

**Glass of Hot Water Before Breakfast a Splendid Habit**

Open sluices 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.

**A Long Spell.**

Teacher—Can you spell prestidigitator?

Tommye—No, mother doesn't want me to.

"Why not?"  
"She said she only wanted me to go to school for a short spell."—Yonkers Statesman.

**HAD PELLAGRA; IS NOW CURED**

Hillsboro, Ala.—J. W. Turner, of this place, says: "I ought to have written you two weeks ago, but failed to do so. I got well and then forgot to write you. I can get about like a 10-year-old boy; you ought to see me run around and tend to my farm. I can go all day just like I used to. I am so thankful to know there is such a good remedy to cure people of pellagra."

There is no longer any doubt that pellagra can be cured. Don't delay until it is too late. It is your duty to consult the resourceful Baughn.

The symptoms—hands red like sunburn, skin peeling off, sore mouth, the lips, throat and tongue a flaming red, with much mucus and choking; indigestion and nausea, either diarrhoea or constipation.

There is hope; get Baughn's big Free book on Pellagra and learn about the remedy for Pellagra that has at last been found. Address American Compounding Co., box 2888, Jasper Ala., remembering money is refunded in any case where the remedy fails to cure.—Adv.

**Left Behind.**

"How do you like Chugson?"  
"Not at all."  
"Why, he speaks well of you."  
"Perhaps he does, but he's always disparaging my motor car."  
"Aren't you mistaken about that?"  
"Certainly not. I've had to take his dust too many times."

**OLD PEOPLE RELY ON DR. KILMER'S SWAMP-ROOT**

We have been handling Dr. Kilmer's Swamp-Root for twelve years and during that time we have not received a single complaint from those who have used it, all speak in the highest terms of the good results obtained from its use. We know of cases of Catarrh or Inflammation of the Bladder and Liver trouble where Swamp-Root proved very valuable. One old lady 80 years old will not be without Dr. Kilmer's Swamp-Root. We believe it is a very good medicine in the diseases for which it is intended.

Very truly yours,  
**ALLARD & TROTMAN,**  
Druggists,  
Klondike, Texas.

November 11th, 1915.  
**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.

**The Best Excuse.**

Brown—Ignorance of the law excuses no one.

Smith—Quite so. It is much better to be rich and hire good lawyers.

**THAT GRIM WHITE SPECTRE, Pneumonia,** follows on the heels of a neglected cough or cold. Delay no longer. Take Mansfield's Cough Balm. Price 50c and \$1.00.—Adv.

**Exactly.**

"Is raising bulls for fighting profitable business?"  
"I guess it's a toss-up."

**Ec-Zene Kills Eczema.**

Let us prove it. Accept no substitute. If your Druggist does not have it, write to Ec-Zene Co., St. Paul, Minn.—Adv.

Wise is the man who knows he isn't.

**PROHIBITION URGED BY REV. SAM SMALL**

MONROE MASS MEETING AT MONROE BAPTIST CHURCH COMMENDS GRAND JURY.

**NEW MEASURES DISCUSSED**

Resolutions Were Passed to Consider a Proposition From Saloon Men Concerning the Enforcement of Gay-Shattuck Law.

Monroe.—

Sam Small, who is making a tour of the state under the auspices of the Louisiana Anti-Saloon League, delivered an address at the First Baptist Church at Monroe, and T. J. Greer, president of the State Federation of Labor, spoke in the city hall to union men exclusively.

Rev. Mr. Small spoke largely on national prohibition, but urged the voters not to tie themselves down during the next four years by electing a man who would perhaps prevent Louisiana ratifying an amendment to the national constitution providing for national prohibition. He said the national amendment is sure to pass as members of Congress had already been "tagged" and the National Anti-Saloon League knew how everyone stood.

The meeting at the Baptist Church, after Rev. Small had concluded his address, resolved itself into a mass meeting to consider a proposition from the saloon men of Monroe, concerning the enforcement of the Gay-Shattuck law. All but three of four of the saloons have white and negro bars under the same roof and the Grand Jury at its session gave notice that in future the law would be enforced. The proposition of the saloonmen was to build a solid partition between the bars in place of the present screens; that it would be preferable to sell negroes one drink in the saloon than a whole bottle to be consumed in the streets and alleys.

There was a spirited discussion, all opposing any compromise. It was finally decided to commend the grand jury for its stand and that it was the sense of the meeting not to interfere with the enforcement of law.

**STATE HAPPENINGS.**

Miss Bertha Treen, parish poultry and canning club agent, will take the fight which she has been waging to retain her position, in spite of Superintendent Hughes' veto, before the police jury. The relations between the superintendent and Miss Treen have not been very cordial, and she recently handed in her resignation at Professor Hughes' instance. Miss Treen's salary is paid partly by the federal government and partly by the police jury. She will make an appeal to the parish body.

Another big oil development plan has been started across the river. C. A. Younger, general agent of the South New Orleans Realty and Development Company, sold to a company made up of New Orleans and outside capitalists 1,000 lots in the South New Orleans subdivision for \$25,000 and the company, which will be known as the Oil and Gas Company, will, it is stated, begin soon boring for oil with the hope of developing wells there.

The price of Calcasieu petroleum sold on credit balances has been raised to 70 cents a barrel by the pipe line companies, and a further advance in price is expected in the near future. The Edgerly and Vinton oil fields are producing close to 10,000 barrels of petroleum daily, and the 10-cent rise in price means an increase of \$1,000 daily in the value of the oil produced.

At its meeting the police jury of East Baton Rouge parish voted \$3,000 to carry on the work of tick eradication during 1916. In addition to the parish appropriation aid also is received for the work from the state and federal governments.

Robert L. Knox, slayer of Ben M. Foster and Alexander Fraenkel, was taken to the East Louisiana Hospital for the Insane at Jackson, after having been pronounced insane by a lunacy commission.

The Lake Charles Production Company has been organized with a capital of \$30,000 to drill for oil in the Crichton field, in Red River parish, it holds leases on about forty acres of land.

John Durkin, also known as "Dr. Pop," an aged colored man of Port Hudson, was arrested charged with practicing medicine without a license instead of having violated the federal pure food and drug act as first reported. He was released on a small bond signed by M. F. Arnheim of Zachary.

W. T. Blocker of the Gulf Refining Oil Company is at Ringgold obtaining options on land in the vicinity of this place. It is reported that he has obtained options on 15,000 acres.

The state superintendent of education's office is distributing the first half of the \$75,000 special appropriation for agricultural and domestic science schools and the \$50,000 special appropriation for high schools made by the last Legislature.

The \$75,000 agricultural and domestic science school fund is being divided among 174 schools. There are 125 schools with domestic science departments which will get \$331.04 each. Thirty-six schools with agricultural departments rated "first type" by the State Board of Education will receive \$457 and sixteen "second type" high schools will receive \$131.04 each. The high schools will receive \$158.22 each.

The last half of the consolidation fund voted by the last Legislature to add to the consolidation of rural schools also is being sent out. The last half of the fund totals \$12,500.

The river having flooded the banks to a depth of several feet has caused all of the thirteen dredges to suspend work on the broken levees at Bayou La-Bache, which are being made safe by a large force of state convicts and local laborers with wheelbarrows, by taking the earth from inside of the levees and building a wooden cribbing along the line. Many of the new levees built are washing badly from the want of retetting, owing to the lumber mills not furnishing promptly the necessary material. The newly-placed earth also is badly washed and weakened by the river crafts and steamboats navigating at too rapid speed and causing heavy swells to tear away the levees.

Following the arrest of Rudolph Bush, who is charged with a violation of the Harrison anti-narcotic law, relative to the peddling of habit forming drugs, federal officers and city detectives are confident he is the man who has been shipping the drugs from New Orleans to other cities. Bush was arrested by Detective Mellen and Cassard and Deputy Revenue Collector Douglas. Douglas was the instigator of the arrest, after he had spent several days looking over the files of local express companies in an effort to locate how a quantity of opium had been shipped from this city to Chicago.

The last will and testament of Very Rev. Canon John M. T. Massardier, rector of the Donaldsonville Catholic Church, who died at the Hotel Dier in New Orleans, bequeaths all of the testator's property to Rev. John A. Francon, rector of the Catholic Church at Plaquemine, to be used in establishing free Catholic schools in this city. The document is in the holographic form, and was written and signed at Donaldsonville February 18, 1914. It was probated in the District Court here December 23, 1915. Rev. Francon is named as executor of the estate, with full seizin and without bond.

The proprietors of near beer saloons at Amite are in a dilemma because the sheriff refuses to issue parish licenses to them for less than \$1,000. The police jury, some months ago, passed an ordinance fixing the parish license at \$1,000, which many have claimed was unconstitutional, but when the saloonists offered to pay \$50, the amount charged for state license, the sheriff refused to issue anything but the state license.

A report submitted to the Lake Charles police jury by Engineer F. H. Frankland indicates that the Calcasieu river bridge will come \$5,000 under the estimates or cost made when the work was commenced. The bridge, bascule lift, and concrete viaduct will cost in the neighborhood of \$125,000. The contractors are working on schedule time, and the bridge probably will be open to traffic in ten weeks.

With Mrs. Martha Gould, factory inspector for Louisiana, as the star witness, Judge Fisher, of the First City Criminal Court, decided that Paul Klobusky, proprietor of the Hammond Dairy Lunch Room, in Baronne street near Common, was guilty of violating the state law of 1908, relative to working women more than sixty hours a week or ten hours a day, marking the first conviction in New Orleans under this act.

Advices have been received at New Orleans to the effect that Barge No. 1, the first of the thirty-six big modern barges being constructed at Howard Ship Yards, Jeffersonville, Ind., for the Inland Navigation Company, to operate between Minneapolis and New Orleans, will be floated shortly and will load out freight from St. Louis for Crescent City.

The election called for the purpose of submitting to the property holders of Covington the proposition of voting a bond issue of \$71,000 with which to install a sanitary sewer and water works system, will not be held.

Twelve liquor licenses have been taken out in Donaldsonville for the current year, as against fourteen issued this year will yield a revenue of \$6,000.

Tuberculosis tests of the entire herd of swine of the Louisiana State Hospital for the Insane at Jackson have been made by the Live Stock Sanitary Board under the direction of Dr. E. P. Flower. Dr. Flower returned to his office in the capital after completing the task.

A frenzied financier—one who can borrow money from a bill collector.

**To Cure a Cold in One Day**  
Take FIVE TABLETS OF GROVE'S  
DRUGS  
GROVE'S SIGNATURE IS ON EACH BOX 25c

Two tablespoonfuls of granulated sugar to one white of egg will make excellent meringues.

Dr. B. F. Jackson, Celebrated Physician, handed down to posterity his famous prescription for female troubles. Now sold under the name of "Femmina." Price 10c and \$1.00.—Adv.

A Good Excuse.  
Judge—What excuse have you for drinking?  
Prisoner—I was dry, your honor.

"Money Back" Medicine.  
Our readers never risk a cent when they buy Hanford's Balsam of Myrrh because every dealer in this liniment is authorized to refund the money if the Balsam is not satisfactory. Adv.

An Explanation.  
"How much the baby looks like his father?"  
"It's only the weather. The child is usually bright, cheerful and handsome."

PIMPLES, BOILS AND DANDRUFF.  
Disappear by using Tetterine, a sure, safe and speedy cure for Eczema, Tetter, Itch, and sore head, Chafing and Itching Pimples. Endorsed by physicians. Prepared by thousands who have used it.

"I feel that I owe to my fellowman this much for every year I had seen by on my ankle. I had tried many doctors and numerous remedies which only temporarily relieved. I decided to give your Tetterine a trial. I did so and after eight weeks am entirely free from the terrible eczema."  
J. C. Golden, Tampa, Fla.  
Tetterine, 50c per box. Your druggist or J. T. Suprinco, Savannah, Ga.—Adv.

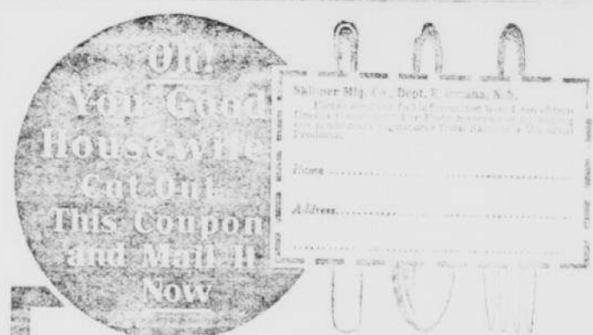
**MISSED CHANCE FOR LAUGH**

Of Course None of the Soldiers Would Think of Smiling at Sergeant's Mishap.

The drill sergeant was real mustard, and the recruits were having a bad time. The weather had been very wet, and the parade ground was still slippery. In doing a movement smartly, as an example to his men, the sergeant slipped and fell full sprawl, and naturally the "rookies" could hardly repress their mirth. Getting up with all the dignity he could muster, the sergeant's eye fell on Murphy's grinning face. "Well, you grinning hyena!" he roared. "What's 'urting you? Do you see anything funny?"  
"No, sorr," gurgled Murphy tactfully. "But, shure, Oi was just thinkin' what a laugh we cud have had it been anywan save yerself, sergeant!"

Sophie's Quick Retort.  
Her quick wit has carried Sophie Tucker through many ticklish positions in vaudeville, and once while rehearsing for a production turned an unpleasant situation in her favor. Ben Teal, the veteran stage director, was doing the rehearsing and took occasion to correct Miss Tucker's pronunciation of a certain word, explaining so the assembled members of the company could get the benefit of his remarks, that in the word disputed the letter "t" was silent. Sophie accepted the correction with the remark: "All right, Mr. Teal—with the 't' silent."

The Time.  
"Sometimes you have to hit a man to make him keep quiet, so that you can save him from drowning."  
"Yes, and the time to do it is when he first begins to rock the boat."



We will tell you how we send you a complete set of Oneida Community Par Plate Silverware FREE with SKINNER'S Macaroni Products

Guaranteed ten years. Bridal Wreath pattern. Learn all about this grand offer and about the SKINNER'S Macaroni Products

Macaroni	Cut Spaghetti
Spaghetti	Elbows
Long Noodles	Soup Rings
Cut Macaroni	Alphabets
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Skinner Manufacturing Co. The Largest Macaroni Factory in America Dept. E Omaha, Neb.



**WAS TAKING NO CHANCES NO CHANCE FOR BUSINESS**

Old Lady Wanted to Be Quite Sure That She Could Safely Trust the Small Boy.

When the train came to a stop an antique-looking dame thrust her head out of the window opposite the refreshment room and briefly shouted, "Sonny!"  
A bright-looking boy came up to the window.  
"Little boy," she said, "have you a mother?"  
"Yes, ma'am."  
"Do you love her?"  
"Yes, ma'am."  
"And are you faithful to your studies?"  
"Yes, ma'am."  
"Do you say your prayers every night?"  
"Yes, ma'am."  
"Can I trust you to do an errand for me?"  
"Yes, ma'am."  
"I think I can, too," said the kind lady, looking steadily down on the manly face. "Here is a penny. Get me an apple. Remember, God sees you!"

Youthful Diplomat.  
"My last office boy was a wonder. I'm sorry I lost him."  
"Very efficient, I suppose?"  
"Oh, he couldn't lick a stamp without making a mess of it, but when it came to explaining things to my wife over the telephone I have never seen his equal."

Sometimes you can judge by appearances. Many a woman appears to be strait-laced because she really is laced that way.  
Most of us get what we deserve but few of us are able to recognize it.

Old Gentleman's Explanation Convinced Agent That He Had Called at the Wrong House.

The agent stopped at the piazza of the cottage by the sea, where sat a bronzed and ragged old man.  
"If you are troubled with moths, as no doubt you are, I have just the proper remedy."  
"Moths have never bothered me," said the old man.  
"How about the grasshopper pest? I have something here which is guaranteed—"  
"I don't believe I've seen a grasshopper in forty years. The fact is—"  
"But surely you want to be prepared to fight the locusts. Now, this package contains—"  
"I have never had any trouble with locusts, and I never expect to," replied the old man.  
"Well, you've got me stumped," said the agent. "How do you manage to escape all these things?"  
"Easy enough. I'm captain of the brigantine Neille M., sailing between here and Java."—St. Louis Post Dispatch.

Hazarding a Guess.  
Howe—"Don't you know anything about golf?"  
Wise—"Not much. Why?"  
Howe—"What's a bunker? Do you know?"  
Wise—"I suppose it's one of those cranks that simply live on the links."

No Conveniences.  
New Servant—"An' have yez a garage on this place?"  
Suburban Housewife—"No, we have no car."  
New Servant—"Then I can't come wid yez. I have to have a place for me car.—Puck.

**This Investment Pays Health Dividends**

—And it's handy at your Grocer's.

The average man or woman seldom considers health value seriously until doctor bills have to be paid.

If asked the cause of most physical ills, the majority of doctors would likely say, "wrong living," which includes wrong eating—food that is lacking in certain elements essential to health.

**The famous pure food — Grape-Nuts**

is made of whole wheat and malted barley, and supplies all the rich nutriment of the grains, scientifically processed to retain their mineral values—phosphate of potash, etc.—so necessary in the balanced upkeep of every part of the body.

Grape-Nuts is ready to eat direct from the package; is easy to digest; has delicious flavour, and with cream or good milk is a well-balanced food.

Health from right living is the finest possible dividend, and to those who have it all things are possible.

**"There's a Reason" for Grape-Nuts**  
Sold by Grocers everywhere.