

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. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

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. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

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. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

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! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Adv.

A Whale Market.

Jonah complained.
"We are always advised to buy at the bottom, but there is nothing for sale," he cried.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

When a man sneers at a woman's business ability he makes a noise like sour grapes.

WHAT EVERY WOMAN KNOWS.

Every woman takes great pride in having her home well kept, in having the family wash done early in the week. Good bluing is needed even more than good soap. Be sure to use Red Cross Blue.—Adv.

Nature cannot jump from winter to summer without a spring, nor from summer to winter without a fall.

BABY'S ITCHING SKIN

Quickly Soothed and Healed by Cuticura. Trial Free.

Bathe with hot water and Cuticura Soap. If there is any irritation anoint gently with Cuticura Ointment on end of finger. Refreshing slumber for restless, fretful babies usually follows the use of these super-creamy emollients. They are a boon to tired mothers.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

It has been estimated by a Yale scientist that a particle of radium will remain active about 1,650 years.

For bruises use Hanford's Balsam. Adv.

Green chauffeurs make fat repair shops.

DRINK LOTS OF WATER TO FLUSH THE KIDNEYS

Eat Less Meat and Take Salts for Backache or Bladder Trouble—Neutralize Acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist 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 salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.—Adv.

Some husbands would do almost anything to render their wives unspeakably happy.

DAIRY THE DAIRY

MOTTLED BUTTER IN WINTER

Defect Is One of Workmanship and Can Be Overcome by Application of Proper Methods.

(From Weekly News Letter United States Department of Agriculture.)

Mottled butter is frequently found on the market at this time of the year, and, even though it may be of very good flavor, it is strongly discriminated against by the purchaser. As this defect is one of workmanship, it can be overcome by the application of proper methods on the part of the buttermaker.

Mottles are caused primarily by an uneven distribution of salt in the butter. This may be produced by insufficient working of the butter or by churning, washing and working it at a very low temperature, or by washing or working it at a temperature several degrees higher or lower than the churning temperature.

When the quantity of butter made in one churning is much less than usual, it is necessary to work it a greater number of revolutions of the churn than usual in order to produce the same results on the butter.

Extremely low temperatures of churning, washing and working should be avoided, because they produce so firm a butter that it is only with great difficulty that the salt can be worked uniformly into it. High temperatures of churning, washing and working must be avoided to prevent an abnormal loss of fat in the buttermilk and also the making of a greasy, leaky butter.

Great variations in temperature during the manufacturing process should always be avoided. Under normal conditions the temperature of the wash water should be the same as, or within two degrees of, that of the buttermilk.

When the churn room is so cold that the butter becomes chilled before working is completed, mottled butter is frequently the result. To prevent this it is preferable to increase the amount of working rather than to raise the temperature of the wash water.

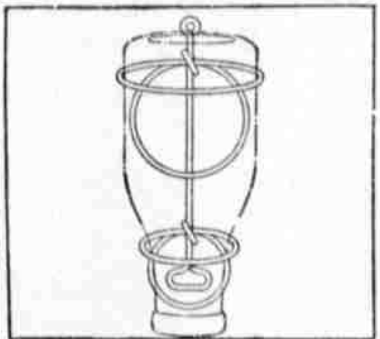
Mottled butter, then, may be prevented by using methods that will insure a uniform distribution of salt.

SUPPORT FOR A MILK BOTTLE

Recently Invented Device Holds Vessel in Such Position That It May Be Thoroughly Drained.

Describing and illustrating a bottle drainer, invented by C. H. Taylor of Newburgh, N. Y., Scientific American says:

This invention provides a cheap, strong and reliable device adapted to support a milk bottle or the like in such position that it may thoroughly



Milk Bottle Drainer.

drain with the mouth portion open or free, and whereby the bottle may be filled in position to be collected by the milkman if desired. While especially designed for use in connection with milk bottles, the device is not so limited in use.

DAIRY NOTES

Consider records more than appearance in buying a cow.

The sun dispels foul odors and makes the air sweet and wholesome.

There is more money in a good milkster than in any other man on the farm.

Be sure that the calves get all the sunshine that is coming to them this winter.

Thorough milking tends to develop a cow's udder and increase her milk capacity.

Train the youngsters to lead. No heifer should reach her first birthday unbroken to the halter.

The brush and comb are just as necessary to dairy success in winter as the milk pail and scales.

Where more than two cows are milked, the calves should not be allowed to suck after the first day.

Few schemes of farming can succeed with the cow eliminated, and the better the cow the larger the profits.

If you curry the old cow with the milking stool, don't get mad if she massages you in the ribs with her hind leg.

NO CONSCRIPTION IN CANADA

No War Tax on Land—Embargo on Shipment of Live Stock Removed.

During the prevalence of the foot-and-mouth disease in some portions of the United States, an embargo was placed upon inter-state shipments. This also had an effect upon shipments to Canada, and necessarily an embargo was placed upon them making it almost impossible for upwards of a year to ship cattle into Canada, from the United States. This was especially hard on the settler. As a result, Western Canada lost a number of settlers, they being unable to take their live stock with them. Canada is practically free from horse and cattle diseases, and the wish of the authorities is to keep it so.

Recently, though, an order has been issued by the Department of Agriculture, removing the embargo, and settlers are now free to take in the number of head of horses or cattle that are permitted by the Customs authorities and the freight regulations. This will be welcome news to those whose intention it is to move to Canada, taking with them stock that they have had in their possession for six months, and which it is the intention to use on land that they will farm in the Provinces of Manitoba, Saskatchewan or Alberta.

There are thousands of splendid homesteads of 160 acres each in any of these provinces, that may be had upon the payment of a ten-dollar entry fee and fulfilling the requisite living and cultivation duties. These lands are well adapted to the growing of all the small grains, and besides, having an abundance of grass, and sufficient shelter, they are well adapted to the raising of stock.

If one prepares to purchase land, there could be no better time than the present. Prices are low, and particulars may be had from any of the land companies, of which there are several, or from the Canadian Pacific and Canadian Northern railways, whose holdings are in the older settled districts, and whose terms are exceedingly easy to the settler. What these lands will do in the matter of production cannot be more strongly emphasized than in reading the reports of the crops throughout all parts of the Canadian West in 1916. Yields of 50, 60, and as high as 70 bushels of wheat to the acre were numerous, while reports of yields of from 30 to 45 bushels per acre were common. Oats as high as 120 bushels per acre are reported, 50 and 60 bushels per acre being ordinary. The prices realized by farmers have placed most of them on "easy street."

Lately there have appeared articles in a number of United States newspapers to the effect that there was conscription in Canada, or that such a law was likely to be put into effect. We have it from the highest authority in the Dominion that there is no truth in the statement. Sir Robert Borden at the opening of Canadian parliament on January 17th, said:

"In the first few months of the war I clearly stated that there would not be conscription in Canada. I repeat that statement today."

This statement should set at rest the conscription talk that has been so freely used to influence those who may be considering settling in Canada during the war.

It has also been said that there was a war tax on land. Hon. Dr. Roche, Minister of the Interior, over his own signature has denied this, and the premiers of the different provinces join in saying "such a report is absolutely untrue, and has no foundation whatever in fact, nor is there likely ever to be any such tax upon land in Canada."

The general prosperity of Western Canada farmers and business institutions is such that Canada is well able to take care of the extra war expenses without any direct war taxation. This has been well illustrated by the magnificent response to the Dominion Government's recent bond issue, which was more than doubly subscribed for within the first eight hours of its being offered to the public.

(The above appears as an advertisement and is paid for by the Dominion Government which authorizes its publication.)

The Philosopher.

Mrs. Kuleker—Outdoor work is healthy.
Weary Willie—Outdoor idleness is much more healthy.

For inflamed sore eyes apply Hanford's Balsam lightly to the closed lids. It should relieve in five minutes. Adv.

Belligerent.

"Hard to get along with, isn't he?"
"Oh, yes. He is as quarrelsome as a pacifist."

USE ALLEN'S FOOT-EASE

The antiseptic powder to be shaken into shoes and used in foot-baths. It relieves pain, swelling, smarting, itching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold everywhere. Trial package FREE. Address Allen B. Olmsted, Le Roy, N. Y., Adv.

A mail and express auto, traversing the wilds of Colorado has a bandit-proof cage in the rear for valuables.

The older the man, the longer he looks at a paper before signing it.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Then Why?
"Will you marry me, Ethel? My family is all one could wish for."
"Then why do you want me?"

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

All America.
Knicker—I believe in America first. Becker—And also second.—New York Sun.

Made since 1846—Hanford's Balsam. Adv.

Table Wit.
"I can't reach the sausage."
"Whistle to it," suggested the humorous boarder.

A GRATEFUL ACKNOWLEDGMENT.

Mr. F. C. Case of Welcome Lake, Pa., writes: "I suffered with Backache and Kidney Trouble. My head ached, my sleep was broken and unrefreshing. I felt heavy and sleepy after meals, was always nervous and tired, had a bitter taste in my mouth, was dizzy, had floating specks before my eyes, was always thirsty, had a dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. DODDS' KIDNEY PILLS have cured me of these complaints. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of DODDS' KIDNEY PILLS."



Mr. F. C. Case.
A dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. DODDS' KIDNEY PILLS have cured me of these complaints. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of DODDS' KIDNEY PILLS.

DODDS' KIDNEY PILLS, 50c. per box at your dealer or DODDS' MEDICINE CO., Buffalo, N. Y. DODDS' DYSPEPSIA TABLETS for Indigestion have been proved. 50c. per box.—Adv.

Longsighted.
"Has he a sense of fairness?"
"Goodness, yes! He can tell them a block away."

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.
Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never give a shock or clog.

A Sign
"Is your sister at home, Bobbie?"
"I think so; I heard her say she wasn't expecting you."—Judge.

Throw Off Colds and Prevent Grip.
When you feel a cold coming on, take LAXATIVE BROMO QUININE. It removes excess of colds and grip. Only time "BROMO QUININE" is W. O. GILBY'S signature on box. See.

The average speed of the phonograph record under the needle is 1.82 miles an hour.

I never knew a man who could chew tobacco gracefully.

INSURING GOOD CRUST

CERTAIN RULES MUST BE OBSERVED IN PIE MAKING.

No Reason in the World Why Delicious Form of Dessert Should Ever Have Been Said to Be Indigestible.

Somewhere along in the late eighties or early nineties a loud voice was heard denouncing the great American pie. Pie-making and pie-eating were among the chief industries of our forefathers, and the pronouncement was made that here was to be found the reason for the various assortment of human ills from which they suffered. They did not know they were pie-poisoned. They ate the crisp-crust, fruit-filled dainties and enjoyed them; they went on their heedless ways ignorant of the crimes they were committing, but according to biblical prophecy their sins were being visited upon their descendants and we were enduring the curse of weakened digestions because of those pie-eating ancestors.

And so the fear of pies was born in us, and it is a heroic hostess who will serve pie as the dessert of a dinner party. If we calmly analyze a pie, though it does not seem so deadly a thing; a little flour, fat, water or milk, and fruit usually, and if these ingredients are skillfully combined, we are willing to take oath as to the wholesomeness of the result.

Here are some simple rules which will insure a good crust, and if we follow them in making our pies we may be able to restore the pie to its old popularity.

The general formula for crust is one and one-half cups of flour, one-half cup of fat, one and one-half teaspoons of salt, liquid to moisten. This will make one two-crust pie or two one-crust pies. The ingredients must be kept cold. Since the only leavening agent in the crusts is air, and cold air expands on heating, it is reasonable to suppose that the colder the air the greater the expansion and the flakier the crusts. Do not handle the crusts any more than absolutely necessary. Cut the crust a little larger than the tin to allow for shrinking in baking, and be sure to leave no air bubbles between the paste and the tin.

Pastry and modified flour give the best results, and in the case of these less fat is needed. The best crusts are made with one part of lard to four parts of pastry flour. When butter is used two tablespoons more fat to the cupful of flour should be added. Butter in a crust gives it the best flavor, according to some, but lard gives the flakier crust and a good flavor.

More liquid is needed with bread flour than with pastry flour. The larger the amount of water the less fat is needed. A very good way to keep the undercrust crisp is to spread egg-white over it and sprinkle with cornstarch.

Scalloped Parsnips.

Four or five good-sized parsnips, one tablespoonful butter, one teaspoonful salt, two tablespoons milk, one teaspoonful black pepper, two tablespoons finely chopped onion, bread crumbs.

Boil the parsnips until tender, and mash smooth. Add the butter, salt, pepper, onion, and milk. Butter a baking-pan and cover the bottom with a layer of parsnips. Cover the top with bread crumbs and dot with butter. Brown in the oven and serve hot.

Cherry Mold.

Wash and soak half a pound of dried cherries. Sift three tablespoons of flour into a basin, gradually add two cups of milk, half a teaspoonful of salt, three tablespoons of sugar, one tablespoonful of melted butter, three well-beaten eggs and the cherries. Pour into a buttered mold lined with cherries, cover with buttered paper and steam for one hour and a half. Turn out and serve with sweet sauce.

To Vary the Children's Supper.

A nice supper dish for the children may be made by rubbing a cupful of raisins and prunes together—or either of them separately—and a cupful of rice through the colander, adding the yolk of an egg, a little sugar and squeeze of lemon, thinning with water and cooking a few minutes. Chopped raisins worked into any soft cheese is a nutritious filling for a sandwich.—Woman's World.

Variety Salad.

Take three cups of finely shaved cabbage, half cup of diced apples, one-quarter cup of diced celery, one cup of grated pineapple, boiled salad dressing, lettuce; mix together the cabbage, apple, celery and pineapple, moisten with salad dressing and serve in lettuce leaves; garnish with whipped cream.

When You Bake a Cake.

To prevent cake from sticking to tins when baked, grease the tins, then dust them with flour. Lightly beat out the loose flour, leaving only what sticks to the grease. This does away with the old-fashioned method of lining the pans with greased paper.

To Lay New Matting.

Cut each width six inches longer than necessary. Then ravel the ends and tie the cords together. When the matting is taken up to be cleaned it cannot ravel and there is no waste.

A Watchful Guard

The Stomach, Liver and Bowels are real factors in health matters, and it is a wise plan to watch them carefully. As soon as the appetite wanes, or the digestion becomes impaired, recourse should be had to

HOSTETTER'S Stomach Bitters

On a War Footing.
"Meyer," said the professor in the Landsturm to his next neighbor in the line, after a successful charge against the English trenches, "as a student I have rather often had to give you a pretty low mark. But as a comrade I have to grade you I-A."

The difference between stealing and embezzling depends altogether on the size of the pile that the thief gets away with.

Wichita Directory

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SAVES ALL THE LITTLE ONES
For Sale Everywhere
MADE IN WICHITA

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ASK FOR THE DANIEL SHOE MADE OF LEATHER
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WHOLESALE DEALER IN ALFALFA AND PRAIRIE HAY, BALE TIES.
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on IMPROVED FARMS in KANSAS, East of range 15, and in Oklahoma, East of range 14 West. Prompt, reliable service and low rates. Write us. Monarch Loan Co., Wichita.

Any metal—All auto parts—No weld—No charge.

Repaired without defacing or cutting tubes to half the time at half former price.

Batteries in stock for all cars. Large charging plant. Expert repairing.

BIG BULL TRACTOR \$645.00

GOODIN MOTOR CO. 210 South Market Street, Wichita.

CRACKERS

Be Sure They Are the GOLD MEDAL BRAND

Buy them in the 7 pound tin cans at 10c per pound at your grocers. Made by THE SOUTHWEST CRACKER CO WICHITA, U. S. A.



PILES

We own the greatest Formula in the world for the treatment of Piles. We treat Piles without surgery. No cutting, tying or burning. No chloroform or other anaesthetic. Come to specialists who treat nothing but diseases of the Rectum. This institution has been in Kansas 25 years and has never yet failed on a case of Piles. We will give \$100 to anyone who can show us such a case. Don't let anyone experiment on you. COME TO MEN WHO KNOW.

Write or call for information
MILLS, THOMPSON & MYERS
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SENSIBLE

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