

### Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts. There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments. People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or store-keeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation. Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.—Adv.

### Turtle With Two Heads.

Ever see a living animal with two heads? No? Then you should see Eugene Smith's little turtle. It was caught in the Pee-Dee swamps and has two well-developed heads, each separate and distinct from the other. Smith declares that the turtle eats with both heads.—Mullins (S. C.) Dispatch to New York World.

### MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. 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.

### Surely Not.

"They say old Skinfint has got writer's cramp." "He never got it from signing checks that's one sure thing!"

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any drug-gist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

### Similar.

"Murder will out, they say." "Yes, and if the murderer's got enough money to hire a good lawyer he gets out, too."

### PREPAREDNESS!

To Fortify The System Against Grip when Grip is prevalent. LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S signature on box, 25c.

### Method.

Brown—Is Jones strictly neutral? Mrs. Jenks—Yes; he sides with whoever he's talking with!

Use Murine after Exposure to Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

The fire of genius is lucky when it can keep the pot boiling.

## KEYSTONE STATE IN SHORT ORDER

Latest News Happenings Gathered From Here and There.

### TOLD IN SHORT PARAGRAPHS

Routed from their beds fifty or more guests were driven in scanty attire from the Hotel Humes, Mercer, by fire which destroyed the historic structure and six other buildings with a loss estimated at \$100,000. The hotel was built more than 100 years ago, and entertained among many other distinguished men, General Lafayette.

Jacob Cannon, five years old, of Shenandoah, was attacked by a vicious dog yesterday and his legs and abdomen were badly torn before the animal was driven off and shot by Policeman Gibson. The boy is in a serious condition.

Dr. H. L. Orth, superintendent of the Harrisburg Hospital for the Insane, and Dr. Frank B. Woodbury, of the State Commission for the Insane, testified before the Dauphin County Court that the Harrisburg asylum is overcrowded.

Fifteen sticks of dynamite were necessary to break the grip of Lansdale's oldest tree on Mother Earth, when a willow tree planted 101 years ago was ordered removed by Borough Council. Six cartloads of wood were removed.

Francis J. Boaz, contractor, has brought suit against the State of Pennsylvania for payment of \$12,955.23, which he says is due him for work done in the erection of the State Tuberculosis Sanatorium at Hamburg.

For the second time within three months, the Lansdale Foundry Company, manufacturer of structural iron work, has found it necessary to enlarge its plant there by building an addition, 60 by 30 feet.

Statistics just compiled by Commissioners' Clerk Cadwallader, show that the prisoners in the Bucks county jail during the year 1915 cost the county \$10,267.19, or on an average of fifty-eight cents per day for each prisoner.

By decree of Judge Swartz, Montgomery county will have another borough, and incidentally another election district, by reason of the incorporation of the village of Bryn Athyn, in Moreland Township.

Steam passenger trains will be replaced by cars operated by gasoline power on the Meadville and Linesville branch of the Bessemer & Lake Erie Railroad, beginning February 1, according to announcement.

Frank Bohanna, of Port Carbon, aged eighteen years, employed about the ash pits at St. Clair, was struck by a locomotive, thrown into the ash pit of hot cinders and killed.

Hugh P. McMahon, a molder, was killed at the works of the Seaboard Steel Casting Co., Chester, by getting caught under a falling flask. He was literally crushed flat.

Complaints were filed by the Atlantic Refining Company with the Public Service Commission against the advance in coal rates of the New York Central lines on the Franklin Division.

The Pennsylvania Railroad placed with its Altoona shops orders for 165 locomotives, 75 passenger cars and 1,000 all-steel box cars, to be delivered during 1916.

Henry J. Huesman, seventy-one years old, Reading's oldest florist, and who years ago conducted a large establishment in Philadelphia, died of heart failure.

Grief over the death of her mother is given by physicians as the cause of the death of Mrs. Daniel Schultz, thirty-five years old, of Reading.

Miss Mabel Warden, aged twenty-three, and her sister, Florella Warden, aged thirteen, were burned to death, and their mother, Mrs. Myra Warden, was seriously injured when their home at Punksutawney was destroyed by fire. The property loss was \$2,500.

Prof. John Snoke, superintendent of public schools of Lebanon county, in addressing the annual convention of the York County School Directors' Association, advocated an extension of the compulsory attendance period of rural schools.

A man was in the office of Superintendent of Finance and Accounts Charles B. Moul at the City Hall, Chester, and shortly after he had taken his departure, it was found that \$88 had been stolen. No clew has been secured as to his identity.

Using a pair of scissors to pry apart what she imagined was a bead of copper, Miss Millie Gilbert exploded a dynamite cap at her home in Globe Mills, and her left hand was so shattered as to necessitate amputating four fingers.

## M'LOUGHLIN IS NOW ASPIRANT AT GOLF



Maurice McLoughlin Lining Up a Difficult Putt on the Green.

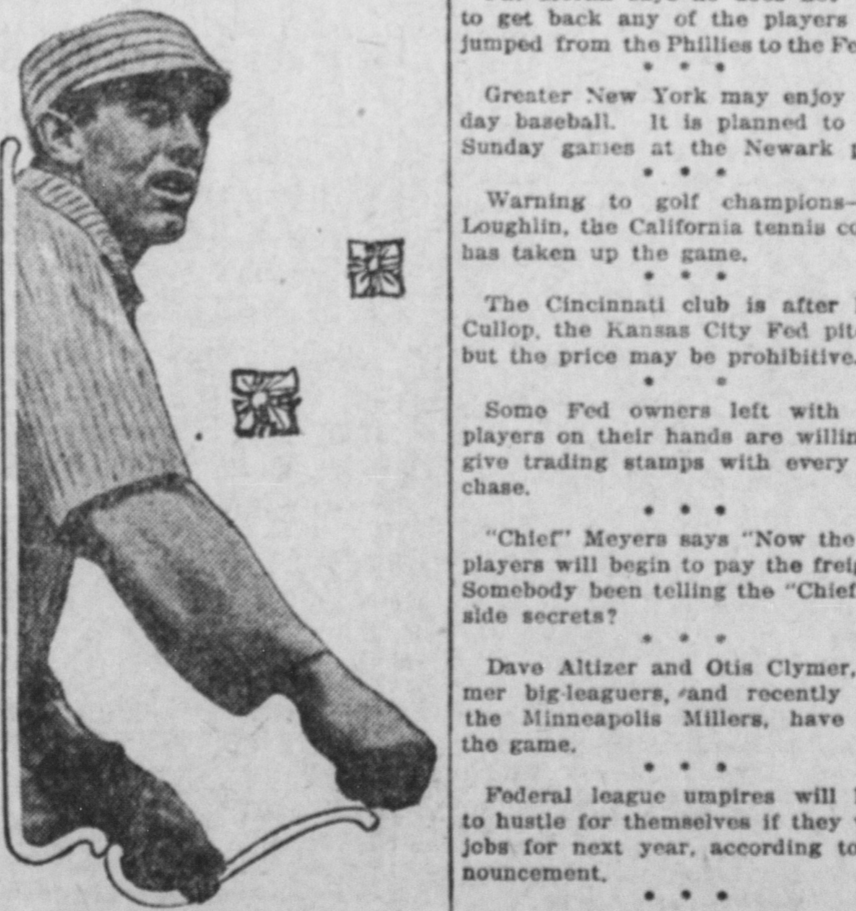
Maurice E. McLoughlin is now qualified in the ranks of good golfers. McLoughlin, who has been heralded on the tennis courts all over the world as one of the finest tennis players that ever lived, is to be known on the links probably as well. To back up this declaration, McLoughlin made a score of 74 recently.

### THINKS GOLF IS BENEFICIAL

Jack Coombs of Brooklyn Dodgers, Says Game Helps Ball Player in Securing Control.

"I cannot agree with these men who say golf is bad for a ball player," says Jack Coombs of the Brooklyn Dodgers. "It helps him more than an ordinary man realizes. One of the greatest assets of the game is absolute control of oneself, in which confidence plays an important part. Thus, the mind being under control, one thinks of the importance resting upon him. There only is one thought—succeed.

"It is true the swing in golf is far different from that used in baseball. There are few ball players, however, who do not bring that stroke of their profession into golf. If you will look back to the games I pitched for the Athletics on Mondays, you will notice from the box scores that my batting was far superior to that on other days. I played golf every Sunday, rain or shine, and as I often said to



Jack Coombs.

the boys, "That ball looked as big as a pumpkin." Whether golf playing the day before had anything to do with it or not I dare not say. Being a bug on golf, my own opinion is formed."

### Tennis Games Prove Profitable.

Officers of the National Tennis association are highly gratified with the financial report of the year, including its net profits of almost \$16,000 for the first national championship tournament held outside the Casino courts of Newport. Now that the stands used for the David cup matches of 1914 and the titular tourney this season are entirely paid, the net gate receipts at the 1916 championships should establish a new record if the contests are held in either New York, Chicago or Philadelphia.

### Every Man an Athlete Here.

The University of Chicago undergraduate council plans to make every man in the institution an athlete. Director of Athletics Stagg approves the idea.

## SAFER THAN FOOTBALL

Frank Moran Compares College Game With That of Boxing.

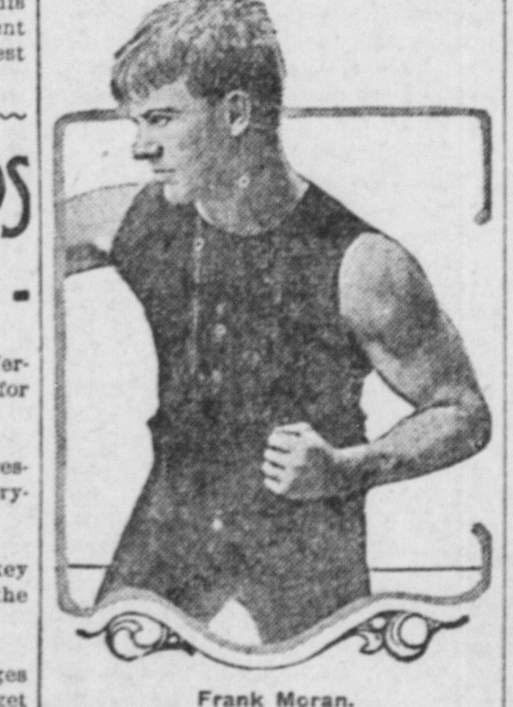
Rough Handling in Ring Pleasant Dream Compared to Treatment Received on Gridiron—Fighting Supposed to Be Brutal.

Frank Moran, who is a leading contender for the heavyweight title, was perusing the football results recently in New York. The football columns receive Frank's attention first in any newspaper.

"Ah, that's the game for you!" enthused Moran. "Football is one of the greatest games in the world—and the toughest. Boxing is a cinch when compared with football. I know. I have played at both games. I played football regularly for three years and pardon me if I say I was a pretty fair player. In 1908 I studied dentistry at the University of Pittsburgh and played with its football team. After that I played left tackle on the Pittsburgh Lyceums, a high-class professional team that toured the surrounding country and met the best pro teams as the Easter Superbaas, Canton Tigers and the Columbus Pan-handle eleven. So you see I know what I am talking about," concluded Moran.

"Yes, sir, fighting is supposed to be a brutal sport and is being legislated against in some parts of the country, but let me tell you that I have been battered and banged more in one football game than during all my career in the ring. In the ring you fight one man, on the gridiron you have eleven to battle.

"The worse beating I ever received as a boxer was a pleasant dream compared with the rough handling I have



Frank Moran.

been showered with on the football field. One Jim Savage gave me two black eyes and they stopped the fight because I looked bad, and once Gunboat Smith knocked me down. That is all the damage I ever suffered in the ring. But on the gridiron—"Whee!" laughed Moran. "That was the rough days. I was laid out more than once and suffered bruises and bumps galore, and a broken rib, too. "And they call fighting brutal," went on the blond Pittsburgh boy. "Well, do you imagine for an instant that a chap could play in 200 football games! Many of our boxers, past and present, have engaged in over 200 fights. Gans, Dixon, Baldwin, Attell and others have done so. No football player could play two hundred games unless he possessed a feline number of lives. "Boxing is a large and successful profession. Professional football is a failure. Why? Because football is the tougher of the two."

### DON'T BELIEVE THAT—

Detroit has unconditionally released Ty Cobb. Connie Mack trades Kopf to Boston for Speaker. Jake Ruppert offers \$3.78 for Eddie Collins. Larry McLean buys Giants' franchise. Dreyfuss makes Nick Altrock Pirates' manager. John McGraw joins Billy Sunday's forces. Comiskey to tear down Sox park and play in Englewood. J. F. Baker gives \$5 for ball players' home. Walter Johnson to pitch left-handed next year. Rube Marquard to manage Cubs.

### Harvard's Rowing Plans.

Harvard's plans for the rowing season include races with Princeton, Cornell and Yale. The race with the Tigers will be rowed on April 22, during the spring recess, coming as a climax of a week's practice at Princeton. Cornell will be rowed at Cambridge probably on Saturday, May 20. The announced regatta with Yale is scheduled for June 23.

### Lelivelt Leading Batter.

Jack Lelivelt, formerly an outfielder with Washington and several other clubs in the American league, led the American association in batting last season. In 152 games he had an average of .345. Compton of Kansas City, Braves, was second, with .343.

## "CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

Cotton imports into China last year showed an increase of \$8,700,000 in value.

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

Seasonable Dates. Customer—Got any fresh dates? Grocer—No; I gave away the last calendar I had this morning.

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.

Like Building a House. "Could you plan a dollar dinner gown?" "Oh, I have frequently planned those dollar dresses. When you come to make 'em, however, the allowance usually runs away over that."

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 *Dr. J. C. Fletchur* in Use for Over 30 Years. Children Cry for Fletchur's Castoria.

Useless. "We've got to cut down expenses this year," announced Mr. Riverside, "and I think we'll begin by giving up our box at the opera." "Oh, Henry, you surely wouldn't think of doing that," protested his wife. "Why not? If my business keeps on as rotten as it is now I won't be able to buy you any new gowns, and there's no use paying rent for a show window when you haven't got any goods to show."

### BIG EATERS HAVE BAD KIDNEYS AND BACKACHE

Take a Glass of Salts at Once if Your Back is Hurting or Kidneys and Bladder Trouble You.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out; they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, 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 flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

### More Important Than Baby.

A well-known Mobilian who lives in the suburbs had an addition to his barnyard in the shape of a fine calf of the Jersey breed. A week later there was an arrival in the house, his wife presenting him with a 16-pound daughter. The day after the little girl came the father was stopped downtown by a lady who had known him and his wife all their lives.

Assuming a very impressive air, she said: "Have you got at your house something for which you have been waiting a long time?" "I most certainly have," he replied. "What is it?" the lady asked almost breathlessly. "A full-blooded Jersey heifer calf," he exclaimed.—Mobile Register.