

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living.

For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins.

Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath.

A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

Nothing to It

"Rantz Roarer says he is going to retire from the stage."
"He who was wedded to his art?"
"Quite so. But just confidentially, I think it was a mock ceremony."

CLEANSE THE PORES

Of Your Skin and Make It Fresh and Clear by Using Cuticura. Trial Free.

When suffering from pimples, black heads, redness or roughness, smear the skin with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. These super-creamy emollients do much for the skin because they prevent pore clogging.

Free sample each by mail with Book Address Postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Heard on the Car

"Where did you get the grippe?"
"From a fellow who belongs to the same lodge."—Boston Evening Transcript.

MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You—Drink Lots of Water.

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 excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary 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, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will 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 the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

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

To have what you want is wealth; to do without is power.

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 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 remove 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.

If a man prides his wife's cooking he may never have to pay alimony.

ARMIES BATTLE IN A FURIOUS BLIZZARD

Germans Continue Great Drive on Verdun.

HEAVY LOSSES INFLICTED

The French Falling Back, But Their Lines Intact—Heavy Losses on Both Sides, German Casualties Estimated at 150,000.

London.—Along the front in the region of Verdun the Germans and the French continue the great struggle which began several days ago, with the Germans on the offensive and their aim evidently the great French fortress of Verdun.

Notwithstanding a heavy fall of snow, the Germans to the north of Verdun have attacked, with what Paris terms unprecedented violence and with large forces, French positions at several points, but according to the French official communication the attacks were without success. Especially has this been true of La Cote du Poivre, about four and one-half miles north of the fortress, the attainment of which would give the Germans a good vantage point from which to operate against Verdun.

Heavy casualties are being inflicted by both sides, and the Germans claim that they have taken many prisoners, the aggregate at last reports totaling more than 10,000.

Say Germans Lost 150,000. The German losses during the first four days of the battle around Verdun are authoritatively estimated at 150,000 men.

The German offensive is recognized now as probably only the beginning of a determined effort to take the fortress, formerly the key to the French front, and compare in violence and losses to the battle of the Yser. The French assume that the battle may continue a fortnight. The German forces are known to be at least 300,000, supported by numerous 15-inch and 17-inch Austrian mortars, with all the heavy artillery used in the Serbian campaign and part of that formerly employed on the Russian front.

Preparations for the battle were observed early in December, when the first troops assigned to the operation were brought up. Eight divisions that returned from Serbia were sent to Belgium for a rest and then transported to the region of Verdun in January. Five army corps in all are known to have been brought up to reinforce two corps which previously held that part of the line between Etain and Vauquois. Those were the best troops of the German Army, including, as it is learned from prisoners, the famous Third Corps of Brandenburg, supposedly equal in valor to the Prussian guard, and the Fifteenth Army Corps, commanded by Gen. von Delmiling, known in France as one of the most brilliant of the German general officers.

NINE KILLED IN WRECK

Fully Fifty Injured in Collision Near Milford, Conn.

Milford, Conn.—Disregard of a cautionary signal probably was responsible for the rear-end collision on the New York, New Haven and Hartford Railroad near here, in which nine persons lost their lives and fully 50 were injured, according to Charles C. Elwell, of the Connecticut Public Utilities Commission. The State's investigation already is under way, but in as much as four railroad employees, the most important witnesses, were killed, it will be difficult to fix responsibility, Mr. Elwell said. Two passengers, a man and a woman, were killed instantly when a local train running at 40 miles an hour crashed into the rear of the Greenfield Express, which had been stalled because of a broken air hose. Two other passengers died in hospitals to which they were taken.

TWO MEN BLOWN TO PIECES

No Trace Found of Them After Powder Explosion.

Emporium, Pa.—Jack Yacum and Victor Sudderland, of Emporium, were blown to pieces when nitroglycerin in the gelatine house at the Emporium Powder Mill, of the Aetna Explosive Company, exploded. There were no other men in the building. No trace of the bodies of the two men were found. The explosion was heard at Driftwood, nine miles away. Coroner Falk, who investigated the accident, said the cause will probably never be known.

HATCHES AT 14 BELOW

Kansas Hen Brings Out Eight Chicks For New Record.

Olathe, Kansas.—With the thermometer at 14 degrees below zero, the Kansas hen has scored again. The other morning Mrs. M. W. Ott heard a hen clucking in the haymow of the barn. Investigation showed eight downy Buff Orpington chicks, just hatched. The hen had stolen her nest and established a new record for early fryers.

WELL, THE SAP'S STARTED RUNNING



WILL DEFEND NATION'S HONOR

President Wilson Stands Firmly to His Position.

HOPES FOR EXPLANATIONS

Congress Rallies To Aid Diplomacy. Stand Behind President in Critical Hour—The Situation Unchanged.

Washington.—As a climax to two days of agitation in Congress for action for warning Americans against traveling on armed merchant ships came the announcement by President Wilson that he could not consent to the abridgment in any respect of the rights of American citizens.

This significant statement of the President was in a letter to Senator Stone, chairman of the Senate Foreign Relations Committee, a communication which set forth in unmistakable terms the determination of the Administration to uphold at all costs and under all circumstances the dignity of the nation and the rights of the nation's citizens.

"The honor and self-respect of the nation is involved," writes the President. "We covet peace and shall preserve it at any cost but the loss of honor."

The President expressed hope that explanations of the declared intentions of the Central European powers to sink all armed merchant ships without warning would put a different aspect on a situation which now seemed to present insuperable obstacles. "We have had no reason to question their good faith or their fidelity to their promises in the past," he added, "and I for one feel confident that we shall have none in the future."

The letter was in answer to one written by Senator Stone, outlining the situation existing at the Capitol, where persistent demands had been made for some action which might lessen the possibility of war between the United States and Germany.

At the State Department it was stated that in its international aspects the situation had not changed in the slightest degree for three or four days. Officials said nothing had been heard from Germany in response to the request of the United States for assurances that previous pledges given in the Lusitania and Arabic negotiations would not be nullified by the new campaign against armed ships. Count von Bernstorff, the German Ambassador, through whom the request was made, also was said to be without information as to when a response would be forthcoming.

Confidential advices from Berlin, however, have indicated that Germany would reply that all assurances previously given would be observed, but that they applied only to unarmed vessels, and would propose discussion of what defensive armament properly may be. How far such a proposal would go toward altering the situation is said to depend largely upon additional information as to how armed British merchantmen are said to have warred on German submarines, which now is on the way to Washington by mail.

Administration officials reiterated the declaration that the United States never had departed since the beginning of the submarine controversy from its firm stand for the observance of international law. And they pointed out that throughout history the right of a merchantman to carry limited armament solely for defense never had been questioned.

BANDITS ON ROLLER SKATES.

Purse Snatchers in Texas Towns Make Numerous Hauls. El Paso, Texas.—Roller skate bandits are furnishing a problem for the police in Orange, Texas, and nearby towns. Purse snatchers on roller skates dart along the sidewalk, snatch shopping bags from women and whisk around a corner. Seven such robberies were reported in 15 minutes.

FIFTEEN STATES JOIN THE FIGHT

Want West Virginia Prohibition Law Sustained.

DECISION WILL AFFECT ALL

Brief Claims There is No Difference in Principle Between Right to Manufacture and Right to Import.

Washington.—Attorney generals of 15 States filed with the Supreme Court a joint argument in support of the constitutionality of the West Virginia liquor law prohibiting the receipt and possession of intoxicating liquors for personal use and of the Federal Webb-Kenyon liquor law prohibiting the shipping of intoxicating liquors into States for use in violation of State laws.

The States representing were Arizona, Georgia, Idaho, Iowa, Kansas, Mississippi, North Carolina, North Dakota, Oklahoma, Oregon, South Carolina, Tennessee, Virginia, Washington and Alabama.

The decision of the court in the West Virginia cases, now before the court for oral argument is expected to be the most important adjudication in the temperance fight in a decade.

"It seems strange at this late day," the attorney generals stated to the court in their brief, "to hear a claim made that the State and national governments' guarantee to a citizen the right to possess and receive liquor for personal use and to drink the same in unlimited quantities. If such had been the case, it is difficult to see how any sort of prohibitory law could have ever been sustained, since all of them have a direct tendency to reduce or prevent the use of intoxicating beverages, and it is the purpose of all of them to promote temperance by the prevention of the consumption of intoxicants. This purpose has found repeated expression in adjudged cases.

"If a citizen of a state has a right to obtain intoxicating liquors for his own use in any quantity, or in unlimited quantities, it would seem to follow he should at least have the right to manufacture such liquor for his own use from the products of his own labor, and yet it is settled he has not such right."

Turning to the Webb-Kenyon law, the attorney generals urged that to accomplish the valid purpose of prohibiting the traffic in liquors it is necessary for a state to have the right to control interstate shipments even for personal use.

"This is a step, which has a fair relation to the end to be accomplished," they contended. "What is the difference in principle between the denial of the right to manufacture and a denial of the right to import?"

WORKERS PROMISED BONUS.

Five Per Cent. on Earnings Will Be Paid Next Christmas.

Shenandoah, Pa.—Notices were posted by the Samuel Valentine Shirt Company, of this city and Ashland, to go into effect February 28, that a bonus of 5 per cent. will be paid on the total wages earned to all employees of record December 3, 1916, provided they have been in constant employment of the company for six months or more on that date. The bonus will be paid around Christmas next.

WOULD ENLARGE EMBASSIES.

Lansing Asks Congress For Twelve More Secretaries.

Washington.—Secretary Lansing asked Congress to appropriate for 12 more secretaries of legations abroad, because of the work assumed by the United States caring for the diplomatic interests of warring nations, and proposed creation of the title of counselor, to rank next to a minister or ambassador, in the American embassies, to correspond with the titles in foreign embassies.

FOR REMOVING STAINS

AGENTS THAT MAY BE APPLIED SUCCESSFULLY.

Care Must Be Taken That Element That Will Harm Color Is Not Employed—Doing Away With the Grease Ring.

Grease spots, such as soup, gravy, cream, butter, etc., introduce oftentimes a color element, and most often dirt, which has been unconsciously gathered and has adhered to the fiber. Some grease-removing agents will harm color. These are ammonia, ether and sometimes chloroform. If to prevent wetting the material it seems wise to use either of these chemicals, they should be tested by a sample or on some hidden part of the garment to find out if they affect the color. Testing is the only sure way of knowing. These two latter agents always should be used in the open air, never in connection with any kind of a flame, for they are inflammable.

One is often troubled with rings showing after removing grease stains. These rings can be prevented to a certain extent by the constant rubbing to avoid the chemical spreading and to cause rapid drying. If the chemical is allowed to spread or is not dried quickly it will carry with it the grease and the dirt and make a dark ring. Sometimes it is necessary to dip the whole garment in the gasoline and naphtha, after removing the spot. This usually prevents all troubles from rings.

If one fears the grease ring and also fears the fading of the color, starch, magnesia or fuller's earth may be applied to the spot, allowed to remain for a few hours to give it ample time to absorb the grease and then with a soft brush or a soft cloth the absorbing material may be brushed away. This brushing should be very light, because the powder has absorbed some or all of the grease and will leave its mark if pressed into the fiber.

A second application very often finishes the work successfully. When benzine or ether, alcohol of chloroform do not affect the color, they might be mixed into a paste with starch, magnesia or fuller's earth and this paste spread on the spot. This is a double action, the liquid dissolving and the absorbing material absorbing as fast as the grease is dissolved.

Harlequin Lemon Jelly.

Strain the juice of three lemons into a half-pint cup and fill the cup with cold water. Into a double boiler put three cups of cold water and two-thirds of a cupful of granulated sugar. Put five tablespoonfuls of cornstarch into a bowl, pour over it the mixed lemon juice and water; mix well. When the water in double boiler is hot, but not boiling, pour into it the cornstarch mixture and cook rapidly, stirring all the while, until a little thicker than tapioca cream. Turn into three separate dishes, coloring two of them with a vegetable coloring and leaving the other white. (I use raspberry and blueberry coloring.) Into a quart mold put a layer each of the red, white and blue alternately, and continue till all is in the mold. Put away in a cool place and it will soon be ready to serve plain or with cream.

Veal Souffle.

For one pint of cold chopped veal allow one tablespoonful of butter, two eggs, one cupful of breadcrumbs, one-half pint of milk or cream, one tablespoonful of flour. Melt the butter without browning, add the flour, stir until smooth, next pour in the milk or cream and stir until it thickens. Scatter in the breadcrumbs and simmer a few minutes. Beat the yolks and add to the mixture just before taking it from the fire. Beat all together, take from the fire, add the veal, two tablespoonfuls of chopped parsley, a little grated lemon rind, one teaspoonful of salt, a little cayenne pepper. Beat the whites of two eggs stiff and add to the mixture. Turn into a greased souffle tin and bake for 20 minutes in a quick oven.

Water Sponge Cake.

Beat the white of one egg in a bowl until stiff, then add the yolks of four eggs and beat well. Add slowly one and three-quarter cups of fine granulated sugar, and beat. Now add one cupful of boiling water and beat until smooth. Add two and one-half cupfuls of flour sifted with four level teaspoonfuls of baking powder. Fold in the stiffly-beaten whites of three eggs and do not beat any more. Bake in a slow oven. Be careful to follow closely directions.

Home-Made Breakfast Food.

I take all my stale bread, whether wheat, rye or graham, roast it in the oven until thoroughly brown, grind it in the food chopper, using the coarse knife, and have then a very delicious breakfast food. If possible, I use some rye bread with caraway seeds in it. This gives a flavor which my folks like very much. If put in a tin can, such as coffee comes in, it will keep crisp and fresh for a long time.—Good Housekeeping.

To Revive Bottled Olives.

When a bottle of olives is opened, pour off the brine and add one tablespoonful of olive oil. Replace the cork and shake the bottle well. Then let it stand about half an hour before using the olives. The disagreeable briny taste will disappear, and the olives will have the rich flavor of the ripe fruit.—McCall's Magazine.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt in well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

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 on each bottle. Adv.

A conceited young lady says the men are a covetous lot.

If You Need a Medicine You Should Have the Best

Although there are hundreds of preparations advertised, there is only one that really stands out pre-eminent as a remedy for diseases of the kidneys, liver and bladder. Dr. Kilmer's Swamp-Root is not recommended for everything. A sworn certificate of purity is with every bottle. You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents. For sale at all drug stores in bottles of two sizes—50c and \$1.00, also mention this paper.—Adv.

Dignity may stoop to conquer, but never grovels in the dust.

Throw Off Colds and Prevent Grip. When you feel a cold coming on, take I. A. Z. TV. B. BUDRO QUININE. It removes cause of colds and grip. Only use "BUDRO QUININE" if you are a "BUDRO" on box 20c.

Of course you mean well, but that is a poor excuse.



FREE Color Plans for Your Spring Decorating

Madam—The Alabastine staff of interior decorators is at your disposal—to assist you with your spring decorating. These experts offer you dependable free advice on how to treat your walls so that they will harmonize without set off to advantage your floor covering, furniture, draperies, curtains and wearing apparel. They also want to tell you about the handsome decorative wall and ceiling border effects that can be obtained by the use of stencil— the very latest wrinkle in wall decoration. Specifics ordinarily cost from 50 cents to \$1.00 each; but if you will write for the free "Alabastine Packet," containing hand-colored proofs of 25 of the very latest stencil effects, we will tell you how you can have your choice of these and 500 others at practically no expense. Write today for this absolutely free decorating service. Alabastine is a 5 lb. package, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere. 325 Grandville Rd., Grand Rapids, Mich.

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