

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, and 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.

Slow.

Evelyn—The second time I saw him he proposed to me.  
Rosine—What caused the delay?

PROSPERITY IN WESTERN CANADA

900 Million Dollars in New Wealth Added in 1915.

Canada as a whole has enjoyed wonderful prosperity in 1915, from the products of the farm, the orchard and the centres of industry. No country wrote a brighter page of history in agricultural and industrial development during 1915 than Canada. Nearly a billion bushels of grain produced. Taxes in Western Canada average \$24 and will not exceed \$35 per quarter section, which includes all taxes. No taxes on improvements.

When Western Canada was faced with her enormous harvest last fall the military authorities decided that soldiers in Canada could give the Empire no better service for the time being than to assist in harvesting the crops. For that reason leave of absence was given to soldiers who wished to work in the harvest fields, and their labor was an important factor in harvesting the big crops successfully.

The necessity for increasing the agricultural production is commanding even more attention in 1916, and it is now announced that soldiers in Canada may obtain leave of absence from their military duties in the spring for a certain length of time to enable them to plant the seed for the crops in every Province of the Dominion.

The fact that the Government recognizes the seeding and harvesting of Canada's crops as being of the first importance is perhaps the best evidence that conscription or any increase of taxes which would reduce the agricultural activity of Canada will never be considered by the authorities.

Owing to the number who have enlisted for overseas service it has been found necessary to secure farm labor in the United States. It is hoped that fifty thousand can be secured.—Advertisement.

A Circus Union.  
Married above him, you say?  
"Yes, He's a ringmaster. She performs on the flying trapeze."

SALIS 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 grape 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.

Most druggists can furnish a substitute for nothing just as good.

BARN COMPLETE IN EVERY WAY

Maximum Amount of Convenience Arranged For in Plan Shown Here.

WELL WORTH CAREFUL STUDY

Intending Builders Will Quickly See Points That Make Building So Desirable—Two Silos Provided, as Cheaper Than One Large One.

By WILLIAM A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building work on the farm, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 127 Prairie Avenue, Chicago, Ill., and only inclose two-cent stamp for reply.

Three different kinds of material are used in the construction of the large and well-equipped dairy barn that is shown here. The foundations are of concrete, the walls up to the floor of the haymow are of structural tile, and the upper part of the barn is framed.

Concrete is used almost universally for foundations now, no matter how the rest of the building is built. Structural tile makes a most satisfactory wall for several reasons. Walls made of this material are very quickly built and the air space in the tile forms an effective insulation against temperature changes. Because of the non-absorbent surface of vitrified tile the walls can be readily washed down and kept clean. Tile is not subject to de-

made of enameled iron or japanned iron, so that the water will not have any effect on them.

Two silos are included in the plan for this barn. In many instances the owner may decide that it would be better to build one large silo, but very often it is cheaper to build two smaller ones. The higher the silo goes the more it costs per foot to build it, and very often it is much cheaper, if carefully figured out, to build two silos that do not go very far above the ground. The feeding is generally very easy in either case.

One of the details of a barn that is very important is the type of hanger that is to be used on the sliding doors. In a large barn such as this one there are quite a few sliding doors, and the best quality of material should be used, or they will be a nuisance. The kind that is chosen should have a cover over the track so as to protect it from the action of the weather and also keep the birds out of it. It should be strong enough so that there will be no tendency to sag or break. Little things like this are often considered unimportant, but if a farmer had a door break down during very cold weather and had to nail it in position to keep his stock warm until he could fix it, he would be much more likely to consider such little things of importance afterward.

The floor plan shows all the equipment that is necessary to do all the work in the stable. For instance hydrants are placed in the stable to handle the cleaning. This is a good plan, because the stable will be warm enough so that there will be very little danger of the hydrants freezing, as they might if they were on the outside.

The study of this plan will be worth while to any man that is interested in the best modern practice in the arrangement of dairy stables for the maximum amount of convenience.

Undesirable Erzerum.

Erzerum, the ancient Armenian city which the Russians have taken from the Turks, is, from the European point

The HOME BEAUTIFUL Flowers and Shrubbery Their Care and Cultivation



Good specimen of a Healthy Dahlia.

TO GROW DAHLIAS

Plant them, if there is no danger of frost, outdoors about three feet apart each way, not in too rich ground; then when they commence to grow get a good stick, a broom-handle is good, and tie them up with either cotton cloth or raffia.

It is best to raise them with a single stem; take half the branches off, so the air and light will circulate well around the plants, as they take time to make large plants.

Place some sticks over them and attack a piece of canvas sheet or blanket to protect them from the first frost. The plants thus protected last four weeks longer, and it pays for the labor, because you get the finest flowers and lots of them. The tuber gets ripe better, too.

When the dahlias are killed by frost, cut out the tops; do not dip them too early; wait until the hard frost comes. They can stand until November 15. They also get more nourishment from the ground. When you dig them be careful not to bruise them. Let them stay in the sun to dry, then put them in their winter quarters; a cellar that is frost-proof is a good place. Cover them with sand, but if your cellar has concrete floors or is too cold, they will get mildew and die. Put some boards on the bottom.

One should sow some dahlia seed; they grow much stronger than either tubers or cuttings, and one is well repaid. The seeds sown in early spring will flower from the middle of July until frost; those that do not suit can be thrown away, and the best ones can be kept over for another season.

If the season is a dry one some of the plants in the garden will have to be watered if you want flowers from them. This is especially true of the dahlia.

Use enough water to penetrate all the soil in which their roots grow, and see that it is kept moist.

Watering today and neglecting for a week to come isn't the proper thing. Save the suds from wash-day for this purpose. The soap in the water will benefit the plants.

Be sure to supply substantial support for your dahlias. If this is not done you will be likely to find them broken some morning after a sudden wind or a hard rain-storm.

The stakes should be at least four feet tall—allow an extra foot and a half for insertion in the ground—and they should be at least an inch through and of good sound wood.

Paint them a dull green and they will not be unpleasantly obtrusive. Tie the stalks to them with broad strips of cloth instead of strings. The latter will cut into the tender branches when they are whipped by the wind.

SOME TIMELY TIPS

Do not be in too much of a hurry to make a garden. Wait until the soil is warm. Seeds simply will refuse to germinate in cold, damp weather.

Keep the house plants indoors or well sheltered until the weather is warm for keeps. A single cool night may ruin all your treasures. An uncovered rain-barrel will breed millions of mosquitoes. Do not allow any stagnant water to stand near the house. Drain off the little pools that form where the plants are watered.

MAKE THE GARDEN NEAT

Too much stress cannot be laid upon neatness in the garden. If faded flowers and fallen leaves are allowed to accumulate, the charm that should characterize it is gone, and no amount of bloom can make up for the lack of care which is thus made manifest.

WATCH THE YOUNG TREES

Young trees should be watched and the open spaces in the ground about them, which have been made by the wind weaying the trees, should be well armed down. This is important before the heavy winds of spring.

EARLY WORK IN BULB GARDEN

By JULIE ADAMS POWELL. With the first warm days the bulbous plants spring up, and many a beginner has tried in vain to push them back until warm weather.

As a rule it is best to let nature be dictator. Hardy bulbs will endure lots of cold; and if they do sometimes get helplessly nipped of flower buds by undue haste, there is more frequently damage done to the roots by trying to curb the growth.

Do not be in a hurry to remove the leaves which should have been their winter coverlet. Loosen them up gradually, taking care that the plants are not smothering. If the weather con thuses fine, work the loose leaves a little more into the soil every day, thus gradually making the change.

There's less drain upon the bulbs if the blossoms are picked as soon as they commence to wither.

Look to it that the ditches and drains are in good order. Some cut the tops from hyacinths as soon as the leaves turn yellow, remove them, and plant annuals. This is a very neat way of getting rid of the bulbs—and most effectively, as a rule. But if you wish hyacinths another year, there is a better way, unless you can afford to purchase new bulbs.

Those discolored leaves are a necessity to the plant while ripening the bulbs, and if they cannot be tolerated a permissible compromise is to transplant the bulbs to some out-of-the-way corner of the yard, where they can ripen in peace. They may then be dried and packed away for autumn planting.

It is better to replant the hardy bulbs at least once in two or three years, else they become too thickly matted. Besides the soil needs a renewal of fertilizer; and this can never be so well done as when the bed is empty.

There is often complaint that the old-fashioned white narcissus produces bluish in the bud. This is usually remedied by resetting the bulbs which have become matted together.

If you have a number of varieties of tulips and more time and patience than money to buy new varieties, there is often much pleasure in growing tulips from seed. Some of the soft shades of old-days have been in our own garden evolved from the cross-fertilization of standard forms. There is a pleasure, too, in watching the unfolding of the unknown. New varieties purchased of seedsmen are always announced and their beauties described; but these seedlings are positively new, and some of them are strikingly beautiful.

If in planting your tulips, carnine and scarlet are in painful contrast, mark the one for removal at the proper season. Some flowers show only harmony in varietal colors, but the tulip cannot be classed among these.

PLANT CATALPA TREES

By BETTY PAKE. An acre of ground will produce three to four thousand fence posts and such posts are now worth about twenty-five cents each. Fifteen years later they will probably bring twice as much, as timber is becoming scarcer every year.

Catalpa trees grow into telephone poles and fence posts in about fifteen years.

One-year-old trees are the best to plant. Be sure they are all healthy and come not too far from home. You will have to pay about twelve dollars per 1,000 for good trees.

The ground should be plowed and put in good condition, as for corn. The rows ought to be about eight feet apart and perfectly straight. Use a corn marker to get them just right.

After they get a good start cut them back nearly to the ground. Don't be afraid to cut, as they will be all the stronger for the pruning. On good soil, where trees are not too much crowded, they will grow from five to seven feet the first year.

CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Chat. H. Pottchen. In Use For Over Thirty Years CASTORIA. The Centaur Company, New York.

Watch Your Colts For Coughs, Colds and Diarrhea, and at the first symptoms of any such ailment, give small doses of this wonderful remedy, now the most used in existence. SPOHN'S DISTEMPER COMPOUND.

Frightened by a Cat. A new serum prepared from the pollen of 20 different flowers is said to be sure death to hay fever. Fifteen doses injected between the shoulders at periods from three to five days apart will remove from any anisee sufferer his favorite late summer topic of conversation.

FRECKLES Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription advised—double strength—is guaranteed to remove these bothersome spots.

FOR ATTRACTIVE TEETH Follow These Directions by John O. Butler, D. D. S. Consult your DENTIST often and use "SPEARMINTO" TOOTH PASTE at least twice a day. It is pure and safe for every member of the family.

As Explained. Biggs—I understand you said I was a miserable cur. Diggs—Not gully, old man. I merely said you were a sad dog. Biggs—Oh, that's different. Come let's have a drink.

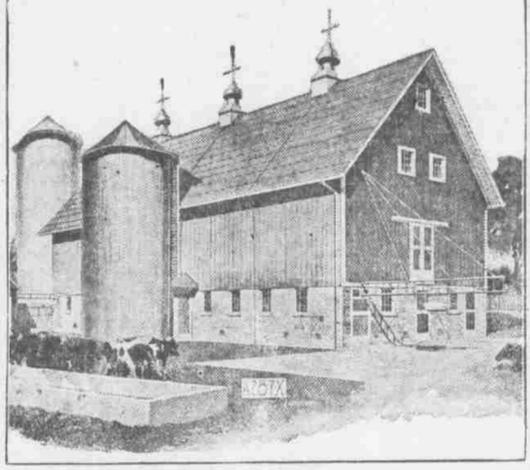
"YES, I THINK SO." Most any good soap will do, but Red Cross Ball Blue is the only blue. Makes the greatest difference. My clothes are a dream—snowy white. I can't use liquid blue. No, not me. Give me Red Cross Ball Blue and I'll show you some beautiful clothes.—Adv.

Admirable Combination. First Patriot—What this country needs is more red blood! Second Patriot—Yes, and more gray matter.

New Strength for Lame Backs and Worn-out Conditions Dear Mr. Editor: I suffered from lame back and a tired, worn-out feeling. Was unable to stand erect and scarcely able to get around. It would usually come on at first with crick in small of my back. I took Anuric Tablets and my back commenced to get better. I did not have to walk doubled over as I did before using the "Anuric." It is the best remedy I have ever taken for what it is intended to relieve.

NOTE:—When your kidneys get sluggish and clog, you suffer from backache, sick-headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. "Anuric" is the most powerful agent in dissolving uric acid, as hot water melts sugar. Ask the druggist for "Anuric," put up by Dr. Pierce, in 50-cent packages.

Wanted 50,000 Farm Hands of experience at once on the farms of Western Canada. To replace the young farmers who have enlisted for the war. Good wages and full season's work assured. There is no danger or possibility of Conscription in Canada. 160 ACRE FARMS IN WESTERN CANADA FREE.



Stable Floor Plan of Remodeled Dairy Barn. Upper Floor is Reached by Concrete Bridge Over Root Cellar at Far End of Barn.

