

THE "SQUARE" CHEW—THE BEST CHEW

"American Navy" is the Biggest Chewing Tobacco Value in the World

RICH, SWEET, MILD, MELLOW

You get more genuine tobacco enjoyment and more real benefit out of a chew of good plug tobacco than out of any other form in which tobacco can be made.

Tobacco like "scrap" can't have as much rich, sweet, fruity leaf-flavor in it as plug because it's made only of leaf "cuttings." And it can't hold its freshness and flavor as long as plug, because it's loosely packed.

Chew properly pressed plugs made of the whole leaf like American Navy and you'll find it not only far more tasty and satisfying, but also an aid to digestion and health.

All the rich juices stored up by Nature in the leaf are retained in the American Navy plug, so that every chew overflows with the sweet, fresh, distinctive flavor that has made American Navy famous.

A savory chew of American Navy dove-tails to perfection with the day's work. It puts an edge on your appetite and gives you genuinely wholesome and lasting satisfaction.

Every man with a real tobacco taste who once tries American Navy chews it right along.

Big, generous cuts for 5c and 10c.

WHAT DYSPEPTICS SHOULD EAT

A PHYSICIAN'S ADVICE

Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity.

For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products, I would suggest that you should try a meal of any food or foods which you may like in moderate amount, taking immediately afterwards a teaspoonful of bisulphated magnesia in a little hot or cold water.

I know of nothing better than plain bisulphated magnesia as a food corrective and antacid. It has no direct action on the stomach, but by neutralizing the acidity of the stomach contents and thus removing the source of the acid irritation which inflames the delicate stomach lining, it can be used with good effect by any drug or medicine.

EAT LESS MEAT AND TAKE SALTS IF KIDNEYS HURT

Says a table-spoonful of Salts flushes Kidneys, stopping Backache.

Meat forms Uric Acid, which excites Kidneys and Weakens Bladder.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys; they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a table-spoonful 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 flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

HOW TO BE SLIM

If you are too fat and want to reduce your weight 15 or 20 pounds, don't starve and weaken your system, or think you must always be laughed at on account of your fat, but go to any good druggist, and get a box of Oil of Koraen capsules, take one after each meal and one before retiring at night.

Weigh yourself once a week and note what a pleasant and reliable method this is for removing the superfluous fat from any part of the body.

It costs little, is absolutely harmless and a week's trial should convince anyone that it is unnecessary to be burdened with even a single pound of unsightly fat.

Use Telegraph Want Ads

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

The remarkable testimony invoked to prevent the conviction of a dealer in milk containing 48,000,000 bacteria per cubic centimeter indicates to public health authorities the necessity of organizing all the scientific forces available in order to meet the highly organized defenses which large milk concerns have constructed around stale, dirty and disease-spread milk, the commercial value of which seems to be greater than milk known to be pure, clean and safe.

Dr. Lee H. Maynard's testimony in the Gregg milk case included the following: "The presence of 48,000,000 bacteria per cubic centimeter milk does not indicate that such milk is decomposed or filthy. The presence of 21,000 B. coli does not indicate contamination with animal excrement. There is hardly a dairymen in the country who is not on the trick of straining out all visible dirt."

Maynard admitted he was hired by the milk dealers.

Professor Samuel T. Prescott's testimony included the following: "I could not say that milk was dirty unless it was in the state of being unclean and not call milk filthy unless it smelled so and tasted so, and unless there was visible cow manure and other dirt to be seen in it with the naked eye."

"The presence of B. coli in milk does not indicate contamination with fecal matter," he testified. "Milk ever produced contains B. coli. You can find that milk containing 48,000,000 bacteria per cubic centimeter either decomposed or filthy."

"It is impossible to tell anything about the presence of putrefying organisms in this milk from the streptococci and B. coli found in it."

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Bowman's Autumn Opening Continues Friday and Saturday. From Paris, rising above the clouds of war, to retain her supremacy in feminine dress creation, come the most wonderful designs of the courtiers' master minds.

Domestics: Unbleached Sheeting - 90 inches; cut from roll of 600 yards; will wash and bleach easily. Friday price, yd., 28¢. Bleached Pillow Tubing - 36 or 40 inches wide; cut from the piece; no dressing. Friday price, yd., 15¢. Apron Gingham - Lancaster and Amoskeag gingham; in 3 to 8-yd. lengths; will not cut pieces; fast colors. Friday price, yd., 7¢. Bleached Muslin - 36 inches wide; Fruit-of-the-Loom, Fearless, Hope and Langdon qualities; in useful remnant lots, 2 to 8 yards. Friday price, yd., 8¢. Apron Stripes - Clean-up lot; sun and rain proof; useful lengths. Friday price, yd., 15¢. Bed Ticking - featherproof; 31 inches wide; white and blue in wide or narrow stripes. Friday price, yd., 17¢. Blankets - double bed size; white, with blue or pink border; good weight and nap; 74x80 inches. Friday price, pr., \$1.69. BOWMAN'S—Basement

These Friday Bargains Mean a Saving for You. Wall Paper: Highclass papers in shadow figure stripes in all shades, suitable for living rooms, dining rooms and halls; consisting of 10 rolls sidewall, 20 yards border, 5 rolls ceiling. Friday price, lot, \$2.00. BOWMAN'S—Fourth Floor. Dress Goods: Seco Silk - 24 inches wide; tan and rose. Friday price, yd., 10¢. Dress Gingham - Amoskeag A. F. C. gingham, in a wide range of stripes. Friday price, yd., 9¢. Light Percales - 36 inches wide; stripes; fine quality. Friday price, yd., 11¢. Shirting Silks - 36 inches wide; silk and cotton; striped; washable. Friday price, yd., 45¢. Silk and Cotton Poplins - 24 inches - very lustrous; street and evening shades. Friday price, yd., 39¢. Silk and Cotton Poplins - street and evening shades - 36 inches wide. Friday price, yd., 55¢. Black Mercerized Lining - Friday price, yd., 12 1/2¢. BOWMAN'S—Main Floor. China and Glassware: Mixing Bowl - 10-inch yellow crockery mixing bowl, with crockery rolling pin. Friday price, set, 21¢. Jardinieres - 8-inch matt green jardinieres. Friday price, 15¢. Glass Bowls - 9-inch Colonial glass; Heisey quality. Friday price, 39¢. Glass Salt and Pepper Shakers - Friday price, 5¢ each. Sugar and Cream Sets - glass, with star cutting. Friday price, set, 21¢. Glass Vases - 7-inch imported, colored and decorated. Friday price, 5¢. BOWMAN'S—Basement. Notions: Fancy Combs, 25¢ Brooks Machine Thread, spool, 2¢ Fancy Edging, colors, bolt, 6¢ White Dressing Combs . . . 10¢ Safety Pins, 2 cards 5¢ BOWMAN'S—Main Floor. Hosiery and Underwear: Women's Thread Silk Hose - double soles; wide garter tops; plain colors. Friday price, 79¢. Children's Cotton Stockings - fine rib; double heels and toes; all sizes; black and white. Friday price, 12 1/2¢. Men's Union Suits - medium weight; long and short sleeves; ecru; sizes 34 to 42. Friday price, 45¢. BOWMAN'S—Main Floor. Men's Wear: Pajamas - good quality material; all sizes. Friday price, \$1.15. BOWMAN'S—Main Floor. House Dresses, 59c: Assortment of gingham house dresses, in light and dark patterns. BOWMAN'S—Main Floor. Velvet Rugs: Made of carpets and borders; finished on ends; 27x54 inches. Friday price, \$1.00. TABLE OILCLOTH: 1 1/2 yards wide; best quality; slightly imperfect; dark and medium colors. Friday price, yd., 11¢. BOWMAN'S—Fourth Floor. House Dresses, 59c: Assortment of gingham house dresses, in light and dark patterns. BOWMAN'S—Main Floor. Men's Wear: Pajamas - good quality material; all sizes. Friday price, \$1.15. BOWMAN'S—Main Floor.

White Goods: Mercerized Batiste - 45 inches wide; fine quality. Friday price, yd., 20¢. Plisse Crepe - 31 inches wide; requires no ironing. Friday price, yd., 7 1/2¢. BOWMAN'S—Second Floor. Shoe Specials: Women's Button and Lace Boots - with welted oak soles; good styles; mostly every size in the lot. Excellent quality. Specially priced for one day only, \$1.98. Men's Black and Russet Shoes - of dependable quality; one-third off former prices, at \$1.98. BOWMAN'S—Main Floor. Housefurnishings: Tea Kettles - No. 8 nickel-plated copper tea kettles; 15-pint capacity. Friday price, \$1.23. Economy Shelf and Lining Paper - a household necessity; strong and snow white; does not curl; 100 linear feet. Friday price, 19¢. Mops - 54-inch mop handle with string mop attached. Friday price, 19¢. Standard Step Ladder - with pail shelf. A good household ladder for little money. 5-ft. size. Friday price, 59¢. Preserve Kettle - Wear-ever aluminum; 6-qt. capacity. Friday price, 83¢. BOWMAN'S—Basement.

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Former Queen of Serbia Now War Hospital Maid. Paris, Sept. 21. - Former Queen Natalie of Serbia, whose disappearance at the beginning of the war was one of the mysteries of the world, has been found working as a common servant in one of the big war hospitals in Bordeaux. The identity of the royal scrub-woman was made known by Jean de Bonnefont, a well-known journalist, while he was making an investigation of the hospital service in Bordeaux. De Bonnefont, who used to attend court ceremonies at Belgrade, found the widow of King Milan cleaning the hospital floor. At the opening of the war the queen, a figure in the most tragic of Europe's court histories, placed her Blarritz Ghika for use as a military hospital. "As for me," she added, "I am going to efface myself. The ones are so tragic that those who were once rulers of men must aid them in all humility." On the same evening Queen Natalie, unattended, crossed an unknown destination, and her name had not heard a word of her since. In the hospital where De Bonnefont found her, she volunteered her services under the name of Natalie Keckoch, her maiden name, and for the last two years has performed the meanest and most exacting duties.

Pointers for Poultrymen: When the birds begin to molt the beef scrap ration should be increased slightly or about 10 per cent. of oil meal should be added to hasten the molt. The sooner the molt is finished, the earlier will the birds commence winter egg production. It is well to begin culling out the poor layers during the molt. An early molting bird is usually a poor layer and this knowledge may be used to advantage in eliminating some of the poorer hens. While culling over the poultry it is well to apply ointment to overcome lice and mites, the eggs from which the lice develop. Ointment is better than powder, since its effect lasts longer and it is more certain. One treatment will last for four to six months. A good ointment recommended by poultry authorities of the Pennsylvania State College school of agriculture and experiment station consists of a mixture of three parts vasoline or lard and one part mercurial ointment. A piece the size of a pea should be rubbed on the skin under the vent and under each wing. The mixture is poisonous and should not be used upon sitting hens or young chicks. POSSE ARRESTS MINER FOR FINDING HIS STOLEN HORSE. Helena, Mont., Sept. 21. - William Herman, a miner, says he is done with "fool deputies." Last week he reported to Sheriff Rolla Duncan the theft of his horse Bill, a frisky creature which he had owned only nineteen years. Meanwhile, Herman set out to do some sleuthing on his own account, and back in the mountains he found Bill, peacefully content with having strayed from home. Somebody saw a man astride the horse that had been advertised as stolen, and notified the sheriff. The official hurried to the hills with a mounted posse, and in the darkness of a closing day Herman was arrested for the "theft."