

Everyone Should Drink Hot Water - in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up!

More Cheerful Topic. "Don't you like to read about life in foreign countries?" asked the enthusiastic young woman.

"Well, that depends," answered Mr. Dubwatts, thoughtfully, "on a number of particulars."

CURED OF BRIGHT'S DISEASE.

Mrs. A. L. Crawford, Medfield, Mass., writes: "Dodd's Kidney Pills cured me of Bright's Disease, and I am healthy and strong to-day and have been blessed with good health ever since my cure."

Dodd's Kidney Pills, 50c per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y.

Strategy. "Mother, if a poor hungry little boy was to come to the back door and ask for something to eat, would you give him that piece of pie that was left over from dinner?"

"Yes, Willie, I think I should."

IMITATION IS SINCEREST FLATTERY but like counterfeit money the imitation has not the worth of the original.

Diverting the Funds. "Jack's father sent him money to hire a tutor."

Important to mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Williams.

Natural Conclusion. "He-I see the West wears a horse famine."

COVETED BY ALL but possessed by few—a beautiful head of hair. If yours is streaked with gray or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing.

Discharged. "What's the new ol' boy's name?" "Cunn."

Pneumonia? Apply Hanford's Balm. Rub it on and rub it in thoroughly, until the skin is irritated.

The Bosphorus is about 17 miles long with a breadth of a third of a mile to two miles.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp.

After a man has had occasion to employ a first-class lawyer you can't tell him that talk is cheap.

Piles Cured in 6 to 14 Days. Druggists refund money if PAIN OINTMENT fails to cure itching, blind, bleeding or protruding piles. First application gives relief. 50c.

Foiled! He Bit. "Yes, I told father that white poker chip I dropped was a peppermint tablet."

THIS IS THE AGE OF YOUTH. You will look ten years younger if you darken your ugly, grizzly, gray tates by using "La Creole" Hair Dressing—Adv.

Purely a Defensive Measure. "Hear how old Wogram got even with the war?" "No. How'd he do it?" "Well, when the war cut off the dyestuffs Wogram cut off his whiskers."

Domestic Drama. "Where are the papers?" he demanded.

She looked him fearlessly in the eye. "I have hidden them," she said calmly. "Woman! You dare to defy me? Produce those papers instantly, or I—"

Swiss Develop Toy Industry. In Switzerland the toy industry has recently been developed to a considerable extent.

War and Income Tax Time Coming. All individuals, firms and corporations who are fortunate or unfortunate enough to be required to pay income tax must do so between January 1 and March 1, according to an announcement from Hubert L. Bolen, United States collector of internal revenue for this district.

LACK OF MONEY Was a Godsend in This Case.

It is not always that a lack of money is a benefit. A lady in Ark. owes her health to the fact that she could not pay in advance the fee demanded by a specialist to treat her for stomach trouble.

Income tax blanks should be properly filled out and returned to Hubert L. Bolen in this city not later than March 16.

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Refund Totals Half Million. The total amount of the refund due shippers of the state from express companies for overcharges on express rates is \$568,709.02, according to figures given out by Corporation Commissioner George A. Henshaw.

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 kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum.

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NEWS OF THE STATE CAPITOL

Oklahoma City.—The republican state convention will be held in Oklahoma City on Tuesday, March 21, according to the edict issued by the state committee at its session in the Skirvin hotel.

Those who contended for a single convention won their point in committee. Meetings were provided for the precincts of the state to be held on the second Tuesday in March to select members of the county committee, and county conventions will be held on the Saturday following to select members of the state committee.

A resolution was adopted for the appointment of a committee to establish a permanent system of procedure in the future, in and out of convention, in the management of the party organization. Each congressional committee will manage its own affairs.

Ames Elected State Bar Head.

The annual banquet of the Oklahoma State Bar Association, attended by former Senator Joseph W. Bailey of Texas and other distinguished lawyers, brought the association's convention to a close in the Skirvin hotel.

Former Judge C. B. Ames of Oklahoma City was elected president of the Bar Association.

W. A. Lybrand of Oklahoma City was re-elected secretary of the association and C. K. Templeton of Pawhuska was chosen treasurer.

Vice presidents to represent the twenty-seven districts were elected as follows:

Ad. Y. Coppedge, Grove; W. J. Campbell, Nowata; J. B. Furry, Muskogee; Allen Wright, McAlester; William L. Crittenden, Stilger; C. C. Hatchett, Durant; B. H. Epperson, Ada; T. W. Champion, Ardmore; Frank L. Warren, Holdenville; D. G. Eggerman, Shawnee; John J. Hildreth, Guthrie; S. K. Sullivan, Newkirk; James S. Ross, Oklahoma City; C. G. Moore, Purrell; Alger Melton, Chickasha; J. Duff, Cordell; W. B. Merrill, Elk City; T. J. Womack, Alva; C. H. Parker, Enid; H. T. Ahy, Tulsa; R. B. F. Hummer, Henryetta; W. B. Thompson, Vinita; A. T. Woodward, Pawhuska; T. M. Robinson, Altus; Robert M. Rainey, Atoka; J. C. Warren, Hugo.

The general council was elected as follows: E. G. McAdams, Oklahoma City, chairman; J. B. Moore, Muskogee; F. A. Rittenhouse, Chandler; Farrar L. McCain, Muskogee; Robert Stuart, Pawhuska; J. H. Gordon, McAlester, and Frank M. Bailey, Chickasha.

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C. B. AMES, Who was elected president of the State Bar Association last week.

Big Shortage in Seminole County.

Following a brief examination of the records of the office of the county treasurer of Seminole county, which, it is alleged, disclosed embezzlement of public funds in that office, State Examiner and Inspector Fred Parkinson addressed a letter to Governor Williams requesting that he call a grand jury in Seminole county to make an investigation of the alleged misappropriation of public funds.

"In the course of an investigation of the treasurer's office of Seminole county, now being conducted by this department, it has been disclosed that in numerous instances, taxes as well as other municipal funds have been embezzled by a certain employe of the former treasurer," says Mr. Parkinson in his letter to the governor.

Continuing his letter Mr. Parkinson says:

"The deputy examiners engaged in making the audit, report to me that they have indisputable documentary evidence that the tax money paid by two banks to that county, aggregating \$1,009.02, never reached the treasury, but was appropriated to personal use of the employe. Also, that the proceeds of two school district bond issues, aggregating \$1,500 was abstracted from the treasury; that a number of tax receipts are missing from the office; that, at least, one book of receipts has been burned."

"The examiners further found that the county clerk had not paid into the county treasury at the close of each month, as required by law, the fees collected during the months of October and November, 1915; that the court clerk had not accounted for and paid into the treasury, the fees that he had collected for the months of July, August, September, October and November, last past; that demand was made of these officials that the fees due the treasury be paid forthwith; and, that they then paid in approximately \$1,700 and \$2,300, respectively."

People Careless At Grade Crossings.

The number of people killed annually in Oklahoma on railroad grade crossings is on the increase, due largely to the more general use of automobiles, according to the annual railroad accident statement for the last fiscal year, which was issued by the corporation commission.

During the year ending June 30 last a total of 14 persons met death on grade crossings by being struck by trains while only 6 were killed in that manner during each of the past two preceding years.

In these accidents 1,268 persons were injured and 85 were killed in train operation, including 46 trespassers and 16 employes. Of the accidents at grade crossings 48 resulted in injuries as against 14 the year before.

Of the trespassers killed 22 were walking the track when hit by trains and the remainder were hoboes stealing rides. The number of employes killed in train operation shows a decrease from 24 during the fiscal year ending in 1914 to 16 during the year ending 1915.

The total number of all killed in train operation was reduced from 96 in 1914 to 85 in 1915. The number injured in train operation shows an increase from 1,054 to 1,268. The number of passengers injured on trains was 106 during the past year as against 29 in the preceding year.

Not a single passenger was killed during the year while on a train. In fact, the records of the commission show, that only one passenger has been killed in Oklahoma since February, 1911.

Carter County Must Increase Valuation

The excise board of Carter county must put the valuation of that county back to the figure fixed by the state board of equalization or face mandamus proceedings to be instituted by the attorney general, according to a resolution passed by the state board. The total valuation of taxable property in Carter county was fixed by the state board at approximately \$14,000,000 and when this was certified to the county board that body sought to reduce it about \$900,000, which action is objected to by the state board.

FREE ONEIDA COMMUNITY PAR PLATE SILVERWARE



Save the Trade-Mark Signature From SKINNER'S Macaroni and Spaghetti Products

and get a complete set of Oneida Community Par Plate Silverware free. Guaranteed 10 years. Beautiful Bridal Wreath pattern. Send us the coupon below and we will tell you all about it.

- Nine Kinds Skinner's Products: 1 Macaroni, 2 Spaghetti, 3 Egg Noodles, 4 Cut Macaroni, 5 Cut Spaghetti, 6 Elbows, 7 Soup Rings, 8 Alphabetos, 9 Vermicelli

These delicious foods can be prepared 58 different ways to take the place of high-priced meat dishes. An economical, hearty food, perfectly balanced.

Skinner's Macaroni Products are made from the finest durum wheat, in the largest and cleanest macaroni factory in America.

Get a complete set of Oneida Community Par Plate Silverware with Skinner's Macaroni Products. Send the coupon for full details. No obligation whatever. In the meantime buy Skinner's products at your grocer's (cheaper if you get them by the case—24 packages) and save the circle containing the signature. All good grocers sell Skinner's Macaroni Products.

Form for requesting silverware: Skinner Mfg. Co., Largest Macaroni Factory in America, Dept. D, Omaha, Neb. Name, Address, Town, State.

Bumper Grain Crops Good Markets—High Prices



Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle feed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There

is no war tax on land and no conscription. Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or G. A. COOK, 2012 Main St., Kansas City, Mo. Canadian Government Agent

WE WANT YOU TO KNOW

That your interests are ours, your success is ours. In other words, if we work for you and please you, we add one more to our list of permanent shippers and friends. Market letters free. Write us if you want them.

TROWER, CHASE & McCOUN LIVE STOCK COM. CO. LIVE STOCK EXCHANGE, KANSAS CITY, MO.

Extremes Meet. She—My dear, the coal's all out. He—And I'm all in!

What Was the Attraction? "What's become of that young man who used to call on you, Ethel?" asked one bosom friend of another.

"George Macpherson, do you mean?" answered Ethel coldly.

"Yes, he was always calling at your house, wasn't he?"

"I can't understand him," said Ethel, with a confidential air. "He came around every night for three weeks."

"Yes, and then—"

"Then he stopped coming, and I can't decide whether he came to see me or simply to hear all our graphophone records."

For frostbites use Hanford's Balm. Adv.

Nine thousand Scotchmen went to Canada last year.

ANURIC! The Newest Discovery in Chemistry

This is a recent discovery of Dr. Pierce, who is head of the Invalids' Hotel and Surgical Institute at Buffalo, N. Y. Experiments at Dr. Pierce's Hospital for several years proved that there is no other eliminator of uric acid that can be compared to it.

NOTE.—"Anuric" is thirty-seven times more active than lithia in eliminating uric acid, and is a harmless but reliable chemical compound that may be safely given to children, but should be used only by grown-ups who actually wish to restore their kidneys to perfect health, by conscientiously using one box—or more in extreme cases—as "Anuric" (thanks to Dr. Pierce's achievement) is by far the most perfect kidney and bladder corrector obtainable.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric" manufactured by Dr. Pierce, or even write Dr. Pierce for a large trial package (10c). If you suspect kidney or bladder trouble, send him a sample of your water and describe symptoms. Dr. Pierce's chemist will examine it, then Dr. Pierce will report to you without fee or charge.