

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of incum-bustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from any druggist or storekeeper, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.—Adv.

The girl who chooses a husband because he has the "rocks" may have a marble heart.

WHEN KIDNEYS ACT BAD TAKE GLASS OF SALTS

Eat Less Meat If Kidneys Hurt or You Have Backache or Bladder Misery —Meat Forms Uric Acid.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headache, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and 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 clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.—Adv.

Too many men pray for things they are too lazy to work for.

"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.

Too many glasses may make a tumbler of a man.

FIRST REAL STEP TO STOP WORLD WAR

The Permanent Committee Meets at Berne.

TWO WEEKS' TRUCE SOUGHT

Pacifists Believe If They Can Bring This About, Fighting Will Not Be Resumed—Leaders Are Encouraged.

Berne, Switzerland.—The first definite move to end the world war was made here when the permanent committee to establish lasting peace met to formulate proposals for an armistice.

Peace advocates from several neutral countries were in Berne for the meeting.

The committee hopes to obtain the consent of the belligerents to an armistice of at least two weeks before the spring campaigns bring fresh slaughter in Europe. They believe if the guns can be silenced for two weeks the fighting will never be renewed.

Several peace leaders said they were encouraged by the German Chancellor's recent Reichstag speech to believe that Germany will give benevolent consideration to any plans for an armistice. If they fail in their plans for a truce, they hope at least to suggest a program to the belligerents designed to eliminate some of the more horrible features of the war. One suggestion is that the belligerents pledge themselves to conduct no more air raids upon cities behind the battle front.

Prince von Buelow, former German Chancellor; Prince Hohenzollern and Baron von Kraft have arrived at Lucerne. It was reported they are in touch with the peace movement here.

German Peace Offer Denied. London.—Reports that Germany had made peace overtures to the Belgian Government were officially denied by the legation. The following statement was issued by the British Government Press Bureau:

"The Belgian Government issued a statement that rumors which have been circulated to the effect that peace proposals have recently been made by Germany to the Belgian Government are devoid of foundation."

37 CAUGHT IN MINE EXPLOSION.

One Man Killed, Three Badly Hurt and Score Entombed.

Indiana, Pa.—One man was killed, three were seriously injured and a score entombed by a gas explosion in Mine No. 2 of the Jefferson and Clearfield Coal and Iron Company at Ernest, six miles from here.

The explosion occurred in an entry just off the main shaft of the mine. More than 100 men were at work at the time, but all managed to escape, with the exception of 37, who were trapped by falling rock and debris.

Rescue parties were at once organized and 13 of this number were brought to the surface several hours after the explosion. A number were seriously hurt.

182,622 BOY SCOUTS IN U. S.

Membership Last Year Grew 46 Per Cent.

Washington.—An increase of 46 per cent in membership last year was announced at the annual meeting of the National Council of the Boy Scouts of America. The increase to 182,622 boys and scoutmasters made the year the most prosperous in the six years' history of the movement.

Among the significant items of the chief scout executive's report were that scout troops had been organized in almost every church denomination in the country, and that the 7,067 scoutmasters included clergymen, physicians, lawyers, teachers and other professional men.

MINISTER, AGED 70, ELOPES.

Marries 21-Year-Old Girl Against Her Parents' Wishes.

Huntington, W. Va.—Details have reached here of the elopement from the Beaver Creek section of the Rev. William Moore, Methodist minister, 70 years old, who has been doing missionary work in that section for nearly a year, and Miss Jennie Alley, 21 years old, a school teacher. The aged minister has been courted by the girl for some time against the wishes of her parents, and the couple eloped to Prestonsburg, making most of the distance over the rough mountain country, on foot.

WOULD BUY LOWER CALIFORNIA.

Representative Randall Offers Resolution in House.

Washington.—A resolution to authorize President Wilson to negotiate with Mexico for the purchase of Lower California was presented to the House by Representative Randall, of California. Such a purchase, the resolution recites, would protect irrigation work in the Imperial Valley. The resolution was referred to the Foreign Affairs Committee. Various proposals for the sale of Lower California always have been repudiated by General Car-

HOOPS—DAME FASHION'S LATEST DECREE



HOOPS CAN BE BENT TO SUIT INDIVIDUAL TASTES

TEUTONS WARN FOREIGN SHIPPING

Will Treat Armed Merchant Vessels as Warships.

A TIME LIMIT TO MARCH 1

German Government Gives Out List Of Armed British Merchant Vessels That Fired Upon Submarines.

Washington.—Germany and Austria have formally notified the United States that, beginning March 1, commanders of their submarines will consider armed merchant ships of the Entente Allies to be warships and will treat them accordingly.

Under such instructions commanders would be at liberty to sink without warning any armed vessel, whether passenger or freight carrying.

The notifications were presented orally to Secretary Lansing by Count von Bernstorff, the German ambassador, and Baron Erich Zwidzinski, charge of the Austro-Hungarian Embassy here. Notes from their governments are to follow.

The intention of the Teutonic Allies is considered in official and diplomatic circles here to be a development of the memorandum proposing the disarmament of merchant ships, which Secretary Lansing recently sent to the Entente Powers. High officials of the State Department seemed disposed to consider the development broad enough to warrant the claim that the fundamental questions involved in the conduct of submarine warfare have been settled in accordance with the contentions of the United States.

This is based on the belief that with Germany and Austria giving notice that they will sink without warning all armed ships, the two governments cannot legally claim the right to sink unarmed vessels. That is the principle for which the United States has so vigorously contended since the beginning of the negotiations over the conduct of submarine warfare.

At Their Own Risk. In view of this situation American citizens, it is stated by high authority, now may be warned that they will take passage aboard armed merchant ships at their own risk and be entitled to no more protection from the United States than if they had embarked upon a belligerent warship.

Officials seemed not to be able to conceive that any issue could arise in the future from a submarine warfare conducted under these rules.

It was said in Teutonic diplomatic circles that the effective date of the instructions was postponed solely for the reason that the Central Powers desired to give enemy merchant ships an opportunity to disarm and so that the Entente Allies might have the chance to make their views conform to the suggestions put forward by the United States in its memorandum.

BELVIDERE BROOKS DEAD.

Was Vice-President Of Western Union Telegraph Co.

New York.—Belvidere Brooks, vice-president of the Western Union Telegraph Company, died at his home here of heart trouble. He had been in poor health for several months. His death was sudden. Mr. Brooks had been in the service of the Western Union for 40 years, starting as a telegraph operator in Texas. He was elected general manager of the Western Union in 1910 and vice-president two years ago.

POSTOFFICE FLOATS AWAY.

Flood Dumps Postmistress and Carries Building Off.

Memphis, Ten.—White River, Ark., a small town near the mouth of White river, is minus a postoffice on account of the high waters. "My postoffice is now floating down the river and unless it lodges against some trees it will be a total loss," said an appeal from the postmistress received at the local office of the railway mail service.

THE MARKETS

NEW YORK.—Wheat—Spot weak; No. 1 Durum, \$1.45; No. 1 Northern Duluth, \$1.52, and No. 1 Northern Manitoba, \$1.53 1/2 f o b New York. Corn—Spot, easy; No. 2 yellow, 88 1/2 c f New York. Butter—Creamery, extras (92 score), 31@31 1/2 c; creamery (higher scoring), 32@32 1/2 c; firsts, 27@30 1/2 c; seconds, 25@26 1/2 c. Eggs—Fresh gathered, extra fine, 32@33 c; extra firsts, 31@31 1/2 c; firsts, 29 1/2@30 1/2 c; seconds, 27 1/2@29; nearby henry whites, fine to fancy, 39@40 c; nearby henry browns, 35@36 c. Dressed Poultry—Killed Western chickens, 16 1/2@27 c; fowls, 14@19 1/2 c; turkeys, 27@28 c.

PHILADELPHIA.—Wheat—No. 2 red, Western, \$1.39@1.40; No. 2 red, spot and February, \$1.35@1.39 1/2; No. 2 Southern red, \$1.33 1/2@1.36; steamer, No. 2 red, \$1.32 1/2@1.34 1/2; do do, No. 3 red, \$1.32 1/2@1.34 1/2; rejected A, \$1.30@1.33; do do, rejected B, \$1.28 1/2@1.31 1/2. Corn—Car lots, for local trade, as to locations, old Western, No. 2 yellow, 85@86 c; do do, old Western, steamer, yellow, 84@85 c; do do, new, Western, No. 4 yellow, 79@80 1/2 c; do do, sample, yellow, 72 1/2@75 1/2 c. Oats—No. 2 white, 57 1/2@58 c; standard white, 56 1/2@57 c; No. 3 white, 55@56 c; No. 4 white, 51@52 1/2 c; sample, 51@52 1/2 c; purified oats, graded, 56@57 c.

Butter—Western solid-packed creamery, fancy, special, 24 c; extra, 23 c; extra firsts, 29@31; firsts, 27@28 c; seconds, 25@26 c; nearby prints, 24 c; out, average, extra, 33@34 c; do do firsts, 29@31 c; do do seconds, 25@27 c; jobbing sales of fancy prints, 24@41 c. Eggs—Nearby, extras, 35c per doz; nearby firsts, \$9.34 per standard case; nearby, current receipts, \$9.15 per case; Western, extra firsts, \$9.30 per case; do do, firsts, \$9.15 per case; fancy, selected candled eggs, jobbing at 36@38c per doz. Cheese—New York, full cream, fancy, held, 18 1/2@18 3/4 c; specials, higher; do do, fair to good, held, 17 1/2@18 1/4 c; do do, part skims, 11@16 c. Live Poultry—Fowls, 16@17 c; roosters, 12@12 1/2 c; spring chickens, soft-meated, 17@18 c; do do, stags, 15@16 c; ducks, as to size and quality, 15@17 c; geese, 15@17 c; turkeys, 29@22 c; pigeons, old, per pair, 25@28 c; do do, young, per pair, 18@20 c.

BALTIMORE.—Wheat—No. 2 red, spot and February, 135 1/2 c, March, 136 1/2 c; No. 2 Western, spot and February, 139 c. Corn—Spot and February, 79 1/2 c; March, 80 c. Oats—Standard white, 55 1/2 c asked; No. 3 white, 54 1/2 c asked; No. 4 white, 49@50 c, as to location. Rye—No. 2 rye, Western, \$1.06 1/2@1.07; No. 2 do, \$1.02@1.03; No. 4 do, \$1.01@1.02; bag lots, as to quality and condition, 95c@1. Hay—No. 1 timothy, \$20.50; No. 2 do, \$19.50@20; No. 3 do, \$16@18.50; light clover mixed, \$18.50@19; No. 1 clover mixed, \$18; No. 2 do, \$15@17; choice clover, \$15.50@16 nominal; No. 1 clover, \$14@15 nominal; No. 2 do, \$11@12; No. 3 do, \$9@10.50. Straw—No. 1 straight rye, \$12; No. 2 do, \$12@12.50; No. 1 tangled rye, \$10.50@11; No. 2 do, \$10; No. 1 wheat, \$9; No. 2 do, \$7.50@8; No. 1 oat, \$19@19.50; No. 2 do, \$9@9.50. Butter—Creamery, \$32@32 1/2 c; choice, 30@31; good, 28@29; prints, 31@33; blocks, 30@32; ladies, 21@22; Maryland and Pennsylvania rolls, 20@21 c; Ohio rolls, 19@20 c; West Virginia rolls, 19@20; storepacked, 19c; Maryland, Virginia and Pennsylvania dairy prints, 20@21 c; process butter, 24@25 c. Eggs—Maryland and Pennsylvania firsts, 28c; Western firsts, 28; West Virginia firsts, 27; Southern firsts, 26. Live Poultry—Chickens, old hens, 4 lbs and over, 17@18 c; do, old hens, small to medium, 16 1/2@17 c; do, old roosters, 10@11; do, winter, 2 lbs and over, 20@21; do, young, large smooth, fat, 19@20; do, do, poor, rough and stags, 14@15; ducks, young Pekings, 3 lbs and over, 18; do, do, puddle, do, do, 17@18; do, do, muscovy, do, do, 16@17; do, do, smaller, do, do, 15@16; geese, nearby, 15@16; do, Western and Southern, 13@14; do, Kent Island, 16@17; turkeys, hens, 24@25; do, young gobblers, 22@24; do, old toms, 20@21; do, poor and crooked breasts, 18@17; pigeons, young, per pair, 25@30; do, old, do, 25@30; guinea fowl, young, 1 1/2 lbs and over, do, 60; do, do, smaller, 40@50. Dressed Poultry—Turkeys—Choice, 24@25 c; fair to good, 22@23; rough and poor, 16@17. Chickens—Choice young, 19@20 c; old and mixed, 16@17; old roosters, 10@11. Ducks, 17@18 c. Geese—Nearby, 16@17; Western and Southern, 14@15. Capons—Seven lbs and over, 24@25 c; medium, 23@24; small slips, 17@19.

Involved in the Munition Plot. German and Turkish Officials Indicted in San Francisco. Aimed at Munitions Trade.

Plot to Blow Up Railway Tunnels in Canada Among Accusations—Turkish Consul-General Accused of Helping Supply Warships.

Washington.—Weeks of investigation by agents of the Department of Justice resulted in the voting of indictments by a Federal grand jury in San Francisco against prominent figures in what are considered here to be two of the boldest plots involving questions of American neutrality that have been uncovered since the European war began.

Among those against whom indictments were voted, according to a message received here, are Franz Bopp, German Consul-General; Baron E. H. von Schack, Vice-Consul of Germany, and Maurice Hall, the Turkish Consul-General.

Consuls Not Immune. Consular officers do not enjoy the diplomatic immunity which ambassadors, ministers and attaches are given by international law, but are subject to the jurisdiction of the country in which they are resident and may be treated by the law as are any other persons. The indictments voted today, however, are the first which the Federal Government has attempted to secure against any foreign representative.

This fact was taken to mean that hereafter the Administration intends to prosecute, wherever prosecution will lie, any offender against American neutrality.

Bopp and von Schack are charged with complicity in the plot which was first uncovered several weeks ago with the arrest of C. C. Crowley, alleged to be a pro-German, who had undertaken to cripple the American output of munitions of war and in other ways to help the cause of the Teutonic allies. Bopp is accused of being the head of a conspiracy which hoped to accomplish this end by interfering with trade in munitions and preventing railway shipments by blowing up two tunnels on Canadian roads.

The indictment of the Turkish Consul-General was voted in connection with the use of the steamer Sacramento to supply German ships of war in the South Pacific which ended in the internment of that vessel by the Chilean Government many months ago. According to officials here, the Sacramento case is one of the clearest that has come to their notice of the use of an American port as a base of supplies for belligerent warships and of false clearance papers to get the supply ship past the customs authorities.

T. R.'S PORTRAIT GIVEN FRANCE

Painting By Cousin To Hang in Luxemburg Gallery.

Paris.—A portrait of Theodore Roosevelt, painted by Samuel Montgomery Roosevelt, his cousin, has been accepted by Albert Dalimier, Under Secretary of State for Fine Arts, and will be placed in the Luxemburg Art Gallery. The portrait shows Colonel Roosevelt in hunting costume. It was offered to the French Government as a token of the artist's friendship for France.

SAVED NINE PERSONS.

W. O. Allen, Of Des Moines, Gets Hero Medal and \$1,000.

Des Moines, Ia.—W. O. Allen, a Des Moines West High School teacher, received a Carnegie hero medal and \$1,000 in cash for bravery in saving nine persons from drowning at Athens, O., in 1907. Allen was a student at Ohio University at Athens when the Hocking River overflowed and carried everything before it. Allen and a companion, using a small skiff, rescued nine persons.

Live Stock

ST. LOUIS.—Hogs, pigs and lights, 24@27.85; mixed and butchers', 27.66@27.90; good, heavy, 27.90@28.02 1/2. Cattle—Native beef steers, 27.50@28.50; yearling steers and heifers, 28.50@29.25; stockers and feeders, 26@27.25; cows, 26.50@27; Texas and Indian steers, 25.25@28.50; cows and heifers, 24@26.50; native calves, 26@27.50. Sheep—Yearling wethers, 28@29.50; lambs, 29@31; ewes, 26.25@27.50.

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.

His Prescription. "Doctor, I have a frightful cold in my head. What shall I take for it?" "A handkerchief, madam."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Berbe Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist 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.

A man always feels contemptible when he lets a girl kiss him against his will.

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 Cold, Grip and Influenza. There is only one "BROMO QUININE." K. W. GROVE'S signature on box, 2c.

The dancing master is always taking steps to raise money.

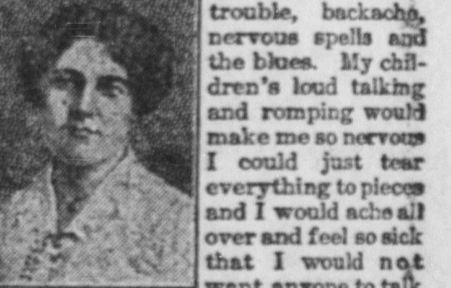
NOTHING SO EFFECTIVE AS ELIXIR HABEK For Malaria, Chills, Fever, Headache, Stomach Trouble, etc. Chief of Police, J. W. Reynolds, Newport News, Va., says: "It is a pleasure to recommend Habek for Chills and Fever. Habek does it when necessary for 20 years and have found no remedy so effective." Elixir Habek 50 cents, all druggists, or by Parcel Post, prepaid, from Klocerick & Co., Washington, D. C. A Good Move—Habek Liver Pills. 25 cents to 50 cents.

When a man swallows his pride it is very apt to impair his digestion.

I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."—Mrs. ROBT. STORIE, Moore Avenue, Washington Park, Illinois.



We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound. If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

RHEUMATISM

A CURE

We have on file in our office copies from many parts of the country telling of the wonderful relief the Anti-Rheum Treatment for rheumatism has given. These people have used it and know, and they are glad to tell of its benefits that they have written of their own free will to tell us how much good it has done them. If it has cured you, why not say so? Send for a treatment of ANTI-RHEUM today. It will cost only \$1. Just put a dollar bill in an envelope or get a money order for that amount and mail it to us, and the treatment will be sent you. Do it now. Don't delay. You owe it to yourself and your friends to give this remarkable remedy a fair trial. The expenditure of \$1 will cost you less, and you will be only too glad to tell every one of your wonderful recovery. Send this advertisement over again.

BALTIMORE MEDICINE CO. 339a Title Building Baltimore, Md. OUT THIS OUT