officers' retirement pay bill.

Approximately 234,482 citizens of military age in the United States now outside the army have had military training. This estimate was transmitted by the War department to the senate in response to a resolution.

The Burnett Immigration bill with its literacy test and its Asiatic exclusion provisions unchanged, passed the house yesterday by a vote of 308 to 87. Favorable action on the measure is regarded as certain in the senate.

All foot and mouth disease quarantines and restrictions on the shipments of live stock have been removed by an order issued by the Department of Agriculture, with the announcement that the country is now entirely free of the dread stock scourge.

Representative Shallenberger has introduced a resolution for an embargo on the exportation of gasoline and other petroleum products used by the army and navy. A belief that such action may tend to reduce the price of gasoline actuated the proposal of the measure.

By a vote of 10 to 9 the house judiciary committee voted to postpone indefinitely consideration of all suffrage and prohibition proposals now before it.

The War department is discussing the building of a high power radio station along the border to provide for continuous communication night and day. The army now has a 250-kilowatt station at San Antonio and the construction of two more, one at El Paso and one at Fort Huachuca, Ariz., has been recommended.

By a vote of 373 to 1 the house passed an army deficiency bill carrying \$8,600,000 to cover the cost of the Mexican expedition. It will enable the war department to recruit the army up to full strength and to buy aeroplanes, motor trucks and other equipment.

Only two of the eight army aeroplanes on the Mexican border are available for service, the war department announces. Two have been destroyed and four are undergoing repairs.

FIRST VILLA CLASH

DODD'S CAVALRYMEN ROUT AND CHASE MEXICAN BRIGANDS.

THIRTY-ONE BANDITS KILLED

American Troopers Suffer But Four Injured—Villistas Abandon Equipment in Mad Rush to Escape.

El Paso, Tex.—Four hundred American cavalrymen, under the command of Colonel George A. Dodd, on March 29, whirled down the granite slopes of the great continental divide, and fell like a thunderbolt on the main body of Francisco Villa's bandits at the San Geronimo ranch, scattered them like chaff in the wind and drove the bandit chief, wounded and crippled into the mountains over which he has ruled for so many years.

This was the first actual clash that took place between the American troops and Villa's band of outlaws since the Columbia raid.

The last outrage previous to this battle placed to the account of Villa occurred at Minaca, a town about ten miles southeast of Guerrero on the Mexican and Orient railroad. Here, the Villistas are reported to have murdered Herman Blankenburg, a mine foreman, and two other foreigners. It is feared that the two unknown victims are Americans. Four Americans, Acklin, Hemple, Locke and Dr. Stell are known to have been recently in or near Minaca.

It is not certain that Villa himself took part in these murders, as it is hardly possible that he could have made his way from Minaca to the San Geronimo ranch, thirty miles to the northeast, in the time elapsing between the murder of the three foreigners and the battle on the ranch.

Some time before the Minaca massacre Villa descended on Guerrero, where he slaughtered all the Carranzistas he could find.

After the battle on the San Geronimo ranch, the American soldiers released a large number of General Carranza's men, whom the bandit chief was holding. It is probable that it was at the Guerrero massacre that Villa was wounded.

The bandits made a brief but hopeless stand before the fierce charge of Colonel Dodd and his troopers. Then they broke and fled, leaving thirty-one dead on the field, including their commander, General Eliseo Hernandez. Two machine guns, a number of horses, rifles, ammunition and equipment fell into the hands of the victors. The American casualties were four privates wounded.

The American soldiers did not linger on the field of victory. For five hours they drove the enemy before them into the wilderness of mountain peak, desert and canyon where roads or even trails are unknown and where a misstep means death to horse and rider.

They halted only after the chase had led ten miles from the battle field and the fugitives were scattered far and wide in little bands of half a dozen men each.

Kills Policeman and Self.
Omaha, Neb.—Oliver Morrell, former city fire captain, shot and killed Policeman Good, who had arrested him for wife-beating, then returned to his home, shot his wife three times, probably fatally, and finally killed himself.

Morrell, at his home, after quarreling with and beating his wife, was arrested by Officer Good, who took him to a drug store to telephone for a patrol wagon.

Morrell then turned on Good while the latter was using the phone and shot him to death.

Then he ran home, shot his wife through the stomach, head and breast, and went upstairs and committed suicide.

No Man to Blame.
Cleveland, O.—That all three of the New York Central trains that were piled up in a wreck at Amherst, O., just recently, costing the lives of at least twenty-eight persons and injury to more than forty, were racing through dense fog in an effort to make up lost time; that the signal block system was defective and that no particular man was to blame for the wreck, were the outstanding features of evidence taken at the investigation to fix responsibility for the wreck.

Allies Order Condensed Milk.
Alliance, O.—The entente allies have placed an order with the Highland Milk Condensing company at Minerva, for 80,000 cases of milk for the armies.

Riots Reported at Dublin.
Berlin.—It is reported from Copenhagen that owing to riots and to fighting between workmen and troops in Dublin and at other nearby places, a state of siege has been proclaimed. Irish regiments have been replaced by English regiments.

Aeroplanes Brought Down.
Rome.—Four Austrian aeroplanes were brought down in the air raid over Venetian provinces recently and eight Austrian officers were made prisoners, according to official reports.

Lone Bandit Holds Up Bank.
Ventura, Cal.—A lone bandit held up the Ojai State bank at Northford, sixteen miles north of here, a few days ago, kept Miss Mabel Isenberg, the assistant cashier, covered with a pistol and escaped with cash estimated at between \$2,000 and \$3,000.

U-Boat Bases Among Greek Isles.
London.—The discovery by entente allied patrol ships of four hostile submarine bases among the Greek islands is announced in a wireless dispatch from Rome, received here.

MAKING MEAT TENDER

HOW THE INEXPENSIVE CUTS MAY BE EMPLOYED.

Pounding Flour Into Them Is Recommended as One Method—Chopping Fine Is Another Excellent Way of Improving Them.

When the housekeeper attempts to reduce her meat bill by using the less expensive cuts she has two difficulties to contend with—toughness and lack of flavor. Pounding meat before cooking is an old-fashioned method of making it tender, but while this process breaks down the tough tissues it also releases the juices, driving them out, and with them the flavor. A good way is to pound flour into the meat. This catches and holds the juices.

A very palatable and economical dish can be made from a round steak as follows: Pound flour into both sides of the steak, as much as the meat will take up. Fry in drippings or other fat in an ordinary pan of kettles, then add water to cover it. Cover the vessel tightly, so that no steam can escape and allow the meat to simmer very gently for two hours. It is then ready to serve, the gravy being already thickened by the flour beaten into the steak. This gravy is delicious and far superior to the kind made in the ordinary way after the meat is cooked.

Another very tasty dish is Spanish beefsteak. Take a piece of round steak weighing two pounds and about an inch thick. Pound until thin, season with salt and cayenne pepper, cover with a layer of bacon or salt pork sliced, roll and tie with a cord, place in a covered baking dish. Pour around it half a cupful each of milk and water. Cook two hours, basting occasionally.

Chopping meat is one of the principal methods of making tough and expensive meat tender. Chopped meats have another advantage, in that they may be cooked quickly and economically. Chopped raw meat of almost any kind can be very quickly made into a savory dish by cooking it with water or with water and milk for a short time, then thickening with butter and flour, and adding different seasonings as preferred, either pepper and salt alone or onion juice, celery, or tomato. Such a dish may be made to go further by serving it on slices of toast or surrounded by a wall of rice or macaroni.

In broiling chopped meat successfully the point is to sear the surface very quickly so that the juices may be kept in, and then to allow the heat to penetrate to the inside until the whole mass is cooked to the taste of the family. To begin with, the broiler should be well greased. Otherwise the cakes or balls may be broken when removing them from the broiler. They should be heated on both sides more quickly than a steak, because the chopping has allowed the juice to escape and the openings should be sealed as quickly as possible.

Hamburg steak is made from inexpensive bits of beef chopped, seasoned a little, and shaped into flat cakes or steaks. If possible the chopping should be done at home, so that the meat may be cooked at once. Some housekeepers think Hamburg steak is improved by mixing the meat with a little milk before cooking.

Somerset Sandwiches.
These sandwiches are a little odd: One-half cupful scalded milk, one-half cupful boiling water, one-half tablespoonful butter, two tablespoonfuls molasses, a teaspoonful salt, one-half yeast cake, dissolved in two tablespoonfuls lukewarm water, one-half cupful white flour and enough entire wheat flour to knead, one cupful English walnut meats broken into pieces. Of course make your bread same as any bread, the night before. Let rise and in morning knead in nut meats after first raising; put in pans, raise and bake as any bread; after 24 hours old slice thin as possible, spread sparingly and evenly with creamed butter and put orange marmalade between slices.

Broiled Finnan Haddie.
To broil the fish heat the broiler and grease it well to keep the fish from sticking; then place the meat side to the fire and cook slowly for 15 minutes. Then turn the fish and cook it slightly. Be careful not to burn it. After removing it from the fire, butter it well and add pepper to suit the taste. It should be served with a slice of lemon.

To bake the fish, place it in cold water and let it come to a boil; then take it out and remove the skin. Place it in a pan with a few slices of fat pork and bake it in a moderate oven for a half hour.

Plain Sugar Cookies.
One cupful of sugar, one-half cupful shortening (butter is the nicest, but you can use beef drippings with part butter), one egg, one-half cupful sweet milk, one teaspoonful cream of tartar and one-half teaspoonful soda, a little salt and any flavoring you prefer. Use nutmeg and ginger. Flour to mix very soft. Roll one-fourth inch thick, sprinkle sugar over top, roll across once to make sugar stick. I cut them square with a knife and lift them on the cookie sheet with the knife. Bake in a quick oven. If you like them crispy roll thinner.

Succotash.
Put on a beef shank or other soup meat in cold water soon after breakfast and simmer slowly for two or three hours, adding more water if needed. Then add a pint of white beans, which have been soaked overnight, and a small piece of salt pork if liked. Continue to simmer, and about half an hour before dinner add a can of corn, two tablespoonfuls of sugar and a small piece of butter. Let boil up and serve.

Good Tea.
To make good tea, scald the teapot and to a pint of boiling water add two teaspoonfuls of tea, cover tightly and set away from fire four minutes; then strain.

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try **CARTER'S LITTLE LIVER PILLS**.

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature *W. Wood*

Very Much So. "Could you select something breezy for the decorations of the party?" "Why not try windflowers?"

BACKACHE AND KIDNEYS

Dear Mr. Editor: For the benefit of others, I gladly give this statement regarding the merits of "Anuric." Am nearly 76 years of age. I suffered from backache, weak back, rheumatism, and could not control the excretion of the kidneys. I can safely say that "Anuric," the new discovery of Dr. Pierce, of Invalids' Hotel, Buffalo, N. Y., has done me more real good than anything I have ever taken for these ailments. Signed—Mrs. N. M. Flint.

NOTE:—A new remedy, called "Anuric," has been discovered by Dr. Pierce. It cures backache, headache and the darting pains and aches of rheumatism, kidney and bladder troubles. This "Anuric" is 37 times more potent than lithia, and dissolves uric acid, as hot water does sugar.

Now is the time to bring to your aid Dr. Pierce's Golden Medical Discovery (in tablet or liquid form). This wonderful remedy helps to restore stomach to its natural health and strength and to secure proper flow of the digestive juices, a good appetite and full digestion of the food you eat. It invigorates the liver, regulates the bowels and purifies and enriches the blood.

Dr. Pierce's Golden Medical Discovery is absolutely free from alcohol and injurious drugs. Its ingredients printed on wrapper. You can be certain it is a true blood-maker, tissue-builder, and a restorative nerve tonic and that it will produce no evil after-effects. Thousands—probably many of your neighbors—are willing to recommend "Golden Medical Discovery" because it has made them stronger in body, brain and nerve.

When your children come home from school they're always hungry—too hungry to wait for the evening meal. Next time just give them

GENEROUS PACKAGES 10c

Children like the appetizing odor—the rich brown color—and the fresh, crisp deliciousness—the genuine graham flavor—the satisfying taste of Iten's Graham Biscuit.

Nourishing food, easily digested—and you get more food value in Iten's Graham Biscuit than in any other dime package of ready-to-eat food. Give your children a chance to enjoy Iten's Graham Biscuit.

Just get a trial package from your grocer today

Wanted 50,000 Farm Hands

of experience at once on the farms of Western Canada

To replace the young farmers who have enlisted for the war. Good wages and full season's work assured.

There is no danger or possibility of Con-scription in Canada.

References required from all applicants. For special railway rates and other information apply to **W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr.** Authorized Canadian Government Agent