BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated, if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

Decision Deferred.

"How are you going to like your new neighbors?"

"Can't tell. I happened to be out when their furniture was moved in."—Judge.

St. Louis has since war began shipped abroad $34,000,000 worth of army horses.

Part of the Obligation.

Patient—Doc, I owe you, by the Doctor—Yes, and that isn't all.—Minnesota Minnehaha.

Getting Bald.

Benham—I think I will get a hair cut.

Mrs. Benham—That's right, dear; I would get it cut while I could.

QUIT MEAT IF KIDNEYS BOTHER AND USE SALTS

Take a Glass of Salts Before Breakfast if Your Back is Hurting or Bladder is Irritated.

If you must have your meat every day eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull ache in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, causing you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy here; 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 acids of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful, sparkling vicent lithia-water drink.—Adv.

Money furnishes a house, but it takes love to furnish a home.

A minister says the right path is often left.

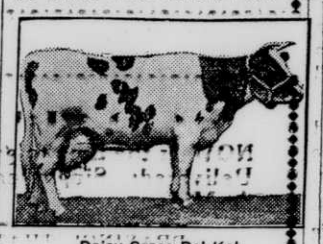
DAIRY FACTS

GUERNSEY GAINING IN FAVOR

Deep and Prolonged Milking Qualities Make This Type of Dairy Cow Valuable Acquisition.

The average Guernsey cow will weigh about 1,000 pounds, with the bulls weighing 200 to 300 pounds heavier, says the Agriculturist. The head of the Guernsey cow is long, with a slender neck. The body is large and deep, showing ample capacity for disposing of roughage. The flanks are thin. The muzzle of the Guernsey cow is usually small, curved and wavy and may show yellow at the base. One of the distinguishing characteristics of the Guernsey is the large secretion of yellow coloring matter in the skin, showing particularly where the hair is white, as around the ears and eyes and on the udder and flanks.

The Guernsey has no pronounced weak points. The addition of Guernsey blood in crossing with cows of mixed breeding will result in a higher milk flow and in a richer milk. The deep and prolonged milking qualities of the pure-bred Guernsey, together with the adaptability to the conditions of the average farm, make this type of dairy cow a formidable competitor to the breeds which have a wider and



Daisy Grace Del Kol.

greater distribution. The production of milk that tests 5 per cent., and even 5 per cent, and sometimes 6 per cent, means much when taken in connection with the fact that the Guernsey is an economical producer. High production, low cost, high test, adaptability to average farm conditions, together with no pronounced weak points—these are the factors which make the Guernsey increasingly popular.

BEST TIME FOR THE CALVES

Autumn Is Favored on Account of Slack Work Around Farm—Danger of Scouring in Calves.

Calves may be reared better and more economically when they come in the autumn rather than in the spring, and yet this style of breeding which had something of a vogue 20 years ago is still lagging. In the winter season the boys have ample time to attend to the calves and can give every attention to the amount of each kind of food required to keep them humping along.

When calves are raised essentially on skim-milk and adjuncts, the chief danger is that they may be more or less affected with indigestion. Now when the calves are on dry food such as is given to them in the winter season this trouble is reduced to a minimum. If skim milk is fed in large quantities and [illegible] meal is fed at the same time which the calves are on succulent pastures, it is almost impossible to prevent them from scouring.

In winter when on dry foods this danger is much less imminent. The calves may be carried through the winter in good form and they are vigorous animals, if properly fed, when the pastures are ready in the spring.

REMOVING ODORS FROM MILK

Federal Investigators Have Discovered Method to Remove Unpleasant Smells and Tastes.

A method has been discovered by the federal investigators for removing disagreeable odors and flavors from milk. The taste caused by cows eating wild onions or garlic can be removed by bubbling filtered and washed air through the milk for thirty to sixty minutes, according to the strength of the flavor to be removed.

It is necessary to heat the milk to a temperature of 145 degrees, as air blown through cold milk in a similar manner does not remove the disagreeable flavor. It also has a tendency to turn the fat into butter. It was found that the onion flavor is removed more quickly when milk is heated to 160 degrees, but this tends to produce a cooked taste and also reduces the cream line. In the case of cream with flavors of this kind, the same method can be used, except that it requires a slightly longer treatment. The loss in evaporation by using this method amounts to two or three per cent.

Benefits of Silage.

The silo makes it possible to [illegible] more cows and to keep them [illegible] thirty per cent. [illegible] management of the herd to an extent impossible in any other way.

ROAD BUILDING

FIXING BAD SPOTS IN ROADS

Temporary Expedients for Making Them Passable—Should Be Employed Only in Emergencies.

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

Temporary repairs to roads are, or at least should be, confined to emergency measures. In proportion to the results obtained, temporary work is always expensive and is never justified by ordinary conditions. Unusual conditions, however, often occur to plague the road man. For example, the closing of a main highway to traffic because of construction, repair or washouts may suddenly throw a heavy traffic for a short time on a little-used and probably unimproved byway. Clearly, in such a case temporary expedients are legitimate.

The most common troubles met with in a case of this kind are mudholes and ruts if the soil is heavy, and dust and loose sand if the soil is light or sandy.

On a clay or gumbo road mudholes usually cause the most trouble. As water is absolutely necessary for the existence of a mudhole, any treatment, whether temporary or permanent in character, must provide for getting rid of the water. The first step is, therefore, to dig a trench to the side and allow the water and mud to drain. If necessary, open up also the side ditches. Furthermore, remove all of the soft mud left in the mudhole. The bottom of the trench should be filled with broken stone or coarse gravel so as to provide a drain to prevent any further accumulation of water. Gravel is the best material for filling the old mudhole. If gravel is not available, use the best earth at hand, tamping it down in three or four-inch layers. If possible, spread a little gravel or sand over the new fill, which should be made slightly higher than the adjoining road surface. The best treatment of all, however, is to keep the drainage in good condition. Serious mudholes will then rarely develop.

Don't try to fill a mudhole without first draining out the water, and removing the soft mud. Don't try to fill it with large stones, because if this is done there will soon be two mudholes instead of one. Don't try to fill a mudhole with sods or similar material which absorb water readily.

On an earth or gravel road ruts are best treated with the drag. Don't be afraid of dragging too often during a rainy spell. If a thin coat of sand or gravel be spread over the road surface when it has been softened by rain and then worked in by traffic and a liberal use of the drag, a poor earth road can be much improved and made to carry a surprisingly heavy traffic for a short time.

In contrast to the clay or gumbo road, the sand road gives least trouble

Experimental Concrete Road.

during wet weather. On sandy roads anything that will prevent the free movement of the sand particles will be of value. As long as the road is damp, the surface tension of the capillary water acts as a binder and holds the separate grains of sand in place. All efforts should, therefore, be directed toward preventing the sandy places from drying out, or by adding some binder. The addition of clay furnishes a positive binder and is really the best and most permanent treatment. The addition of any fibrous material such as straw, spent tan bark, slice brush or pine needles is of value, when spread on the road and covered with a thin coat of sand or allowed to work into the surface, will make an almost impassable sand road fairly good for a time. But the best way to make a bad place, whether on a clay road or sand road, is to treat it before it gets bad. Immediate attention to minor injuries will prevent later prolonged neglection and extensive repairs to serious damages.

Reasonable Proposition.

A good road between every farm and market is a reasonable and worthwhile proposition.

Crushed Oats for Horses.

There is no doubt that crushing the oats fed to all horses is far the most economical way of feeding them. Any thrifty farmer can well afford to own his own cracker.

Prevent Chuck Holes.

Chuck holes in the road multiply if neglected. Each chuck makes another. Road patrol prevents the first one.

Servants, Not Masters.

Our country roads should be our servants, not our masters.

WONDERFUL PROGRESS IN CANADA

It Is Over the Hill—Splendid Bank Clearings, and the Crop Returns Reveal Vast Possibilities for the Future.

"There are opportunities for investment in Canada now that may prove attractive to American capital. Land prices in the west are low, and wages less than on this side of the line, and whatever the outcome of the war, the future of the Dominion is assured as one of prosperity in the development of its vast resources." *Chicago Tribune.*

A short time ago the Canadian government asked for private subscriptions to a loan of fifty million dollars. Less than a month was given for completion of the subscription. On November 30th, the day upon which subscriptions were to cease, it was found that 110 million of dollars had been subscribed or 60 million dollars more than the amount asked. If there were any so pessimistic as to imagine that Canada was passing through a period of hard times the wonderful showing of this subscription should put aside all doubts of Canada's rapidly increasing prosperity.

The bank clearings of Winnipeg for 1915 were a billion and a half of dollars. Think of it. Then, in addition, there were the bank clearings of the other cities throughout Western Canada. Regina, Saskatoon and Moose Jaw also show big increase in clearings. The Winnipeg statistics show that the city has done the biggest financial, commercial and industrial business in its history in 1915. A billion and a half are big clearings, representing business on a per capita basis of over $7,000 per head for every man, woman and child in the city, and has gone ahead of big manufacturing cities like Buffalo, and runs a close second to Detroit. It has shown bigger bank clearings than the middle west cities of Minneapolis and Duluth, and has exceeded Los Angeles, Seattle and other noted shipping centers. It is now side by side with the ten biggest cities in North America in amount of bank clearings. But because the war helped Canada recover quickly from a natural economic depression, it does not follow that, at the end of the war, the country must suffer a relapse, and straightway return to a state of inactivity and hard times.

A Winnipeg paper, with a well-known reputation for conservatism in economic matters says:

Canada's undeveloped fields should prove a mighty factor after the war in adjusting the country's business from one period to another. The staggering figures of this year's crop, showing increases in production of 50 per cent over last year, give a slight idea of the future wealth stored in vast stretches of prairie plain yet untouched by the plow. The Northwest Grain-Dealers' Association, on September 1 estimated that the wheat crop of the three Prairie Provinces would amount to 250,809,000 bushels. On November 10 that estimate was increased to 307,230,000 bushels. The Dominion government on September 13 estimated the Western wheat crop at 275,772,200 bushels, but on October 15 those figures were changed to 304,200,000 bushels.

Monetary Returns for the Western Crop.

And the amount of money which the west is receiving for its grain has not yet been wholly appreciated. Up to the 10th of December the Canadian west had received some 170 million dollars for 182 million bushels of its grain crop, of which 149 million bushels was wheat. The average price of No. 1 Northern wheat for September was 93⅞ cents; for October 98½ cents, and for the first three weeks of November $1.03¾. On the 10th of December there was fully 120 million bushels of wheat to be marketed. This would leave about 30 million bushels for local consumption in the Prairie Provinces.

Bradstreet says:

"Confidence seems to have returned in Canada; grain crops are exceptionally large, prices pay the farmer, and the war-order lines provide work and aid in circulating much money. Credit is more freely granted, and interior merchants are disposed to buy rather liberally."—Advertisement.

Old Sailing Vessel.

Discharging a cargo at West Hartlepool recently was the Danish sailing vessel De Tvende Brodre, which is the oldest ship trading in the North sea. It was built at Merstal and is one hundred and twenty-nine years old. Owing to the demand for ships of all kinds, it is doing a brisk trade.—London Chronicle.

Costly Building.

The ground on which Caesar built his forum, five acres, cost $4,150,000, being at the rate per acre of $830,000. The yearly rent of each acre was $3,330.

Heard at the Club.

"How did you get money to bridge you over?"

"Playing bridge whist."

In Montana

Important Doings of Past Few Days Throughout the State. Edited and Arranged for Our Readers.

EDUCATORS POSTPONE MEET

County Superintendents of Education Unable to Hold State Convention Because of Heavy Snow.

Dillon.—The state meeting of county superintendents, which was to have convened here for a three-day session, has been called off on account of railroad blockades, which would make it impossible for some of the superintendents to reach here at present. It has been postponed indefinitely and may be dropped altogether unless conditions are greatly altered in the next few weeks. Miss French, Beaverhead county superintendent, expressed herself greatly disappointed that the convention could not be held.

An elaborate program had been planned by those in charge and plans for the entertainment of the visiting superintendents had just been completed.

Addresses by educators from the normal college and from various other institutions, together with a study of methods employed in the training school and normal college, were to have been strong features of the meeting.

RULING ON DESERT ENTRIES

Commissioner Says Entry May Be Contested any Time Prior to Issuance of Patent.

Anaconda.—According to a ruling by the commissioner of the general land office, Clay Tallman, the entry of land under the desert act of March 3, 1891, may be contested at any time prior to the issuance of a patent, even though the entryman or enrywomen may have accepted relief under the act of congress of March 4, 1915, and declared his or her intention to take the land under the homestead laws or to purchase it. The ruling by Commissioner Tallman is [illegible] and important and was received here through the courtesy of United States Senator Walsh.

Woman Homesteader Reported Frozen.

Miles City.—On account of rumors reaching the city that a few settlers—homesteaders—especially women are freezing to death on the north side of the river, in their isolated shacks, and the impossibility of freight being hauled for the past two or three weeks and the general lack of supples in the country, the chamber of commerce authorized a committee to investigate.

A letter from a young woman homesteader received by her brother in this city states that a woman has been found frozen to death in a shack by a rescue party. Beside her was a baby, which she had carefully wrapped up, and its life was thereby preserved.

This is the first time in the history of this section that the climatic conditions have been such that relief steps of this character were necessary.

Act Administered with Economy.

Helena.—The economy with which the compensation act is administered in Montana is shown in a statement made in a letter by the board addressed to Gov. S. V. Stewart that it will be able to turn back at least one-fifth of the $50,000 appropriation made by the legislature for its maintenance during the first two years.

Compared with the administration of the compensation act in 31 other states in no instance does a similar period covering similar work amount to less than double the amount expended in Montana, and in some instances, where the figures are with that in Montana, the figures have exceeded 10 times the amount expended in this state for the same period and the same work.

Ask Segregation of Negroes.

Miles City.—Two hundred eighty-two men and 45 women have signed a petition which was presented to the school board of district No. 1, which asked for the segregation of the colored children attending school in Miles City. After some discussion the board decided to forward the petition to the state superintendent for consideration.

Great Falls Votes Water Plant Bonds.

Great Falls.—Local taxpayers voted on a proposition to issue bonds for the installation of a filteration and water softening plant to improve the city water supply, which is taken from the Missouri river. After a warm campaign with the city administration opposing the bonds, they carried by a vote of 724 to 532.

Whitefish Fry for Montana Streams.

Butte.—Whitefish fry will be planted in the larger and warmer rivers and streams of Montana by the state game and fish commission in solving the problem which has vexed the members of the commission for years. The state fish car returned here after making a trip from the state hatchery on the Swan river near Flathead lake and from Anaconda to Miles City, where 500,000 fry were planted in the Yellowstone by D. H. Morgan, deputy state game warden at large.

Stock Brand Not Affected.

Archie—Yes, he sprang from the people.

Archibald—Well, he didn't spring far.

Cause and Effect.

"What lantern jaws Jones has!"

"I suppose that is why his face lights up so when he talks."

Natural.

Noah (just before the storm)—All the animals on board.

Shem—All but the leopards, but I'll soon spot them.

Extreme Pacifism.

"Soldiers in Europe are fighting with gas bombs and liquid fire."

"What are we coming to?"

"I don't know, but there are places in the world a man may hide himself. I know I'm not coming to that."

Inculcating Morals.

Mr. Johnson—I [illegible] young varmint to lie! He said a fish got away from him in the millpond today dat was as big as de fish dat got away from me down dar last week.

Mr. Jackson—Wal, p'raps dat's de trufe!

Mr. Johnson—Nonsense! Dar ain't no sech size fish as dat in dat millpond, an' dar nevah wuz!