

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.

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?"

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again. Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

The Reason.

Quiz—I wonder why motor boating is so much more sport than automobil- ing?

Whiz—Because out here there are no trees or fences for 'em to climb.

SALTS IF BACKACHY OR KIDNEYS TROUBLE YOU

Eat Less Meat If Your Kidneys Aren't Acting Right or If Back Hurts or Bladder Bothers You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; 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 has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness. Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

Being a born leader may have its advantages, but the man in the rear has a better opportunity to get away.

PAPEN DISBURSED FUNDS TO PLOTTERS

Evidence Discovered in Papers of Former German Attache.

TURNED OVER TO EMBASSY

Check Books and Letters Seized by British Show Payments to Werner Horn and Others. Criticized Wilson.

London.—Copies of correspondence seized from Capt. Franz von Papen, recalled German military attache at Washington, when he reached Falmouth on his way to Germany have been turned over to the American Embassy for transmission to the State Department. They show that Captain von Papen made frequent payments to persons charged with the responsibility for blowing up munitions works and bridges in the United States.

One entry shows that Captain von Papen gave \$700 to Werner Horn, who was arrested in connection with the blowing up of a Canadian Pacific Railway bridge at St. Croix, Maine. The day before this check was issued the German Embassy paid \$2,000 into Captain von Papen's account.

Captain von Papen's check stubs, bank books and letters from his bank, the Riggs National Bank of Washington, show about 500 items, many of which had to do with routine expenditures. Others, however, revealed payments to various persons who have figured prominently in the activities of German agents in America, and to at least one spy who committed suicide in a cell in an English prison.

Got Money From Bernstorff.

Several large payments were made to Captain von Papen by Count von Bernstorff, German Ambassador at Washington. Most of these were for salaries or bonuses. A number of entries showed payments made by the Ambassador to the military attache for "war intelligence office." One of the payments on this account, made in October of 1914, was for \$2,300.

Among the letters taken from Captain von Papen there is little of interest with the exception of a letter from the German Consul at New Orleans condoning with him on his recall from Washington and criticizing severely the attitude of the American Government.

In January, 1915, Captain von Papen gave a check payable to Am- sick & Co., New York, but with the name E. Kuepferle, in brackets, on the back. This is believed to have reference to the man named Kuepferle, who, after being arrested in England on a charge of espionage, committed suicide, leaving a written confession in his cell.

Another check stub shows that about two weeks before the explosion in Seattle on May 30, 1915, Captain von Papen sent \$500 to the German Consulate at Seattle. In February, of 1915, he sent \$1,300 to the German Consulate in that city.

As an example of the size of the Captain's financial operations, his bank book shows that in January, of 1915, he received approximately \$6,400 and paid out \$5,000.

Consul Wants "Day of Reckoning."

The following is one of four letters, found among Captain von Papen's effects, and is considered the most interesting part of the correspondence turned over to the American Embassy. The letters follows:
"New Orleans, Dec. 4, 1915.
"Dear Herr von Papen: I read with great regret that the fate of recall has indeed overcome you. I don't suppose that you are very unhappy to be able to shake the dust of this unfriendly country from off your feet. What chiefly offends me is that in always giving way to the Government here we have never found that they are kindly disposed toward us. That the demand for the recall has been so sudden and belated throws an interesting light upon the Government here. May here also the day of reckoning come and our Government find again that iron determination with which alone one can make an impression here.
" Hoping that our connection formed in this great time will not come to an end with your departure, I am yours sincerely.
"R. V. M."

ASK PROTECTION FOR COTTON.

Texas Farmers Plan To Ship 1,000,000 Bales To Germany.

Washington.—H. N. Pope, president of the Texas Farmers' Union, accompanied by Senator Sheppard, told President Wilson of the union's plan for sending 1,000,000 bales of cotton to Germany by way of Rotterdam in American ships and asked for assurances for protection against British seizure. Senator Sheppard said the President promised to do all he could.

Cotton is on both the British and German contraband lists and the legality of that action now is the subject of diplomatic correspondence. The cotton men say they have no objection to British seizure if they get the 27 cents a pound they are promised in Germany. The market price is 20 cents. That is what the British have been paying on seizures.

WHEN MOTHER HITS THE TRAIL



WILSON WILL GIVE CARRANZA A CHANCE

President Will Stand For No Intervention in Mexico. Refused to Salute Flag at Vera Cruz.

BANDITS WILL BE PUNISHED

De Facto Government Of Mexico Sends Troops After Bandits and Promises Punishment.

Washington.—General Carranza and the de facto government of Mexico are to be given full opportunity, without intervention from the United States, to run to earth the murderers of American citizens at Santa Ysabel and to demonstrate ability to restore order and protect foreign rights in the southern republic.

The President, supported by his Cabinet, is declared to be determined that the American Government shall not be stampeded by war talk and cries of vengeance into rushing an army across the Rio Grande to destroy in its infancy the de facto government, which the United States, with the co-operation of Pan-American nations, aided in establishing after the Mexican nation had been torn by revolution for years.

At the State Department officials were vigilant in their watch over the situation, awaiting official word from General Carranza in reply to the demand made upon him to seek out and punish the bandit murderers.

Carranza To Punish Bandits.

While no direct communication from General Carranza had reached the State Department, a message from him to Elisco Arredondo, the Mexican Ambassador designate, announced the dispatch of troops to capture the outlaws and his purpose to visit "condign punishment upon every participant in the massacre."

Carranza's telegram to his Ambassador read:

"The murderous attack on the passenger train near Chihuahua was made by the only remaining band of outlaws in that region. This band is being pursued by my troops, with a view to insure its capture, whereupon condign punishment, which their crime deserves will be applied to every guilty participant.

DYESTUFF FAMINE REDUCED.

Country Now Producing Half Of Normal Consumption.

Washington.—Seventeen months of the European war, according to a report issued by Dr. Thomas H. Norton, the Government's dyestuff expert, has seen American manufacture of dyes increase fivefold and now this country is producing one-half of the colors it normally uses. Hope is held out that by 1917 the great bulk of artificial dyes consumed here will be made by American works from American raw material.

TO BUILD \$7,000,000 STEEL MILL.

United States Steel Corporation Gets Youngstown Site.

Youngstown, Ohio.—The United States Steel Corporation announced that construction of a \$7,000,000 steel mill would be commenced at once on the McDonald site, between Niles and Girard, where 132 acres of land has just been purchased, giving the company a total of 500 acres. It is stated that the plant will be completed in a year and when in full operation will employ several thousand men.

GEN. GUTIERREZ EXECUTED.

Condemned As Traitor To Anti-Carranza Party.

El Paso, Texas.—General Eulalio Gutierrez, formerly provisional President of Mexico under Villa, is dead. Dispatches received state that he was executed at Pachuca, 120 miles north of Mexico City, on January 5, after having been found guilty of treason to the anti-Carranza party.

AS SALADS SHOULD BE "CASCARETS" FOR SLUGGISH BOWELS

EVERY DETAIL MUST BE CAREFULLY LOOKED TO. No sick headache, sour stomach, biliousness or constipation by morning.

Smallest Thing That is Forgotten May Completely Mar the Savoriness of Preparations When They Go to the Table.
Salad depends for its savoriness on the minutest details of its seasoning. To be sure, the greens of which it is made must be fresh and crisp. But given crisp, fresh lettuce, water-cress, escarole, endive or any other salad greens, the cook who understands the blending of seasonings can produce a savory salad at slight expense of time or money.

To begin with, vinegar holds many possibilities. It should be bland. Then, with a foundation of bland vinegar, the experienced salad maker concocts different flavored vinegars. In one bottle she puts a tablespoonful of celery seed, and fills the bottle with vinegar. After this has stood for a week it has a very good flavor. A few cloves of garlic are put into another bottleful of vinegar. A bay leaf is soaked in still another.

When mixing French dressing these various vinegars are used to give different flavors. They can also be used in mayonnaise.
A little crushed mint can be soaked in vinegar, just before it is used for French dressing.

Lemon juice, instead of vinegar, occasionally makes a delicious dressing when mixed with olive oil and seasoned with salt, pepper and cayenne. Add mace occasionally to French dressing.

Put a slice of onion under a little slice of bread in the bottom of the dish in which salad stands. This method keeps the onion from touching the salad and at the same time the onion flavor permeates the whole mass.
Add Worcestershire sauce to French dressing for a flavoring much liked by the English.

A little Roquefort cheese creamed into French dressing gives a rich flavor that some people like.
Chintz as an Armor in Household.
The vogue for chintz in dress has led a young matron who does her own housework—and likes to look well while doing it—into making a set of work aprons and caps out of this decorative material.

The firm weave of chintz makes it an admirable dust-proof protection for gown and hair and keeps a fresh look. Chintz does not wrinkle easily, and if a gay all-over design be chosen, it will not look spotted for a long while.
Dressed in her chintz apron and cap to match, the young matron looks pretty to a degree—more so if arrayed for some fancy dress affair than for mere work; a fact that makes work go gayly.

Her aprons cover her gowns entirely. They are tightly belted in at the waist and furnished with a commodious pocket. An apron and a cap striped in inch bars of dark blue alternating with a pattern of green leaves and yellow flowers on white background make her favorite chintz armor against dust and soil.

Best Fat for Cooking.
Chicken, turkey and duck fat cannot be surpassed as a substitute for oil or butter in cooking. The large flakes from fat poultry, or the fat that rises to the top in making broth, should be saved and rendered. When ice cold, it closely resembles butter in looks and flavor. The skillful Italian and French cooks always use this fat when making the crust for chicken pie and in Italy one eats cauliflower that has been dipped in butter and then fried crisp and brown in this delectable fat.

Jellied Plum Pudding.
Soak half a box of gelatin in cold water, dissolved, then add a cupful of scalded milk, half a cupful of sugar and strain. When cold beat till frothy and add the stiffly beaten whites of two eggs and a cupful of candied fruits cut in small pieces and soaked for an hour in rum. Drain the fruits before adding to the jelly. As the jelly stiffens fold in half a pint of whipped cream and a tablespoonful of sherry or brandy. Pour into a wet mold and chill.

Roast Beef East Indian Style.
Fry an onion in a little butter till a golden brown, add a chopped green pepper and half a teaspoonful of curry powder. Then pour in the gravy or a cupful of tomato juice, also a few drops of Worcestershire sauce. Season to taste with salt and pepper. Cut the meat in neat squares and heat in the sauce. Do not allow it to boil, merely become heated through.

Smoked Salmon Canapes.
Cut the salmon to fit small rounds of buttered toast, season with pepper and heat thoroughly. Serve with a garnish of watercress. It is well to cover the canapes while heating them, otherwise the salmon may become too brown. They are good appetizers.

Salmon Grab.
One can salmon, one-half cupful milk, two eggs, one-half cupful cracker crumbs, salt and pepper. Beat yolks of eggs and then add the other ingredients, adding the beaten whites last. Bake one-half hour. Slice cold and serve with or without mayonnaise dressing.

70 KILLED BY EXPLOSION.
Forty Hurt When Lille Ammunition Depot Blows Up.
Berlin.—An ammunition depot in the southern section of Lille, Northern France, has been blown up. An official announcement says that 70 persons were killed and 40 injured. Considerable damage to property was done.

KAISER REPORTED WORSE.
Specialists Hurriedly Summoned, Princes Called To Berlin.
Rome.—The Idea Nazionale states that the Kaiser's condition has suddenly become worse. Two specialists, according to this report, have been hurriedly summoned from the front.

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.

A man who patronizes saloons often finds himself in a tight place.

To Cure a Cold in One Day

Take LAXATIVE BROMO QUININE Tablets. They relieve colds if it fails to cure. E. W. GROVE'S signature is on each box. 50¢

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

Ec-Zene Kills Eczema.

Let us prove it. Accept no substitute. If your Druggist does not have it, write to Ec-Zene Co., St. Paul, Minn.—Adv.

Marriage may be a failure, but there's a lot of evidence to the contrary.

No Boss.
He—You always seem so self-possessed.
She—Yes; I don't believe in getting married.

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.

Mother Explains.
"My dear," said Mr. Hemmandhaw, "I hope you are not planning to buy a lot of new furniture."
"I am not," replied Mrs. Hemmandhaw, "and I don't know what gives you the idea."
"This shopping list gives me the idea."

What shopping list?
"On this paper, which I just picked up off the floor, is written: 'Washstand, parlor chairs, dining-room table, writing desk, refrigerator, tubercle, piano stool, pedestal, stepladder, cedar chest, music cabinet and garbage can.'"
Oh, that is just a record I was keeping of the things the baby has fallen from this week.—Judge.

PRESSED HARD

Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick stomach.

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum.

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely.

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty.

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages. Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum.—sold by Grocers.