

Glass of Hot Water Before Breakfast a Splendid Habit

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

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, 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.—Adv.

During the Bugsome.

The Golf Insect—Where did the Beetle fall off his game, caddie?
The Caddie Insect—At the seventh hole, sir; he lost four strokes getting over an anthill.

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

If a man was hurt every time he is scared he would never live to reach three score and ten.

An average man breathes about 21 cubic feet of air into his lungs every hour.

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wasu I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

This good old root and herb remedy has proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

Sport Coat of White Chinchilla



Wool chinchilla in dark colors is an old favorite for winter coats, and is worn by men, women and children. It remained for the smart sport coat to bring out the unequalled fitness of white chinchilla for garments in which style is of as much importance as warmth, and both are essential to success.

White chinchilla appears with ever-increasing frequency in midwinter coats for little girls, and smart sport coats for women. The latter are cut in simple lines and long, like the coat pictured, or shaped like sweater coats. Many novel touches in little details of finishing make them interesting, and they are carefully and beautifully finished.

These points are demonstrated by the coat illustrated here very clearly. It has a big convertible collar which may be buttoned up about the ears, and the revers are faced with moire plush in black. Very accurate parallel rows of machine stitching ornament the coat at the bottom and adorn the collar, cuffs and pocket flaps. The buttons are white composition barred with black, except the two that fasten the metal belt across the front, which is finished with tabs of black at each side. These buttons are black with white rims.

The sleeves and body portion of the coat are lined with soft black satin, and the shaping of the sleeves and

arm's-eye is noticeably original and appropriate to the material.

A coat of this kind will pass muster wherever discriminating eyes will be met and outing coats are worn. Comfort and style go with it and that poise which belongs to the wearer who is conscious of its fitness.

On Your Living-Room Table.

The genial glow of reading lamps makes the living-room table these cool nights the most cheerful and restful place in the house. On this occasion the runner for the table should have a large amount of consideration. While cushions are important, they are in the shadow and any shabbiness or defects in them will be softened. Devote then your best energies to having a supply of table runners that will do you and your home credit.

Cross stitch always has about it, when in the proper colors, a suggestion of warmth and comfort that accompanies no other kind of embroidery. Perhaps 't is because it brings to mind grandmother's day with its open fireplace and its bright oil lamps that sent out a glow of warmth to those who crowded about them with their books and papers on a winter evening.

People don't talk about the weather in Lima, because it never rains there.

Last Word in Winter Hats



The demands of the tourist and of those women who keep pace with the midwinter social affairs save the milliners' workrooms from utter desolation at this time. Soon they will be filled with workers preparing for spring, when everyone wants new headwear. But now they are quiet, and designers have leisure to occupy their time with matters of ornaments for the collure and hats for formal dress.

With the rich and beautiful fabrics and trimming stuffs at hand, it is no task for the designers to create the picturesque styles they love so well in silk and metal laces, in malines and furs, and wonderful flowers, they find an inspiration.

Two of the latest models for dressy wear are shown in the picture above. One of them is of black chantilly lace and black satin and is merely a softly-draped craps or cap of satin and a halo of lace wired and lifted near the front into becoming lines. A very small nosegay of fine blossoms is posed against the base of the crown, but the flowers are not visible in the picture. They are just the touch of color and gaiety that belongs on this model.

perhaps a hint of sedate coloring in the flowers, adapt it to her style. The second hat is decidedly a bell shape, with top crown of uncut velvet in any color that may be chosen, the sides of gold or silver lace and a brim edge of narrow fur banding. It is finished with a flat camella, posed at the front, and is a rich-looking and comfortable hat, but the shape is becoming only to certain types of faces.

Julia Bottomley

Copper Dish Cloth.

Among the cleaning agents there are two recent additions to the list that are well worth while; one is the copper wire dish cloth which comes in three sizes for the cleaning of pots and pans and is much more effective than the chain cloths, as it does not chip or crack the enamel. The other is steel wool; this comes in a roll, and a little bit pulled off, which has the feeling of a bunch of horsehair and looks not unlike it, will clean enamelware perfectly simply by rubbing it over the surface. It may also be used for brasses and glassware. Use with it a nonalkali soap, if any, and always rinse the article and polish with a dry cloth after it is cleaned.

STOMACH MISERY GAS, INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, or foul breath.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Please for your sake, get a large fifty-cent case of Pape's Diapepsin from any store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the family eat something which doesn't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest relief known. Adv.

"Play Ball, Never Mind Shells!"

The German artillery were doing their best to erase a small town from the map, says a war correspondent. Every few minutes there would be a deafening crash and the remains of a house would soar skywards enveloped in a cloud of smoke.

In a field in the outskirts of the town some Canadian soldiers, relieved from the trenches for a few days, were indulging in their favorite game of "baseball." The pitcher had just pitched the ball and the batsman had hit an easy catch to one of the fielders when a huge shell landed in the adjoining field. The fielder's attention was fixed on the shell, which burst with a deafening crash, and he missed the catch.

"For the love of Mike," roared the pitcher, "if you are going to play baseball, play baseball, and quit watching the shells."

Hotel to Have Food Albums.

One of the New York hotels has provided a food album to help the faded appetites of their guests. Hereafter when you see a menu printed in French, you may banish the look of bewilderment, for the food album will translate it for you. For instance, if you see "Jeune Perdreau" on the menu, and opposite page 15. Just flip back the book to that page and you will see the picture of a well-dressed bird, surrounded with a cunning tombstone of rice. "That is partridge, smothered in rice," the waiter explains. And in case the diner does not like the picture he may take the book and go through it until he finds something that appeals to him.

Heavy Reading.

Flatbush—The postoffice directory of London for the present year weighs almost fifteen pounds.
Bensonhurst—Even so, some English men of letters produce some heavier books than that.—Yonkers Statesman.

Lots of men go where duty calls and stand around with their hands in their pockets after they get there.—Washington Star.

Oh!
You Good Housewife
Cut Out This Coupon and Mail It Now

Skinner Mfg. Co., Dept. E, Omaha, Neb.
Please send me full information how I can obtain Oneida Community Par Plate Silverware by saving the trade-mark signature from Skinner's Macaroni Products.

Name.....
Address.....

We will tell you how we send you a complete set of Oneida Community Par Plate Silverware FREE with SKINNER'S Macaroni Products

Guaranteed ten years. Bridal Wreath pattern. Learn all about this grand offer and about the

Send Coupon for Full Information

Let us tell you how you can secure a complete set of Oneida Community Par Plate Silverware with Skinner's Products. In the meantime save the trade-mark from packages. Cheaper to buy Skinner's by the case—24 packages. All good grocers sell Skinner's Macaroni Products

Nine Kinds of Macaroni Products

Macaroni
Spaghetti
Egg Noodles
Cut Macaroni
Vermicelli

Cut Spaghetti
Elbows
Soup Rings
Alphabetos

Skinner Manufacturing Co.
The Largest Macaroni Factory in America
Dept. E Omaha, Neb.

HAD TOMMY "UP A STUMP"

Matter of Perch or Roost Somewhat Mixed, but Figure It Out for Yourself.

"What's a roost, dad?" asked Tommy.

"A roost, my son, is a pole upon which chickens sit at night," replied his father.

"And what's a perch, dad?"

"A perch is what chickens perch on."

"Then, I suppose, dad, a chicken must roost on a perch?" came the further inquiry.

"Of course," was the smiling reply.

"And they could perch on a roost?"

"Why, y-y-es," answered dad.

"But if chickens perched on a roost, that would make the roost a perch, wouldn't it? But if, just after some chickens had perched on a roost and made it a perch, some more chickens came along and roosted on the perch and made it a roost, then the roost would be a perch and the perch would be a roost, and some of the chickens would be perchers and the others would be roosters, and—"

Avoid the Deformity.

Do you know why it is that most noses point east? Take notice in this regard of the people you meet, and you will see that their noses nearly always are turned quite markedly to the right, instead of being set straight on their faces. It is a deformation attributable to the fact that since early childhood they have used their handkerchiefs with their right hands, giving the nose each time a tweak to the right.

Good Advice.

"Keep your eyes on the sky—not on the ground."
"You mean that it is better to be a skyscraper than a muckraker?"

LIKELY TO HAVE LONG STAY

Recruit's Retention in Barracks Might Almost Be Said to Be for His Natural Life.

A recruit in Kitchener's army was recently sent to the barracks of a large provincial town. Shortly after his arrival there he thought he would like to see the sights, and asked for a pass from his sergeant, which he promptly received. After wandering round the town to his heart's content he tried to find his way back, and being unacquainted with the place this was no easy matter. Eventually he reached barracks some hours late, to be brought before his sergeant for an explanation.

Sergeant—What is the meaning of your turning up so late?

Recruit—I lost my way, sir.

Sergeant—You lost your way?

Recruit—Yes, sir.

Sergeant—Well, you had better stay in barracks until you know the town better. Dismiss!

Brutal Frankness.

"I came within an ace of having a fight with a pacifist this morning."

"You surprise me. Evidently he was not sincere."

"Oh, yes. That was the trouble. We were both sincere. I told him exactly what I thought of a pacifist and he proceeded to tell me exactly what he thought of an apostle of preparedness."

No Time to Spare.

"Now that the football season is over and it's rather too early for baseball, I guess our boy at college will be able to do a little studying," said Mrs. Dubwaite.

"I'm afraid not," answered Mr. Dubwaite. "He writes me that his social duties have been sadly neglected."

This Investment Pays Health Dividends

—And it's handy at your Grocer's.

The average man or woman seldom considers health value seriously until doctor bills have to be paid.

If asked the cause of most physical ills, the majority of doctors would likely say, "wrong living," which includes wrong eating—food that is lacking in certain elements essential to health.

The famous pure food—

Grape-Nuts

is made of whole wheat and malted barley, and supplies all the rich nutriment of the grains, scientifically processed to retain their mineral values—phosphate of potash, etc.—so necessary in the balanced upkeep of every part of the body.

Grape-Nuts is ready to eat direct from the package; is easy to digest; has delicious flavour, and with cream or good milk is a well-balanced food.

Health from right living is the finest possible dividend, and to those who have it all things are possible.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.