He walks the earth, the Wonderful And all good deeds tre done to Him .- Anor

There where turbid waters fall spart From depths of tangled come and mire, The tall white lily lifts its golden heart Soul shalt not thou aspire?-Blake.

Washington Society Will Not Be Entertained by the Wilsons During Their Week-End Visit to America

Washington Bureau of The Bee phen B. Elkins, who has had a "Car-The return of the president and dinars united the late senator was first in the sen-Mrs. Wilson to the White House ate, will entertain the cardinal on from their history making trip to the 27th. This is always a won-Paris, will make less difference to derfully beautiful dinner, with the society than it was expected and Mrs. Elkins is not a Roman Catholic fondly hoped for. They are merely nor are any members of hers or the coming home on a business trip senator's families. The keynote of and will probably make no attempt the decorations is always rich red, to launch any official social func-tions, as there would be little use to have two or three and not give the remainder of the and not give the remainder of the series due, so wonderful red moire silk and the su-the impression is, although no announcement has been made, that burden to the frail, spiritual looking

The French ambassador and Mrs. holiness of them. Jusserand are returning with the presidential party, but no announce- a pretty dinner party on Tuesday ment has been made of the others of the party. Mrs. Sayre, who was formerly Miss Jessie Wilson, is meet him, Senator and Mrs. Hitchspending several months with Mrs. cock of Omaha; the Papal Delegate Sayre's aunt, Miss Blanche Nevin at the Acorn club in Philadelphia gomery, brother-in-law and sister-inthis winter. Mr. Sayre has recently law of the chief justice of the U. S. returned from a long service in supreme court, Mrs. Bowen, of Oma-France in the Y. W. C. A. work and ha, sister of Mrs. Hitchcock and is now busy reorganizing his classes in international law at Harvard university. Miss Bones, who makes her Miss Marian Sands and Rev. Father versity. Miss Bones, who makes her nome with the Wilsons wherever they are, has been absent in New war council and a member of the York, Boston and the south since before the president and Mrs. Wilson went to France, but she is ex-

pected to return this spring. and Mrs. Marshall have almost gone ter, Captain and Mrs. Barber, and the rounds of the cabinet circle as will then go on to Santa Barbara honor guests, which in a measure, and select some suitable spot in by the absence of President and Mrs. Wilson, who dise once each until next October. During their waters with the deat season, formally, with each member until next October. During their of the cabinet and his family, as a absence their home will be occupied White House,

Many Catholic Functions.

Archbishop Cerretti, under secretary of the vatican, who is in this country for an indefinite stay, is a guest of Monsignor Bonzano at the papal legation. He is being entertained widely among the prominent Catholic residents of Washington. Cardinal Gibbons is having his cus-tomary round of dinner parties in Washington, too, but is limiting his hosts to his old friends who have entertained him at dinner each season for many years, and not making new linner friends. The chief justice and Mrs. White, who are devout Catholics, always have a distinguished company to meet him, but this year the chief justice has not been well and with Mrs. White he has gone to Atlantic City to remain until he has recovered. The Misses Pat. well and with Mrs. White he has gone to Atlantic City to remain until he has recovered. The Misses Patten, wife of Dr. Robert ten, whose sister is the widow of Gen. H. C. Corbin, gave their dinner for him last month, and Mrs. Ste- her long illness and is again to go

Vesper services Sunday at 5 o'clock will be in charge of the Apply to the hair twie a week until the desired shade is obtained. This will make a gray haired person look twenty years younger. It is not a druggist will put it up for you.

Apply to the hair twill put it up for you. Apply to the hair twill put it up for you. Apply to the hair twill put it does not easily fittle cost, of the druggist will put it up for you. Apply to the hair twill put it does not easily fittle cost, of the druggist will put it up for you. Apply to the hair twill put it does not easily fittle cost, of the druggist will put it up for you. Apply to the hair twill put it up for

this will be another functionless sea- little man, would make any woman son at the White House. almost envious were it not for the almost envious were it not for the

> Mr. and Mrs. D. C. Stapleton had John J. Burke, head of the Catholic

National council.

Mr. and Mrs. Stapleton are leaving on February 28 for Phoenix, Arizona, en route to southern Cali-The cabinet circle is doing considerable dining all the time, more able stay in Phoenix, visiting Mrs.

Stapleton's brother-in-law and sisuntil next October. During their waters with the fleet.

> Mrs. Constantine J. Smythe entertained at a large luncheon Monday with a number of Nebraska women among her guests. Some of them were Mrs. Frank Judson,

Mrs. Burke, widow of Burke, who made himself famous it the General Custer fight; Mrs. Mc-Vanu, formerly of Omaha; Mrs. Peet, formerly of Omaha; Mrs. Hughes, wife of Admiral Hughes; Mrs. Stapleton, of Omaha; Mrs. George E. Hamilton and her debutante daughter, Miss Elizabeth Hamilton: and Mrs. Mixter, wife of Lt. Col. Mixter, who was formerly Miss Kilpatrick, of Omaha,

Mrs. Mixter had a pretty luncheon earlier in the week for Mrs.



A pleased patient is an Asset to any Dentist — a dissatisfied patient, a liability.

I am proving daily (and have been for many years) that no better dentistry is being done in this city than is turned out by my staff of dental Specialists.

It is very true that many people are attracted to this office because of my very reasonable prices -and timid nervous people have told me it was my painless methods that attracted them-BUTunless I saw to it that every man, woman and child who came to me for professional aid-Secured absolute satisfaction—their first visit would prove extremely unprofitable for all concerned for it would be their last.

In brief the secret of the continuous and steady growth of this practice is due to the high class material, splendid workmanship and special care which enter into every case.

It costs too much to induce the FIRST visit of a patient-to risk losing the good will of that patient, by giving him less than a square deal.

In other words, it pays me to please you.

Painless Withers Dental Co.

423-428 Securities Bldg .- 16th and Farnam Sts. OMAHA, NEB.

Office Hours, 8:30 A. M. to 8 P. M. Sundays, 9 to 1

She Transcribes Stories for Home Economics Blind Soldiers to Read



MRS CARA H MICREA

which are read by the touch of the fingers, being made by special com-

A HOME MADE GRAY

HAIR REMEDY

You Can Make at Home a Better Gray Hair Remedy Than You

Can Buy.

Gray streaked or faded hair is

not only unbecoming, but unneces-

sary. You can darken it without

"Anyone can prepare a simple

mixture at home, at very little cost,

that will darken gray hair, and make

it soft and glossy. To a half pint of

small box of Barbo Compound and

14 ounce of glycerine. These in-

gredients can be bought at any drug

store at very little cost, or the

cate scalp; is not sticky or greasy

HAVE YOU BEEN OVERWORKED?

Do You Want Help Until Na-

ture Catches Up? Are Your Nerves III?

Cadomene Tablets Help Nervous Men and Weak, Impoverished Women Back to Strength, Health and Vigor.

In these strenuous, exacting

times, many men and women over-

work their nerves. They do not take

enough rest. They are not careful

when and what they eat. Soon they

get nervous, irritable, suffer from

aches and pains, are tired all the

time, have no ambition, lose

strength and vigor and then become sleepless, worn out, and sick. Never

take to drink and false stimulants-

they are temporary makeshifts. But

do act wisely, and begin the use of

Cadomene Tablets, which act as a

powerful tonic for digestion, nutri-

tion, and elimination. They help

nature to perform the functions of

the organs of the body and nature

will in turn restore strength, red

blood and vigor. Sold by druggists

everywhere-and guaranteed to be satisfactory in every sense by the manufacturers.—Adv.

Great Medicine

Made From Corn Silk-Ex-

cites Favorable Comment.

Kidney and Bladder Ailments

Banished By Few Doses.

Corn Silk! The same "silk" you

ee protruding from the husk of

orn, produces a fine medicine for kidney and bladder irregularities,

when compounded with other simple

and congestion that causes such dis-

tress as pains in back and hips,

rheumatic twinges, nervousness, se-

vere headaches, accompanied by fre-

quent desire to eliminate, followed

by scalding, burning sensation. The patient is compelled to arise fre-

quently to relieve painful pressure,

even though a scanty flow follows.

The eyes appear "bloodshot," the

sleep is restless, and sometimes fover, followed by chills, cause great threst. It is unwise to neglect such

symptoms, when a few doses of

Balmwort Tablets can be taken for

relief. Alice Trobough, 5627 South

and does not rub off."-Adv.

water add 1 ounce of bay rum, a

using a dye,

Mrs. Cara H. McCrea of Wash- read by American soldiers blinded in ington, widow of Captain McCrea, the great war. The transcribing is U. S. N., at work transcribing stories accomplished by a system of raised fills the gap in dinner parties left which to remain throughout the from magazines so that they can be points known as the "Bfaille Sys-

Grand Commander G. A. R. Adpart of the official entertaining in by the chief justice of the court of ams and Capt. A. M. Trimble, of normal seasons. These dinners were appeals of the District of Columbia Lincoln adjutant of G. A. R., spent normal seasons. These dinners were and Mrs. Constantine J. Smythe, the week in Washington to attend the discontinued when the official affairs and Mrs. Constantine J. Smythe, the week in Washington to attend the Grand Army banquet at the Ebbitt house on Wednesday even-

Miss Elsie Anderson of Lincoln, who has been in Washington dur-ing the war, attached to the Navy department, has resigned that position and is now in New York for a lengthy visit, after which she will return to her home in Lincoln. She resigned and gave up her work be cause she had so little to do in the position. There is an old saying in the departments of Washington that "few die and none resign," but Miss Anderson stands alone in her class, and she created the class.

Y. W. C. A. Notes

Vesper services Sunday at mittee will preside. The Travelers dye, it does not color the most deli-Aid committee and young women from Kountze Memorial church will act as hostesses and provide the program for the social hour followng the services.

At the Vesper services, Miss Pick-ering will speak on travelers' aid work. There will be special vocal and violin music by Miss Paustian and Miss Freda Paustian. A cordial invitation is extended to the public If you are a stranger in the city you are specially invited.

The following extension clabs will

meet for their regular monthly banonet Monday evening at 6.15: Many Centers, Victory, W. D. T., General Pershing, Lafayette. Each club decorates its own table and has spe-

Thesday evening at 8 o'clock the gymnasium department will give their annual Colonial party in the gym. Only members of this depart-ment are invited. The West Sisters' orchestra will furnish the music.

Business Women's club will meet Tuesday evening at 6:15 for supper The program for the evening will be in charge of Dr. Nora M. Fair-child. Miss Katherine Davis will conduct the devotionals. A review of one of Barrie's 'boo's, "The Old Lady Shows Her Metals," will be given by Miss Kate McHugh. Many Centers club will act as hostesses for the soldiers and sail-ors party Wednesday evening at 8

All those who have registered for the course in domestic science are asked to meet Miss Lucy Harte, the instructor, at the association buildng Wednesday evening at 7 o'clock

for a preliminary meeting. Second division of the Extension department will meet Thursday evening in their club room for their monthly banquet; this group in-cludes the following clubs: Lohache, D. T. A., Foch, Fellowship and Pa-

Lafayette club will act as hostesses for the soldiers party at the association building Saturday evening Miss Lora Molby will have charge of the recreation. Many Centers club with Miss Lela

Ashe as president had a children's party in the club rooms Monday evening. The room was beautifully dec drugs as in Balmwort Tablets. Balmwort Tablets contain a por orated for the occasion and chil-dren's games were played. Speaking pieces was a very enjoyable feature erful extract of corn silk, which quickly relieves the inflammation

Lohache club met Tuesday evening for supper and later listened to a very interesting talk by Dr. J. T. Maxwell on the special senses. Miss Florence Dunlap, the new extension and industrial secretary, will arrive March 1 to take charge of this department. Miss Dunlap is from Baltomore, Md

Yokel Candor, Agricultural Parishioner (wishing to ingratiate himself with the new curate who has given a lecture on the previous evening)—Thank ye, for your reading to us last

night.

New Curate—Glad you liked it,
John. I was afraid lest the lecture Twenty-fourth street, Omaha, Neb., writes: "I have used one tube of your Balmwort Tablets and find that they are the best I have ever might have been just a little too

Parishioner—No, bless you, sir, not a bit of it. Why, we in these parts be just like ducks. We do gobble up anything.—Birmingham (England) Herald,

Association to Meet 25-26

The Nebraska Home Economics association will hold its 14th annual meeting at the University Farms. February 25-26, Lincoln, Neb. The association is composed of about 300 members. All women of Nebras-ka are eligible to membership and all women of the state are urged to attend these meetings.

Places of Meeting. All sessions will be held in room 306, Agricultural hall, including food lectures and demonstrations. Time will be given for questions and discussions after each lecture. It is hoped that all who are in-terested will attend this very important part of the program. Tuesday Morning, February 25. 9:30-Greetings, President Mabel

9:45-Demonstration. "Canning of Meat," Nebraska Girl's Canning Team. Miss Mary Ellen Brown. 11:15—"Planning the Family Bud-get," Miss Esther Warner.

Tuesday Afternoon.

D. Gramlich:

2:00—"Science and the War." Dr. S. Avery, chancellor, University of Nebraska. 2:45—"Our Responsibility in Finance" Mrs. A. G. Peterson.
3:05—"Extension Work of Vesterday and Today," Mrs. Emma R.

3:35-"Rugs and Rug Values," Mr. L. M. Morriss. Getting Acquainted Tea, Home Economics hall. Assisting hos-

WOMEN SHAVE UNKNOWINGLY

When you only remove hair from the surface of the akin the result is the same as shaving. The only common-sense way to remove hair is to attack it under the skin. Delliracle, the original sanitary liquid, does this by absorption.

Only genuine Delliracle has a money-back guffrantee in each package, At toilet counters in 60c, 51 and 52 sizes, or by mail from us in plain winpper on receipt of price.

FREE book mailed in plain sealed envelope on request. De-Miracle, 120th St, and Park Ave., New York.

-THE-Ground Gripper Walking Shoe



unions, corns and callouses be gin to talk to you. when a pair of Ground Gripper Shoes will give you instant relie and eventually cure them? If you are lucky enough to not have an foot trouble, you will find our shoe the most comfortable shoe you have ever worn. Let us prove Men's shoes carried in sever different widths, and women's in

J. J. FONTIUS & SONS 1414 Farnam Street In Sun Thenter Bldg.

It's Easy to look Young and Fascinating by Use of "La Creole"



look 15 years younger."

No woman should be handlcapped socially by gray or faded hair. Every woman it to herself to look her best and avoid the appearance of coming age. Gray, streaked with gray, or faded hair makes many a woman look old before her time, and gray hair s so very unnecessary. LA CREOLE Hair Dressing the most popular Hair Color

Restorer in use among society Men and Women of America today. It is a safe, delightful toilet preparation which uniformly restores gray, streaked with gray, or faded hair to its youthful beauty and lustre LA CREOLE Hair Dressing will not

stain the scalp, wash or rub off, or leave the hair with that greasy or dyed appearanes. You apply it yourself by simply combing or brushing it through the heir before retiring, and the results will dolight you surprisingly.

LA CRECLE is wold by Sherman & McConnell, and all good drug stores and tellet counters everywhere. Price. \$1.00

tesses: Mrs. S. R. McKelvie, Mrs. S. Avery, Mrs. E. A. Burnett, Miss Alice Loomis, Mrs. Emma R. Davis-

Wednesday Morning, February 26, 9:30—"The Red Cross Peace Pro-gram for Help," Mrs. Max Wester-

10:00—Demonstration, "Use of Local Foods," Mrs. Cora F. Warner, Miss Estelle Warner.

11:30—Adjournment for combine! meeting of all organizations, Gov. S. R. McKelvie,

Wednesday Afternoon. 2:00-Chorus singing, led by Mrs.

Carrie B. Raymond.
2:20—"The Next Step in Home
Economics," Miss Alice Loomis,
2:50—"The Federated Woman's
Club and Reconstruction," Mrs. A E. Sheldon.

3:15-"Stories and Books for Children," Mrs. C. O. Bruce. Election of officers. Tea at Practice cottage, 2985 Holdrege

President, Mrs. Mabel Daniels Gramlich, Lincoln; vice president, Mrs. Alice Towne DeWeese, Daw-son; vice president ex-officio, Miss Alice Loomis, head economics department; secretary, Miss Florence Dunn, Lincoln; treasurer, Mrs. Jennie Thompson, Wisner.

Frozen fish is just as nutritious as iresh fish and considerably cheaper. To thaw it out lay it in cold water. Cook as soon as it is thawed

every sick and suffering woman.

In No Strange Land

By Frances Thompson. Oh, world invisible, we view thee; Oh, world, intangible, we touch Oh, world unknowable, we know

Does the fish soar to find the ocean, The eagle plunge to find the air, That we ask of the stars in motion. If they have rumor of thee there?

thee, Inapprehensible, we clutch thee.

Not where the wheeling systems darken, And our benumbed conceiving SOATS: The drift of pinions, would we

hearken. Beats at our own clay-shuttered doors.

The angels keep their ancient places, Turn but a stone and start a wing Tis ye, 'tis your estranged faces That miss the many splendored thing,

But (when so sad thou canst not sadder) Cry: and upon thy so sore loss Shall shine the traffic of Jacob's lad-

Charing Cross. Yea, in the night, my soul, my

daughter. Cry, clinging heaven by the hems, Cornmeal breads are lighter when And lo, Christ walking on the water, Not of Gennesareth, but Thames!

Will Not Be One Day Without PE-RU-NA

This Lady TELLS Her FRIENDS

Mrs. Mary Fricke, 507 Bornman St., Belleville, Ill., is just one of the many thousands of ladies throughout the country who, after an agony of years, have at last found health, strength and vigor in PE-RU-NA

Her own words tell of her suffering and recovery better than we can do it: "I suffered with my stomach, had awful cramps and headaches so I often could not lay on a pillow. Saw your book, tried PE-RU-NA and got good results from the first bottle. To be sure of a cure I took twelve bottles. I have recommended PE-RU-NA to my friends and all are well pleased with results. I will not be one day without PE-RU-NA. Have not had a doctor since I started with PE-RU-NA, which was about fifteen years ago. I am now sixtythree years old, hale, hearty and well. Can do as much work as my daughters. I feel strong and healthy and weigh near two hundred pounds. Before, I weighed as little as one hundred. I hope lots of people use PE-RU-NA and get the results I did." An experience like that of Mrs. Fricke is an inspiration to Mrs. Mary Fricke

If you have catarrh, whether it be of the nose, throat, stomach, bowels, or other organs, PE-RU-NA is the remedy. It is not new; it is not an experiment. PE-RU-NA has been tried. PE-RU-NA has been used by thousands who once were sick and are now well. To prevent coughs, colds, grip and Influenza and to hasten recovery there is nothing better.

PE-RU-NA will improve the appetite and digestion, purify the blood, soothe the irritated mucous linings, eradicate the waste material and corruption from the system. It will tone up the nerves, give you health, strength, vigor and the joy of living. Do what Mrs. Mary Fricke and thousands more have done—try PE-RU-NA. You will be glad, happy,

Tablet or Liquid. Sold Everywhere.

You Are Invited We most cordially invite you to be come one of us. It is impossible to give every man a personal invitation so we take this means to ask you to join the Great Family of the Woodmen of the World. 900,000 Members \$45,000,000 Assets. Tomerow may not come: Do it today! For all particulars phone or call on COL. C. L. MATHER, City Manager Phoeses: Office, Douglas 4570. Office, 108 W. O. W. F. Home, Benson, 354-J. Home, 2704 N. 65th A.

Destroy the Germs and Catarrh will Quickly Go

WOODMEN OF THE WORLD -

If you want to relieve atuffed up head in five minutes and get rid of crusts in the mose, discharge of mucus, watery eyes, hawking and spitting, start to breathe HYOMEI today.

Catarrh with all its disgusting symptoms is caused by germs or microbes.

Go today and get a HYOMEI (pronounce IF High-o-me) outfit, pour a few drops of HYOMEI into the little hard rubber pocket inhaler, breathe it and begin at once to kill the microbes that cause cutarrh.

For aggravated cases of catarrh or a cough or a cold or sore throat be sure and use the HYOMEI vapor treatment in conjunction with the inhaler. Here it is:

Every night before going to bed pour a tenspoonful of HYOMEI into a bowl three-quarters full of boiling water; cover head and bowl with towel and breathe for five minutes, the pleasant, soothing and heals into catarri; use HYOMEI at once and get immediate relief. HYOMEI is an antiseptic that soothes and heals the inflamed condition of the membrane besides killing the germs. For catarrh, acute or chronic, for sore throat, authors, coughs, colds, and cough or a cold or sore throat be sure and use the HYOMEI vapor treatment in conjunction with the inhaler. Here it is:

Your Boy Can Be One of Twenty Next Summer on A Real Western Ranch

WITH A COW PONY ALL FOR HIMSELF your boy can be one of this happy company of 20 boys between the ages of 12 and 15, who, under the direction of a scoutmaster with seven years training in the U. S. Forest service, will spend the summer out of doors, making Pack Train Trips in the mountains over trails of the Forest Rangers, visiting the prehistoric ruins of the cliff dwellers, horseback riding, hiking, camping, fishing, studying nature at first hand on a real ranch with four hundred acres under cultivation and a vast forest range.

LOS ALAMOS RANCH is located in the Rocky Mountains thirty miles from Santa Fe, New Mexico. Delightful summer climate, dry air, cool nights, no mosquitoes, elevation 7,500 feet. The charge, including horse and all expense, is \$125,00 a mount for the three or four months. Application must be made early, as only twenty boys can be accommodated in the newly built, comfortable Ranch House. When the list is filled no more will be taken.

Ask Mr. Foster

At Burgess-Nash Store on Balcony.

NOTE—I have visited Los Alamos. I sent there last summer a boy who had been placed in my charge; he gained so much in health and valuable knowledge of outdoor life and he was withal so thoroughly happy that it gives me pleasure to recommend Los Alamos and I shall be glad to answer any inquiries concerning the life there. My boy is spending the winter in the Los Alamos School. WARD G. FOSTER.

For Sprains

The first thing to do for a sprain or bruise is to cover the hurt with a piece of flannel soaked with Omega Oil. Quick relief usually follows this simple treatment.

Takes Adler-i-ka

"I had serious bowel and liver trouble. Lost 50 pounds and could eat only liquid food. Commenced taking Adler-i-ka and now weigh hall shine the traffic of Jacob's lad-der,
Pitched between Heaven and Fond, Little Falls, Minn.

Adler-i-ka expels ALL gas and sourness, stopping stomach distress INSTANTLY. Empties BOTH upper and lower bowel, flushing EN-TIRE alimentary canal. Removes ALL foul matter which poisons system. Often CURES constipation. Prevents appendicitis. We have sold Adler-i-ka many years. It is a mixture of buckthorn, cascara, glycerine and nine other simple drugs. Sherman & McConnell Drug Co.—Adv.

STOP CATARRH! OPEN **NOSTRILS AND HEAD**

Says Cream Applied in Nostrils Relieves Head-Colds at Once.

If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, antiseptic cream into your nostrils and let it penetrate through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant relief.

Ah! how good it feels. Your nostrils are open, your head is clear, no more hawking, snuffling, blowing; no more headache, dryness or struggling for breath. Ely's Cream Balm is just what sufferers from head colds and catarrh need. It's a de-

We eat too much meat, which clogs Kidneys, then Back hurts and Bladder bothers you.

Most folks forget that the kidand 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, sleeplesaness 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 any 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 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 blad-

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.-

An Inside Bath Makes You Look and Feel Fresh

Says a glass of hot water with phosphate before breakfast keeps Illness away.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels

Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who are subject to bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside Bathing.—Adv,