

**DRINK HOT WATER  
IF YOU DESIRE A  
ROSY COMPLEXION**

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washings the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

**IF BACK HURTS USE  
SALTS FOR KIDNEYS**

Eat less meat if kidneys feel like lead or bladder bothers you—Meat forms uric acid.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, 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 is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

**LADIES! SECRET TO  
DARKEN GRAY HAIR**

Bring Back its Color and Lustre with Grandma's Sage Tea Recipe.

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use preparation improved by the addition of other ingredients, costing about 50 cents a large bottle, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of fuss.

While gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

**LEARN SHORTHAND**

It will pay you well. It is an assured means of good employment. It is more than that. It is an invaluable personal accomplishment—a time and labor saver throughout your life.

**BENN PITMAN PHONOGRAPHY**

Is taught in reliable schools everywhere. Let us recommend one to you. Or we will advise you about self-instruction or lessons by mail. Write to

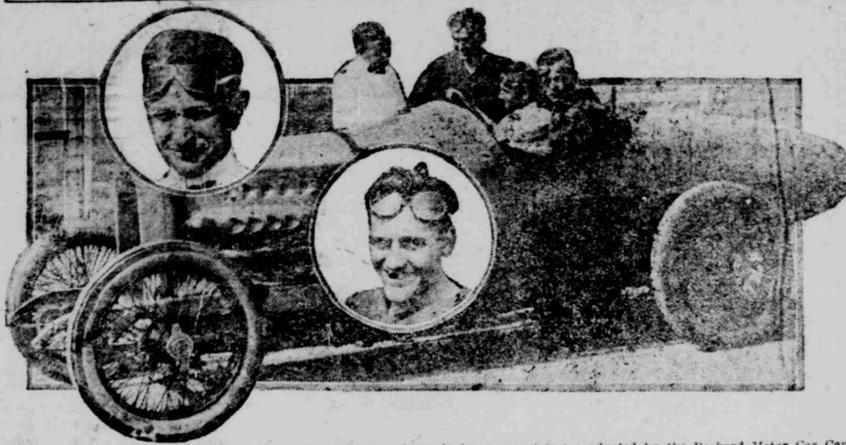
The Phonographic Institute,

CINCINNATI, OHIO.

Benn Pitman, Founder.

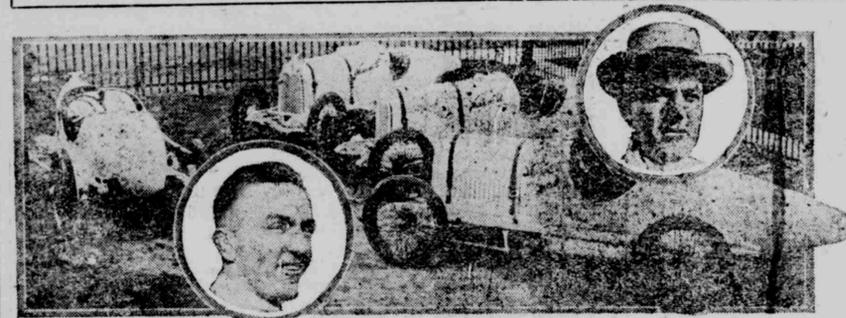
Jerome B. Howard, President.

**Breaks Indianapolis Speedway Record**



REAL speed was shown on the Indianapolis Motor Speedway during a recent test conducted by the Packard Motor Car Company under the direction of J. G. Vincent, vice-president and chief engineer. The photograph shows the Packard car which set a new speed mark for one lap on the brick track. The car clocked the course at better than 100 miles an hour. From left to right the photograph are T. E. Myers, general manager of the Indianapolis Motor Speedway; Big Boy Rader, driver of the car; J. G. Vincent, seated at the wheel, and Frank Farber, mechanic. The upper insert shows J. G. Vincent, designer and builder of the car, while Rader, the man who drove the fast lap, is shown in the other insert. Speed fans would like to see the car in action at the Harvest Day Racing Classic, to be held on the Indianapolis track on September 9, but it is practically assured that the Packard Company does not intend to enter the race game.

**Famous Indianapolis Racing Team**



MANY a man has owned a team of horses which have possessed extreme speed, but few men have owned a team of race cars which can better 100 miles an hour on the big speedways of the country. James A. Allison, secretary-treasurer of Indianapolis Motor Speedway, however, is one of the men who can lay claim to this distinction. He owns a fleet of cars and races them for his own enjoyment. The four white Maxwells which are looked after by Eddie Rickenbacker team captain, are shown in the photograph. They are fast and have won many races under the guidance of Rickenbacker and Henderson. The cars are known as the Prest-O-Lite Racing Team. The insert above the cars shows James A. Allison, secretary and owner of the team. The other insert shows Eddie Rickenbacker, team captain and star driver, who just recently won a big race at Tacoma. Two of the cars are expected to enter the Harvest Auto Racing Classic which will be held on the Indianapolis Speedway, September 9.

**MILLION DOLLARS FOR  
"PROHI PORK BARREL"**

This story comes from Chicago to the Cincinnati Enquirer:

A million-dollar campaign fund, of which \$250,000 already has been subscribed, is planned by the Prohibition party, according to a statement by Daniel Poling, of Boston, who, with former Gov. J. Frank Hanly, of Indiana, Presidential nominee of the party, arrived here today. Other leaders and delegates who attended the national convention at St. Paul, including Ira Landrith, of Tennessee, who was nominated for Vice President, also were in the party.

Mr. Poling, who was temporary Chairman of the convention, said that one individual has already given \$50,000, which alone, he said, was \$10,000 more than the Prohibitionists ever have spent in a campaign.

Mr. Hanly, talking at a reception given the candidates, said that he would make a vigorous campaign. A meeting of the Executive Committee of the National Committee will be held in a few days, Mr. Hanly said.

**Earns \$500 in 20 Minutes**



JOHN AITKEN, who is entered in the Harvest Auto Racing Classic on the Indianapolis Motor Speedway, September 9, is making money fast these days. Only last week he appeared in a four-car match race on the Speedway for the visiting printers attending the National Typographical Baseball Tournament in Indianapolis, and in twenty minutes he had raced for and won \$500. Aitken won the \$100 for finishing first in the 20-mile event; \$50 for the quickest tire change, and \$50 for first place in a 5-mile race. His actual time in the three events was 20 minutes eighteen and four-fifths seconds. The photograph shows him winning the tire change, one of the fastest ever made on the Speedway. The pen sketch was made from a late photograph of the noted driver.



**Where Alfalfa is Grown.**

The accompanying map shows where alfalfa is grown in the United States today. At the present time all the alfalfa grown in the United States is less than the area of the little state of New Jersey. The total area under alfalfa in this country is 4,707,136 acres. Of this area Kansas alone has 566,962 acres of alfalfa—or about one-fifth of our entire alfalfa crop.

Nebraska comes second with 685,282 acres; Colorado third, with 508,892 acres; California fourth, with 484,134 acres; and Idaho fifth, with 308,892 acres.

All of the corn belt states are lamentably shy in the growing of alfalfa, as is shown by the following rank in which they come as producers of the crop:

Missouri, 17; Ohio, 19; Iowa, 20; Illinois, 21; Wisconsin, 23; Indiana, 24; Michigan, 26; Minnesota, 35.

With the unquestioned advantages of alfalfa, we should be growing more of this great legume crop.

**Advantages of Alfalfa.**

As to the advantage of growing alfalfa in the corn belt, Prof. P. G. Holden says:

"It produces a large yield per acre, more than double that of clover.

"It is rich in protein, having almost as high a feeding value as bran.

"It is the most enriching crop for the ground which we have.

"When a good stand is once secured it will generally last four to six years in the humid regions and much longer in the west.

"It can be fed as hay to all kinds of animals, and has no superior as a hog pasture."

Builds Up Agriculture.

"No one more literally abets the growth of two blades of grass where one grew before than he who effectively urges the cultivation of alfalfa

**GIRARD (ALA.) LIQUOR RAID**



(By permission of the National Monthly, Buffalo, N. Y.)

The picture shows one of the seizures made during the recent raid on the "bootlegging trust" at Girard, Ala. About \$1,500,000 worth of liquor, stored for illegal sale, was confiscated. City, county and state officials, including prominent prohibitionists, were said to have been implicated. The situation following the raid became so critical that the town was put under martial law.

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ESTABLISHED 1847  
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We are better equipped than ever to handle wheat. We offer you fair weights and grades, less unloading and courteous treatment. Come and see us. We always pay Highest market price  
**Jasper Roller Mills.**  
ANDREW W. ECKERT PROP.

**The Land of the Sky**  
AWAY up in the mountains of Western North Carolina are the beautiful and attractive resorts of Asheville, Black Mountain, Hendersonville, Brevard, Lake Toxaway, Saluda, Waynesville, (Lake Junaluska), Flat Rock, Hot Springs, and Tryon. Spend your vacation at one of these cool and delightful places or at Tate Spring, Tenn. Round trip Excursion tickets are on sale daily, good until October 31st, via Southern Railway and Blue Mountains at Black Mountain, Ridge Crest and Waynesville, N. C. (Lake Junaluska.)  
Southern Railway  
Premier Carrier of the South  
Stop-overs allowed at all points. Three special Low Fare Excursions will be run during the summer. Ask for details. For full information see Ticket Agent, Southern Railway, or write E. H. Todd, District Passenger Agent, Louisville, Kentucky.  
Only \$9.75 for the round trip to The Mountains Of Western North Carolina "The Land of the Sky" Train leaves Jasper 7:57 or 11:54 Wednesday August 23, 1916  
Tickets good Fifteen Days. New features, including variable route tour via Chattanooga (Lookout Mountain) Extension of limit, etc. For full particulars see Local Agent.

**STOLL'S "No CARB" AUTO OIL**  
The best lubrication without carbon  
A perfect oil for either air-cooled or water-cooled automobiles. Made from finest Pennsylvania Crude. A pale, thin, high fire test oil which feeds freely. Positively free from carbon. On your first purchase of one bit of No Carb Auto Oil will furnish FREE one 50 gal. steel barrel with faucet, line to use for permanent storage. Price of oil in iron kils. 45c per gallon.  
Order from your gasoline, oil, CHAS. C. STOLL OIL CO., "Engline", powerful liquid Louisville, Ky. (Refinery at Warren, Pa.) exclusive for gasoline engine