

KIDNEYS CLOG UP FROM EATING TOO MUCH MEAT

Take Tablespoonful of Salts If Back Hurts or Bladder Bothers—Meat Forms Uric Acid.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.—Adv.

However, many of us are far beyond a reform that's fashionable.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

There are more than 7,000 men in Paris who are blind as a result of injuries sustained in the war.

Use Murine after Exposure in Colds, Coughs, Sore Throat, etc. Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

A Question. "This is the 29th of February, isn't it?" "It is." "There's one thing I can't figure out." "What is it?" "Where was I this day a year ago, and what was I doing?"

Barred Out. Husband—Have you called upon those new people yet? Wife—No, we can't associate with them. I was saved from doing it in the nick of time. Husband—What happened? Wife—Why, by the merest accident I heard that they run an open car all winter.—Judge.

Hair Turns White in a Night. That hair ever turns white in a single night has been emphatically denied by some doctors. In spite of his historic instances—such as that of Marie Antoinette—to the contrary. But Doctor Lebar called the attention of the Societe Medicale des Hopitaux of Paris to an actual case. It was that of a young French soldier who was blown into the air by a mine and buried in the earth, from which he extricated himself with difficulty.

The man was deafened by the detonation, his face was burned, and there were several bruises on his head. He was taken to a neighboring hospital, where the following day he noticed four islets of white hair on the fronto-parieto-occipital region of his head. The loss of color was complete from the roots to the ends of the hairs, and the white hairs were as firmly in his scalp as their brown neighbors.

MORE THAN EVER Increased Capacity for Work Since Leaving Off Coffee.

Many former coffee drinkers who have mental work to perform day after day, have found a better capacity and greater endurance by using Postum instead of coffee. An Illinois woman writes:

"I had drank coffee for about twenty years, and finally had what the doctor called 'coffee heart.' I was nervous and extremely dependent; had little mental or physical strength left; had kidney trouble and constipation.

"The first noticeable benefit which followed the change from coffee to Postum was the improved action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steadier.

"Then I became less dependent, and the desire to be active again showed proof of renewed physical and mental strength.

"I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue." 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 forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum. —sold by Grocers

STATE NEWS BRIEFLY TOLD

The Latest Gleanings From All Over the State.

TOLD IN SHORT PARAGRAPHS

Homer Greene, attorney, poet and author, suffered an attack of acute indigestion at the Allen House, following the close of a session of court. He was removed to his home. Court adjourned on account of Mr. Greene's illness. He is best known as the author of "The Blind Brother," a tale of the anthracite region; "Dumbman's Island" and "Pickett's Gap." He had built up a large law practice and has figured largely in Republican State and county politics.

A large acetylene tank exploded in the Locust Mountain Coal Company's colliery repair shop. Robert Walters and Benjamin Landerman were hurled to one side and struck by flying debris. Walters' injuries are serious and Landerman was cut slightly and bruised. Five other men narrowly escaped injury by flying missiles. Part of the shop was wrecked and every window in the building was blown out.

Mrs. Emma L. Miller, fifty years old, of South Bethlehem, on her way to attend a meeting of the Ladies' Aid Society of St. Peter's Lutheran Church, fell dead. She was found by James Keedy, a star Lehigh University football player. In order to establish her identity the news of the sudden death was flashed on the screen of a moving picture theatre.

Howard E. Baker, for some time a member of the faculty of the Ambler High School, has been ordained a minister of the Evangelical Church and has been assigned to a charge in Reading. He will continue as a member of the faculty until the end of the present school year.

Jonathan G. Hoffman, seventy-two years old, a farmer of Weaverstown, while attending the sale at the farm of Franklin Harner, fell dead on the front porch of the farmhouse twenty minutes after he had enjoyed a meal served to prospective buyers. Death was due to heart disease.

More than 20,000 individual exhibits go to make up the first annual County School Fair, held in the Columbus County Courthouse under the auspices of the rural schools and the farm bureau. Practically every township in the county is co-operating.

Dean Holmes, of State College, lectured on "The Dollar Value of the Farmer's Boy," and Secretary of Agriculture Patton and Secretary J. George Becht, of the State Board of Education, addressed the annual School Directors' Convention.

Oscar A. Neff, of Slatington, has petitioned State Highway Commissioner Cunningham for the extension of the improved State road from Schnecksville to Lehigh Gap. This would give Lehigh county a trunk line its entire length.

Orlando A. Richards, dean of working printers in the Lehigh Valley, having been working at the trade for half a century, fell dead of a stroke of apoplexy at his home in Bethlehem. He was seventy-three years old.

As John Murphy, construction foreman of the Shamokin-Edgewood Trolley Company, was assisting in cleaning the track of snow on top of the Treverton Mountain, he fell forty feet into a ravine. He probably will die.

Because of the rush of business during the past two months, ascribed by some to the influence of leap year, it has been decided to devote a special office in the Cumberland County Court House to the Marriage License Bureau.

Orders have been issued by the State Department of Agriculture for the prosecution of any persons or firm engaging in the process of bleaching flour or selling flour so treated in this State.

The smallest payment of State tax made in many months was received at the State Treasury the other day. It amounted to one cent and was a balance due on some bank stock tax by a savings bank.

Walter C. Shaw, of Ridgeway, was appointed an assistant surgeon and first lieutenant in the National Guard Medical Corps, and assigned to the Sixteenth Infantry.

The Deque Fishing Club, which some time ago lost its clubhouse by fire, has under construction a finer and more commodious building, the cost to be nearly \$5,000. It is along the banks of the Susquehanna, and a terrace will be erected.

The costs in the case in which G. I. Taggart, of Savannah, Ga., charged Dr. Ludlum and associates of the Gladwyne Colony with conspiracy, but which the jury found was not well founded, were imposed on the doctors, amounting to \$222. They will appeal.

HIGH PRICES—GOOD CROPS

And Good Demand for All Farm Products.

It is no new experience for settlers located in a fertile country such as Western Canada, where lands may be bought at very reasonable prices, to harvest a crop that in one season pays the entire cost of their farm. Undoubtedly this was the experience of many farmers during 1915, but one instance may be quoted. A settler who came to Canada from the United States some years ago decided to add to his holdings by buying an adjoining quarter section near his home at Warner, at \$20.00 an acre, with terms spread over a period of years. He got the land into a good state of cultivation and last spring put the whole quarter section in wheat. When the crop was threshed he found that it only took half the wheat on the farm to pay the whole purchase price of it; in short a single year's crop paid the cost of the land, paid all the expenses of operation and left him a handsome surplus as profit. This settler had some adjoining land, and his whole wheat crop for the season amounted to over 15,000 bushels. He is now planning to obtain some sheep and invest his profits in live stock which will assure him a good living irrespective of what the season may happen to be.

Canada's financial position is excellent. All speculation has been eliminated, and trading is done on a cash basis, with restricted credit. Detailed figures of Canada's trade for twelve months ending October 31 show how the war is forcing Canadian trade into new channels. One of the most extraordinary changes is in commerce with the United States. A couple of years ago Canada imported from the United States two or three hundred million dollars' worth of goods more than she exported. The balance of trade was all with the United States. The balance is rapidly disappearing, and the present outlook is that by the end of this year Canada will have exported to the United States more than she has imported.

The figures for the past four years are illuminating. They are as follows:

Table with 3 columns: Year, Exports, Imports. Data for 1912, 1913, 1914, 1915.

Four years ago, in 1912, the balance of trade in favor of the United States was no less than two hundred and sixty-seven millions, and this year, the balance is reduced to only thirty-two millions. The figures are extraordinary and reflect the changed and new conditions in Canada. It looks as if for the first time in nearly half a century this year Canada will sell more to the United States than she will buy from the Americans.—Advertisement.

Market Language. "How are the chickens today?" "I ain't heard a one of 'em complaining, sir." Neutrality. "We are maintaining a strict neutrality." "Hardly! We are praying that the right side may win and are quite convinced as to which is the right side."

"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 cleaning, too. Adv.

Exceptions. "Women have no idea of applied science in ordinary life." "How about chemical blondes?"

The Humorous Hat. "Has she any sense of humor?" "I don't think so. She can look at her hat without laughing."

Good Advice. "I intend to bag an heiress." "Look out that she doesn't give you the sack."

THE MARKETS

NEW YORK.—Wheat—Spot firm; No. 1 Durum, 130 1/4c; No. 2 hard, 126 1/4c; No. 1 Northern Duluth, 134 1/4c; No. 1 Northern Manitoba, 146 1/4c f o b New York.

Corn—Spot firm; No. 2 yellow, 83 1/4c; c i f New York. Butter—Creamery extras (92 score), 37c; creamery (higher scoring), 37 1/2c; firsts, 35 1/2c@36 1/2c; seconds, 32 1/2c@35. Eggs—Fresh gathered, extras, 24 1/2c@25c; extra firsts, 23 1/2c@24c; firsts, 23c@23 1/2c; seconds, 22c@22 1/2c; nearby hennerly whites, fine to fancy, 30c@31c; nearby hennerly browns, 25 1/2c@26c. Cheese—State, whole milk, flats, held, white and colored, specials, 18c; do, colored, average fancy, 17 1/2c; do, white, 17 1/2c@17 3/4c; flats, current make, specials, 17 1/2c; do, average run, Dressed—Chickens, 17@23; fowls, 14 1/2@19; turkeys, 26@30. Live Poultry—Chickens, 16@17c; fowls, 18@18 1/2c.

PHILADELPHIA.—Wheat—No. 2 red Western, \$1.21@1.22; No. 2 red, spot and March, \$1.17 1/2@1.19 1/2; No. 2 Southern red, \$1.16 1/2@1.17 1/2; steamers, No. 2 red, \$1.14 1/2@1.16 1/2; do, do, No. 3 red, \$1.14 1/2@1.16 1/2; rejected A, \$1.12@1.14; do do rejected B, \$1.10 1/2@1.12 1/2. Corn—No. 2 yellow, 80@81c; do, do, old, steamer, yellow, 78 1/2@79 1/2c; do, do, No. 3 yellow, 74 1/2@75 1/2c; do, do, No. 4 yellow, 72 1/2@73 1/2c; sample yellow, 66@69c. Oats—No. 2 white, 51 1/2@52c; standard white, 49 1/2@50c; No. 3 white, 48c@49c; No. 4 white, 46@47c; sample, 44@45c; purified oats, graded, 40@50c. Butter—Western, solid-packed creamery, fancy, specials, 40c; extras, 38c; extra firsts, 36@37c; firsts, 34c@35c; seconds, 31c@32c; thirds, 28c@29c; nearby prints, fancy, 41c; average extra, 39@40c; do, do, firsts, 34@35c; do, do, seconds, 29@32c; jobbing rates of fancy prints, 44@47c. Eggs—Nearby extras, 27c per dozen; nearby firsts, 27.20c per standard case; do, do, nearby current receipts, 27.05c per case; do, do, Western, extra firsts, 27.20c per case; do, do, firsts, 27.05c per case; Southern, 26.30@27.05c per case; fancy, selected, candied, jobbing at 29@31c. Live Poultry—Fowls, 17 1/2@18 1/2c; roosters, 12@13c; spring chickens, soft-feathered, 19@20c; do, do, stagsy, 14@15c; ducks, as to size and quality, 18@20c; geese, 17@19c; turkeys, 29@22c; pigeons, old, per pair, 28@30c; do, do, young, per pair, 20@22c. Cheese—New York, full cream, fancy, held, 18 1/2@18 3/4c; specials, higher; do, do, fair to good, held, 17 1/2@18 1/4c; do, do, part skims, 11@16c.

BAITIMORE.—Wheat—No. 2 red, spot and March, 116 1/2c; No. 2 red Western, spot and March, 118. Corn—Spot and March, 78 1/2c; April, 78 1/2c. Oats—Standard white, 48 1/2c; No. 3 white, 45 1/2@46c; No. 4 white, 44 asked. Rye—No. 2 rye, Western, 97@98c; No. 3, do, 92@94; No. 4, do, 92@93; bag lots, nearby, as to quality, 90@95. Hay—No. 1 timothy, \$22; No. 2, do, \$21@21.50; No. 3, do, \$17@19; light clover, mixed, \$20@20.50; No. 1, do, \$19.50; No. 2, do, \$16@18; choice clover, nominal, \$16.50@17; No. 1, do, \$15.50@16; No. 2, do, \$11@13; No. 3, do, \$9@10.50. Straw—No. 1 straight rye, \$12; No. 2, do, \$12@12.50; No. 1 tangled rye, \$10@10.50; No. 2, do, \$9.50@10; No. 1 wheat, \$8.50@9; No. 2, do, \$7.50@8; No. 1 oat, \$10@10.50; No. 2, do, \$9@9.50. Butter—Creamery, fancy, 37@38c; do, choice, 36@37c; do, good, 34@35c; do, prints, 37@38 1/2c; do, blocks, 36@37 1/2c; ladies, 22@23c; Maryland and Pennsylvania rolls, 22; Ohio rolls, 21@21 1/2c; West Virginia rolls, 21@21 1/2c; storepacked, 21. Eggs—Maryland, Pennsylvania and nearby firsts, 22c; Western firsts, 22; West Virginia firsts, 22; Southern firsts, 21; duck eggs, 30. Live Poultry—Chickens, old hens, 4 lbs and over, 18@19c; do, old, hens, small to medium, 18@19c; do, old, roosters, 11@12c; do, winters, 2 lbs and under, 23@25c; do, young, large, smooth fat, 20@22c; do, do, poor, rough and stagsy, 16@18c; ducks, young Pekings, 3 lbs and over, 20c; do, do, puddle, do, do, 19@20c; do, do, muscovy, do, do, 17@18c; do, do, smaller, 16@17c; geese, nearby, 15@16c; do, Western and Southern, 15@14c; turkeys, hens, 27@28c; do, young gobblers, 25@26c; do, old toms, 22c; do, poor and crooked breast, 16@18c; pigeons, young, per pair, 30c; do, old, do, 30c; guinea fowl, young, 1 1/2 lbs and over, each, 75c; do, smaller, do, 55@65c; do, do, old, 40c. Dressed Hogs—We quote, per lb: Choice lightweights, 10@10 1/2c; do, medium weights, 9@9 1/2c; do, heavy weights, 8 1/2@9c.

ST. LOUIS, MO.—Hogs, pigs and lights, \$6.85@9.85; mixed and butchers, \$6.55@10; good, heavy, \$9.85@10. Cattle—Native beef steers, \$7.50@9.60; yearling steers and heifers, \$8.50@9.50; cows, \$5.50@8; stockers and feeders, \$5.50@7.85; Texas and Indian steers, \$5.25@8; cows and heifers, \$4@6; native calves, \$6@11. Sheep—Yearling wethers, \$8@10; lambs, \$9@11.25; ewes, \$6.50@8.25.

Easy Victim. "You seem to be in a melancholy mood this morning." "Yes, I've been thinking about the thousands of poor fellows being killed in Europe." "Still, that isn't your fault." "I know it, but you see, I don't own any war stocks and there is nothing to prevent my yielding to acute depression."

Even the man who is tired of this world is seldom in a hurry to move on to the next.

Women never criticize the grammar of men who pay them compliments.

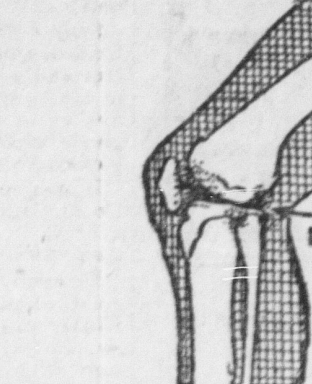
Ninety-Year-Old Tree Bears. Apples plucked from the oldest apple tree on the Pacific coast, in Vancouver Barracks, have been sent to the department of agriculture by A. A. Quarnberg, ex-horticulture inspector of that district. This famous tree is almost ninety years old and produced a fair crop of apples last year.

How to Talk to the Wounded. "What the heeches can't stand, you know, ma'am, is cold steel." "Yes, I suppose it gets very cold this time of the year."—London Punch.

A mole has one admirable trait; he refuses to stand for flattery.

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of combustible 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 each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the body much like rust collects on the hinge as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of the stom-

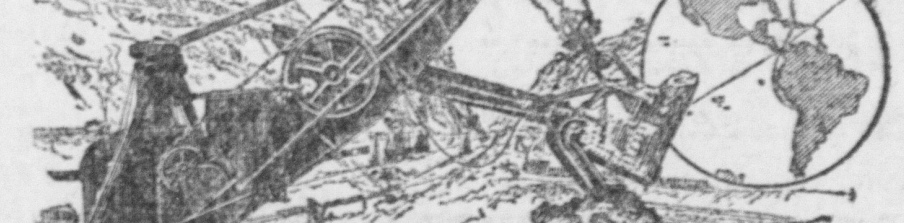
ach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach. A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath. Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate drunk before breakfast, is wonderfully invigorating; besides, it is an excellent health measure because it cleanses the alimentary organs of all the acids, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowness, nasty breath and stomach acidity.

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Efficiency

Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the effectiveness of the U. S. Navy without adding a ship to it. It took over 8,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama. Efficiency insures against lost motion—it produces the utmost service out of equipment and yields the finest product, at the least cost.

Certain-teed Roofing is an efficiency product

Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and far ahead of the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the pick of the market.

Expert chemists at each mill are employed to select and blend the asphalts, and every roll of CERTAIN-TEED is made under their watchful care. CERTAIN-TEED resists the drying-out process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalts, prepared under the formula of the General's board of expert chemists. It is then coated with a blend of harder asphalts, which keeps the inner saturation soft. This makes a roofing more pliable, and more impervious to the elements than the harder, drier kind.

CERTAIN-TEED is made in rolls; also in slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest sky-scraper to the smallest residence or out-building. CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to ply (1, 2 or 3). Experience proves that it lasts longer.

General Roofing Manufacturing Company World's Largest Manufacturers of Roofing and Building Papers. Offices: New York City, Chicago, Philadelphia, St. Louis, Boston, Cleveland, Pittsburgh, Detroit, San Francisco, Cincinnati, New Orleans, Los Angeles, Minneapolis, Kansas City, Seattle, Indianapolis, Atlanta, Richmond, Houston, London, Sydney.