

Glass of Hot Water Before Breakfast a Splendid Habit

Open slices 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.

Some men are as proud of their ancestors as a self-made man is of himself.

To Cure a Cold in One Day

Take LAATIVE BROMO QUININE Tablets frequently until you feel better. E. W. GIBBS'S signature is on each box.

Much Harder.

"There is nothing harder than getting out of a bad habit." "Yes, there is—getting into a good one."—Boston Transcript.

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.

Patetic.

"Don't you think it is extravagant to think of giving that record egg-laying hen a diamond engagement ring as they did in Philadelphia?" "I think it an outrage when so many other chickens have to do without diamond ones."

SALTS IF BACKACHE 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.

Her Notion.

"Mandy, you seem to have a mighty fine husband." "Yes, indeed, Ah has, nam, but sometimes Ah can't help wonderin' how fine he would a-been if he'd been unfortunate enough to have married a woman who wasn't strong enough to work."

HANDICRAFT FOR BOYS AND GIRLS

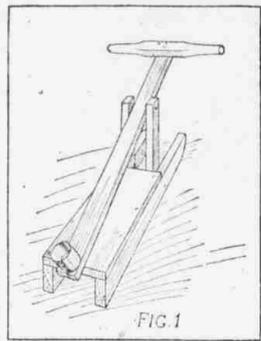
By A. NEELY HALL and DOROTHY PERKINS

(Copyright, by A. Neely Hall)

A SNOWBALL MORTAR.

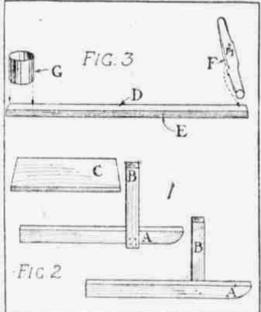
A snowball mortar is a novelty that will add a great deal of sport to a snow-battle. And the fact that the one shown in Fig. 1 is a modified form of the ancient war-engine known as a "ballista," used before the invention of gun-powder and fire-arms for hurling heavy stones, makes it all the more interesting to make and use.

Our modern "war engine," or "snowball mortar," as we call it, is mounted upon a pair of runners, just like a



sled is built, so it may be drawn over the ground quickly. One or two mortars may be entrenched in a snow fort for the use of the defenders, and others may be used by the attacking party to batter away the walls of the fort. With practice you can become expert in handling a snowball mortar, and you will declare this method of hurling snowballs far more fun than that of throwing by hand.

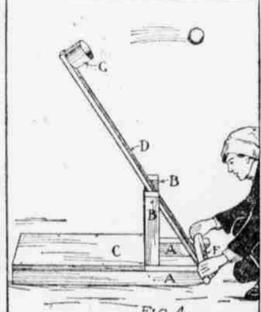
The runners (A, Fig. 2) are made of 2-by-4-inch material, about 4 feet in length. Their bow ends are curved like sled runners, to make them run over the ground easily. Cut the uprights B (Fig. 2) out of 2-by-4-inch material, making them about 24 inches long, and nail them to the sides of the runners, 16 inches from the bow ends, as shown in Fig. 2. Nail them securely, because the connections will be placed under a considerable strain



when the mortar is "fired." The board C (Fig. 2) fastens to the top edges of the runners and holds them at the proper distance apart. It should measure about 12 inches wide, and should extend from the rear ends of the runners close up to the upright pieces B.

The top beam D (Figs. 3 and 4) should measure about 6 feet long and 4 or 5 inches wide. A board 1 inch thick will be better than a heavier piece, because it will be springy and will thus increase the throwing power of the mortar.

Pivot top beam D between uprights B, at a point about 30 inches from one end (E, Fig. 3). To pivot it, drive a long nail through each upright B into the edge of the board. It is necessary to place the nails at exactly the same



height and to drive them straight, in order to have the beam swing perfectly. By careful work you will have no difficulty in pivoting the beam.

The handle-bar F (Figs. 3 and 4) should be a piece of 2-by-4-inch material about 30 inches long. The illustrations show the ends of this shaped round to make them easy to grasp.

The pocket for snow balls is made out of a tin can. A tomato can will do. Fasten it to the long end of the top beam with several nails driven through the tin bottom.

Figure 1 shows the position of the mortar when ready for loading with a snowball, and Fig. 4 shows how, by bringing the handle-bar forcibly against runners A, the snow ball is hurled forth from its pocket.

Onions at Their Best.

Onions are at their best when boiled whole in milk, or when steamed. When prepared in either of these ways and eaten with bread and butter and cheese they make a satisfying and nutritious meal on which you can do brain work or manual labor.

His Labor-Saving Device.

"Hello, Tom! What's this I hear about your having some labor-saving device?" "It's true, all right, I'm going to marry an heiress."—Boston Transcript.

HOW TO COPY PICTURES

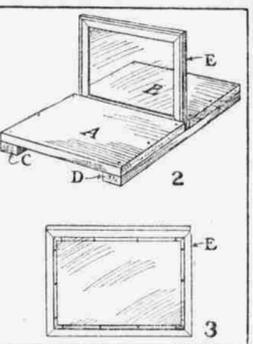
By means of the glass reflecting frame shown in Fig. 1, it is possible to make an exact drawing of any picture that you may wish a copy of, and this apparatus is easily made.

All that you need for the construction are two boards (A and B), two crosspieces (C and D), and a small picture frame with the glass fastened securely in place (E, Figs. 2 and 3). Almost any small-sized picture frame will do, though one that has an opening about eight inches wide and ten



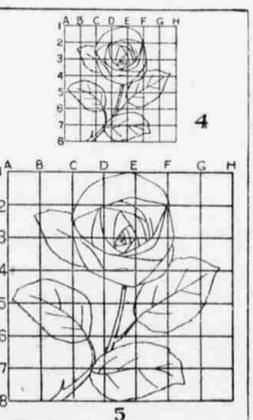
inches long is of the best size if you can get it. The boards A and B should be about one inch longer than the picture frame, and they should be square or nearly square. Place the pieces upon the pair of crosspieces C and D, with the edge of the picture frame slipped between them, as shown, and nail them to the crosspieces.

To make a copy of a picture, place it upon the left-hand side of the frame, and a piece of drawing paper on the right-hand side. Then, standing so that you can look into the left-hand



side of the glass of the frame, you will see the reflection of the picture to be copied, in the glass, and the piece of drawing paper on the other side of the frame will be seen as a background to the reflection of the picture. Keeping the same position, it will be but a simple matter to draw out on the piece of drawing paper each line that you see reflected in the glass.

A very simple and exact method of making a larger or smaller drawing of a picture is that known as "enlarging and reducing by squares." We will suppose that the picture of the rose in Fig. 4 is to be enlarged twice each way, as shown in Fig. 5. With a ruler and pencil, measure off a series



of points across the top of the picture, and another series along one side, spacing them exactly one-half inch apart. Then rule lines from the top to the bottom of the picture, and from side to side, starting each line from one of the points. When the picture has been squared off in this way, mark off a similar series of points along the top and down one side of a sheet of drawing paper, but, instead of one-half inch, space them one inch apart (Fig. 5). Then rule lines up and down and from side to side, in the same way that you did across the original drawing. Letter the ends of the up-and-down lines, and number the ends of the cross lines, so it will be easy to locate corresponding squares on both the small and large drawings.

Lawyer's Good Thing.

"Seems to me that the lawyers have it easy in life." "Why so?" "The rest of us have to surmount our own obstacles, but if a lawyer strikes one, he applies to some judge and has it set aside."—Louisville Courier-Journal.

Where He Got Them.

"I see a number of magazines scattered about Pikeley's rooms. He must take a great many." "I don't doubt it in the least. He took four from me last night and I hadn't read one of them."

For Her Sake

By A. P. DELANCY

(Copyright, 1915, by W. G. Chapman.)

"Mail, sir," reported the office boy, and placed a pile of miscellaneous letters on the desk of young Gordon Leith, manager of the importing house of Waltham & Co.

Leith only nodded. He was in a pleasant dream and did not want to be disturbed. In four days he was to marry Vera Merrim. He had everything to be thankful for. Her father was wealthy and stood high socially. Recently Waltham & Company had raised his salary. Everything was harmonious and lovely. Even gruff, dignified prospective father-in-law was seemingly pleased at the approaching wedding. Was he not coming in that afternoon to talk over the final arrangements for it with Leith?

"Routine," observed Leith, at length arousing from his happy reverie. "All right—there will be only three days more of it. Then for a two weeks' delightful honeymoon."

In a perfunctory way Leith took up the paper knife and slit the envelopes before him. Then he began taking out their contents.

"Order," he tallied them off—"complaint, request for new price list," and



he placed the letters in the trays of the various departments—"hello! what's this?"

Leith stared hard and looked confused and startled, as he read the words: "It will be for your own good to meet me at 2 p. m. Tuesday, at Gregory's cafe. It's a safe place and I will be in No. 27. Bring along the cash to take up those 1.0. U.'s, or the capital for a new round of revenge, or I'll blow the thing to your bosses and you'll lose your place."

"Why!" breathed Leith in sheer amazement, "what does this mean, anyhow? Where is the envelope? There must be some mistake. Here it is—the mischiever! At it again—and worse than ever!"

Leith allowed the letter to drop to the desk as he scanned the direction on the envelope: "Mr. Harry Merriam."

The brother of Vera! It was meet that Leith should be interested and troubled. He had been a friend and helper to Harry Merriam. He had helped, guided and shielded the bright-natured but impetuous young fellow. Leith had even secured him employment with the business house of which he was manager in order that he might watch and direct him.

Mr. Merriam was a stern, austere man and it had cost both money and patience to control the peccadillos of the younger Merriam.

More recently Harry seemed to have turned over a new leaf. In order to get him away from his old associates, only the week previous Leith had sent him on a selling tour. Now an echo of the past defections of Harry had come to the surface as a menace. With all his influence, Leith doubted if his employers would retain Harry when they learned of his gambling habits.

Ah! at all hazards the changed course of the weak and struggling must not be crossed! Leith arrived at a speedy decision. He winced as he realized the great sacrifice he was called on to make. Then his lips drew firm and resolute. He forgot all save the urgency of the moment, tossed the letter on his desk, picked up his hat and hurried from the office, leaving word that he would return in an hour.

Fifteen minutes later Mr. Merriam called, according to appointment. He was shown into the office of the manager, where he decided to await his return. Almost the first thing that met his eye was the open note that Leith had received. Twice he read it. That proud lip of his drew closer, his stern eye took to its depths a steely glint. He memorized the address given in the missive, arose and started from the place, a smoldering volcano of wrath.

Meanwhile Gordon Leith had gone to his bank. He had saved up over two thousand dollars. He drew an even half of this. Then he proceeded straightway in search of this threatening Davenal. Leith had no difficulty in locating the Gregory cafe. Its upper story had partitioned off compartments. Number 27 contained an individual, coarse-faced, evil-eyed, who sat leisurely smoking a cigar.

"Are you Davenal?" demanded Leith, facing him.

"That's me," nodded the other insolently.

Leith passed beyond the drapery of the doorway and sat down at a little table opposite the gambler.

"I came in behalf of your victim, young Harry Merriam," he spoke sternly. "He is out of the city and I

mean to do you a favor. You demand a thousand dollars from him." "Honestly owed, yes." "You made a provision," went on Leith steadily, "that he can have his revenge. Does that hold?" The gambler studied his visitor keenly. Then he replied: "Right!" "I know but one game of cards," proceeded Leith.

"And what is that?" "Whist. I will stake one thousand dollars cash against those 1.0. U.'s, game ten points."

The gambler smiled. To his point of view this clear-eyed, respectable-looking Leith seemed easy prey. He was, too, nettled at the manifest contempt evinced by Leith and longed to give him a trimming.

"And if you lose?" questioned Davenal coolly.

"Then I give you a check for another thousand dollars and redeem the 1.0. U.'s."

"Done!" and the fellow produced a pack of cards and began shuffling them.

A strange expression came into the eyes of Gordon Leith. He drew his coat closer to conceal a dangling ornament attached to his watch chain, as if that might betray a vital secret.

It was a prize given to the champion of a leading whist club in his college days. He had not touched a card for two years, but in the old days—a memory of his conquests gave him nerve and confidence.

Only the click-swish of the bits of pasteboard, the quick breathing of the gambler as two points scored for himself and nine for his opponent, he threw down his hand, confessing defeat, and passed over the 1.0. U.'s.

Silently Leith walked from Number 27. From beyond the drapery of Number 28 stepped—Mr. Merriam!

"Deceiver! Gambler! Hypocrite!" he voted, his eyes flaming, his scorn withering. "I have traced you to your haunts! You are unmasked—and Vera shall know!"

Gordon Leith paled. Startled, he unconsciously dropped the bundle of 1.0. U.'s from his hand. With bowed head he passed from the place. Mr. Merriam picked up the papers. One glance and he staggered back, overcome. The facts were revealed—he read the name of his son and knew the truth.

"What's the row, governor?" chirped the gambler, appearing on the scene. "I have wronged a true and noble man," uttered Mr. Merriam. "Tell me all of this affair and I will reward you."

The gambler glibly, coarsely stated the facts as he understood them. Mr. Merriam guessed the vast sacrifice that Leith had made, even in the face of being disgraced accepting mutely the onus of degradation not his portion.

Vera Merriam—within four days Mrs. Gordon Leith—never knew of the episode. Harry Merriam knew of it, for his father charged him with his misdemeanors when he returned to the city.

But Harry Merriam was a changed man, and a realization of the brave loyalty of a true friend strengthened his determination to forever evade the pitfalls that had nearly engulfed him.

FROM BABYLONIAN WISE MEN

Came the Division of the Hour as It Has Been Recognized Throughout the Centuries.

The division of an hour into sixty minutes is of ancient Babylonian origin and has survived the reforms applied to notation in the course of the world's progress. Along with the decimal system in ancient Babylon there was the sexagesimal system based upon the count by sixties and originating in the discovery that there is no number which has so many divisors as sixty. It can be divided without remainder by 2, 3, 4, 5, 6, 10, 12, 15, 20 and 30.

Babylonians divided the sun's path into twenty-four parasangs, the latter representing about four and one-half miles. The astronomers of that day compared the progress of the sun during one hour to the progress made by a good walker during the same period of time, each accomplishing one parasang.

The whole course of the sun was twenty-four parasangs, or 360 degrees, and each parasang or hour was subdivided into sixty minutes.

Hipparchus, the Greek philosopher, who lived 150 B. C., introduced the Babylonian hour into Europe, and carried along by traditional knowledge down through the middle ages. It survived the French revolution, which endeavored to reduce every measure to decimal system of reckoning, so that the measure of time continues sexagesimal or Babylonian.

Last Manly Right Usurped. The steady progress of equal suffrage continues to deprive men of positions once thought to be so peculiarly their own that the opposite sex could never assail their right to them. The case of Mr. Smithers would indicate that about the last position once thought to belong to the male sex almost by right of eminent domain has been wrested from him. It was the dead of night in the bedroom of Mr. and Mrs. Smithers when she was awakened from her peaceful slumber by Mr. Smithers, who was shaking her by the shoulder and saying: "Oh, Maria! Get up, quick! There is a woman under the bed!"—Kansas City Star.

Bank of China Expands. It is officially announced in Peking that the Bank of China is to increase its capital by \$29,000,000. One-half of this is to be obtained from the sale of government property, and the remainder from popular subscription. The increase will make the bank one of the most important and largest in capital in the far East.

DAIRY FACTS

YELLOW CREAM AND BUTTER

Experiments Show Popular Belief That Color Indicates Richness in Quality Mistaken.

The belief that a bright yellow color in milk means richness in quality is not true. Experiments conducted at the college of agriculture of the University of Missouri show that the change from the white cream and butter in winter to yellow cream and butter in spring and summer does not indicate an increased fat percentage. The very highest colored milk that a cow can give may have the lowest fat percentage. Such a condition is found in the so-called colostrum milk, the first milk that a cow gives after giving birth to a calf.

The explanation of the wide difference between the results of the experiments and the popular belief in regard to the relation of color to richness lies in the cause of the natural yellow color of cream and butter. It was found that cows were not able to produce the yellow coloring matter for their cream and butter. The coloring matter must be derived from the food. The yellow coloring matter of milk was found to be identical with a yellow coloring matter that is widely distributed in plants and fresh grass. This coloring matter is called carotin. It takes its name from the carrot, where it is very abundant, and where it was first discovered by scientists more than one hundred years ago.

The difference in the color of cream and butter in winter and spring was found to be due to the fact that the winter feeds contain little or no carotin. No marked increase in the fat percentage accompanies the increase in color when foods rich in carotin are fed. It has been shown that the average cow gives a higher per cent of fat in its milk during the winter than in the spring and summer.

BUTTERMILK GOOD FOR CALF

Feeding Value Is Practically Same as That of Skim Milk—Some Danger of Tuberculosis.

Calves can be successfully raised with buttermilk instead of skim milk, says one farmer. The feeding value of buttermilk is practically the same as that of skim milk. There is some risk of contracting contagious diseases such as tuberculosis in feeding factory buttermilk, unless the buttermilk is pasteurized cream. For this reason skim milk is more desirable. Buttermilk should always be fed as fresh as possible so that the degree of acidity is the same.

Buttermilk may be substituted for skim milk when the calf is three weeks old. The substitution should occupy a period of a week or ten days, so that the calf is at least a month old by the time the diet consists wholly of buttermilk.

Other feeds should be used with buttermilk just the same as with skim milk. Equal parts of ground corn and either oats or bran with alfalfa or clover hay has given the best results. Calves will usually begin to nibble a little clover hay when two weeks old. They may be taught to eat grain at the same time by placing a little in the bottom of the milk bucket after feeding.

MILK MACHINE WORKS QUICK

Task of Milking Cow May Be Accomplished Rapidly and Economically—No Danger of Injury.

The Scientific American illustrates and describes a milking machine, invented by A. Truchot of Chateau, Mont., as follows:

By means of this device the milking of a cow may be accomplished rapidly and economically and with no danger of injuring the animal. The apparatus is of light weight, and is adjustable so as to permit the movement of the animal during the milking operation. The milking operation closely simulates that of manual operation.

Cost of Keeping Cow. The annual cost of keeping a cow is close to \$65, if a man values his labor at 15 cents an hour. It takes a good milkster to pay her way, one that produces anyway 5,600 pounds of milk a year separating out 200 pounds of butterfat.

Ventilation Is Essential. Ventilation is absolutely essential for the health of the cows, but is one of the hardest problems to solve in most barns.

Discard Unprofitable Cow. Discard the cow which has failed at the end of the year to pay market price for all the feed she has consumed.

Value of Good Cow. A good cow is better than two poor ones—yes, better than three that can't more than pay for their feed.

Cow's Food Before Calving. Before calving the cow's food should be reduced in quantity and of a laxative nature.

EVERYBODY WHO USED GREAT KIDNEY REMEDY OBTAINED FINE RESULTS

At the time I commenced using your Swamp-Root I was so bad that I had to give up work. The pains in my back would be like some sharp instrument piercing my kidneys and I could hardly get out of a chair without help. I finally resolved to give your Swamp-Root a trial and the results were so fine that I have recommended it to others and it seems to produce the same beneficial results with everybody that uses it. I am very thankful to you for your great remedy, Swamp-Root, as I know that it will do all you claim for it.

CHAS. J. SHELDON, Box 395, Metrow, N. Y. Personally appeared before me, this 23rd of September, 1909, Chas. J. Sheldon, who subscribed the above statement and made oath that the same is true in substance and in fact.

R. C. GLEASON, Justice of the Peace. Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Intensely Practical. "What is your idea of a practical philanthropist?" "There are various types of practical philanthropists." "Yes?" "For instance, there is the sort of man who offers to give a starving family a pound of butter if they'll provide the bread."

Possibly the wisdom of man may surpass that of woman, but when it comes to tact—well, he isn't it.

The man who thinks funny thoughts without expressing them is the worst kind of a pessimist.

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.



The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

Warner's Safe Remedies

have proven their great merit by the beneficial results obtained through their use during the past forty years, in the treatment of the different diseases for which they are recommended.

Warner's Safe Remedy for the Kidneys and Liver 50c and \$1.00 Warner's Safe Diabetic Remedy \$1.25 Warner's Safe Rheumatic Remedy \$1.25 Warner's Safe Asthma Remedy 75c Warner's Safe Nerve 50c and \$1.00 Warner's Safe Pills 25c

For sale by all druggists, or direct, postpaid on receipt of price. Free sample of any one remedy on request. WARNER'S SAFE REMEDIES CO., ROCHESTER, N. Y.

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—Have No Appetite. CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Bilelessness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine, must bear Signature.



Don't Cut Out A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2 a bottle delivered. Book 6 M free.

ABSORBINE, JR., for manhood, the authentic remedy for boils, bruises, sores, swellings, varicose veins, Aches, Pains and Inflammations. Price \$1 and \$2 a bottle or 60c and 30c respectively. With each one does it you write W. F. YOUNG, P. O. F., 310 Temple St., Springfield, Mass.

Crystalina

"THE MAGIC SKIN REMEDY" HELPS ALL SKIN TROUBLES. YOUR DRUGGIST or send 25 cents to Crystalina Co., 241 Deane St., Brooklyn, N. Y.