

## 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.

## SYMPTOMS PLAIN TO HIM

Elderly Medical Man Had His Own Idea of Diagnosing Case in Which He Was Interested.

"What is your diagnosis?" asked the older physician of his young confrere, who is earnest but inexperienced, and who has been called in consultation.

"Well," says the younger medico, "there doesn't seem to be much the matter. The patient has a slight fever and some light tightness of the chest. I should say there was nothing more than a cold bothering him."

"My boy," said the older man, kindly, "you have gone about it wrong. Note these symptoms: A white marble stairway in the entrance hall, gold furniture in the parlor, cut glass and silver galore in the dining room, two automobiles in the side yard, a solid mahogany—"

"But what has that got to do with the sickness of Mr. Gumpurse?"

"It has lots to do with it. The man has congestion of the bank account, and the proper move for us to make is to relieve that as much as possible."

## Exaggerated Peace.

"Of course, you are in favor of peace."

"Certainly. But I don't want to be equipped with nothing but arguments in case I meet the kind of man whose one idea of peace is to have all his enemies stowed away in a graveyard."

## Naturally.

She—He looks prosperous, and yet you say he lives from hand to mouth. He—Yes; he's a dentist.

## PRESSED HARD

Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others. "My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick stomach."

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum."

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely."

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty."

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum.—sold by Grocers.

## MEXICAN PROBLEM ENGAGES CONGRESS

ISSUES ARISING FROM EUROPEAN WAR HAVE BEEN COMPLETELY OVERSHADOWED.

## FIGHT OVER AMBASSADOR

Senator Gore of Oklahoma Considering Submitting Resolution to Direct Use of American Armed Forces as Aids to Carranza Forces.

Washington.—The problem of securing protection for American life and property in Mexico, revived by the Santa Ysabel murders, is expected to be a dominant subject in the proceedings of Congress. Issues arising from the European war have been completely overshadowed by it and other important legislative measures under consideration are not drawing ordinary attention.

There is sure to be more of the fervid discussion of the Mexican problem that enlivened sessions of the past week. Members unanimously insist the Santa Ysabel bandits be punished, but the majority opposes intervention.

Mexico will be the basis of formal consideration by the Senate Foreign Relations Committee, when the nomination of Henry Fletcher as ambassador to General Carranza's government will be taken up. Opposition senators will oppose confirmation vigorously and it generally is admitted nothing can be done toward confirmation until the Republicans have been appeased by an answer from President Wilson to Senator Fall's resolution asking for reasons which led to recognition of Carranza.

Senator Gore of Oklahoma, Democrat, is considering submitting a resolution to direct the use of American armed forces as aids to the Carranza forces in protecting American citizens in a neutral zone in Mexico.

## Court for Women Only.

Los Angeles, Cal.—An auxiliary police court for women offenders was given a trial here, with only women permitted as spectators, and male witnesses excluded from the court except while on the stand. The idea was sponsored by club women and social workers of the city, who will endeavor in each case to ascertain the adaptability of the offenders for particular kinds of work and then try to obtain employment for such women as escape punishment and need assistance.

## Italy Expels Americans.

Washington.—Recent expulsion from Italy of three persons claiming American citizenship has been called to the attention of the State Department with appeals from two of them for representations seeking cancellation of the expulsion decrees. Pending investigation, the department will take no action.

## Schmidt Gets Reprieve.

Ossining, N. Y.—A 30 days' reprieve for Hans Schmidt, who was to have been executed at Sing Sing prison for the murder of Anna Amulder in New York in 1913, was received at the prison. The stay was granted by Governor Whitman to permit an appeal to the United States Supreme Court.

## Boulder Wrecks Train.

Sedalia, Mo.—Train No. 8, north bound, known as the Texas Special, of the Missouri, Kansas and Texas railroad, ran into a boulder near Rockport, Boone county, and two fore trucks of the engine were torn off and the passengers were shaken up, but no one was seriously injured.

## Blue Sky Was the Limit.

New York.—Henry Gallant, a pawnbroker of St. Louis, upon whose complaint Frank T. Thompson was recently arrested charged with swindling Gallant out of \$60,000 at faro, was directed by the court to provide a bond of \$30,000 to insure his appearance when Thompson is put on trial.

## Oklahoma May Gamble.

Oklahoma City.—The stringent anti-gambling law enacted by the 1913 Legislature was rendered inoperative by the Oklahoma Supreme Court.

## To Appeal to Carranza.

Washington.—Reports that 15 Americans were killed by Villa bandits will, if confirmed, result in urgent representations by the United States to Carranza to increase his efforts to capture Villa or destroy his forces.

## Four Killed at Crossing.

Springfield, Ohio.—Four persons were killed and 11 others injured when a Big Four switch engine struck a street car at a grade crossing here.

## Fought Four Officers.

Faxon, Okla.—Charged with operating illicit stills and suffering from serious wounds in his leg, Walter Barnes was placed in jail here after a fight with four officers, during which about 30 shots were exchanged.

## AMERICAN AIRMEN WHO AID FRANCE



Left to right: Sergt. Elliott Cowdin, Sergt. Norman Prince of Boston and Lieut. William Thaw, three American birdmen who, for daring deeds on the battlefields of France, have been decorated for bravery, and came back to the United States to spend Christmas with their folks at home. Each has received the military medal and the war medal, the latter being the French equivalent of the Iron Cross of Germany. Already they have returned to their duty at the front.

## FIFTH EXPLOSION AT DU PONT PLANT

SMALL WHEEL MILL BLEW UP IN HAGLEY YARDS ON OUTSKIRTS OF CITY.

Wilmington, Del.—The fifth explosion in two days at the Du Pont powder plant in this vicinity occurred in the Hagley yards on the outskirts of this city. A small wheel mill blew up, and beyond destroying the building and about a ton of powder no damage was done. No one was in the mill.

The fourth explosion occurred at the smokeless powder plant at Carney's Point, N. J., across the Delaware River from Wilmington. Thirteen tons of powder went off without injuring any one.

There was a blast at Carney's Point which killed three men, and an explosion at the Hagley yards and another one at Carney's Point.

"The large number of explosions at this time," said a representative of the company, "is undoubtedly due to the fact that the company's force is 100 times as great as when the European war broke out, and there is so much more work to be done. It is also a fact that nearly all of the orders are hurried, and it is also true that some of the operatives have not been at the business long enough to acquire the experience of many of the older men."

## Another Strike Riot.

Niagara Falls, N. Y.—Rioting followed a strike here of 1,000 employees of the American Aluminum Company. The strikers stormed the plant in an effort to bring out the men whose shifts ended during the day and attacked the police on guard with stones. The police fired in the air and then attacked the crowd with night sticks. Several policemen were slightly injured and four strikers were taken to the hospital with battered heads.

## Women in Opposition.

Washington.—A plan for holding mass meetings of women all over the country on Washington's birthday to protest against "unnecessary war preparations" by the United States was launched at the closing session of the annual convention of the Woman's Peace Party. The task of arranging for the meetings was entrusted to a central committee which will have the assistance of the 155 sectional branches of the party.

## Oklahoma on Trial Trip.

Philadelphia.—The superdreadnought Oklahoma, the largest warship ever built on the shores of the Delaware with the exception of the Argentine battleship Moreno, steamed for her official trial trips. The Oklahoma will stop at the New York navy yard to go in dry docks to be cleaned and painted.

## Stop No American Ships.

Washington.—The State Department was advised by Ambassador Sharp at Paris that the French government had ordered the captain the cruiser Descautes to act with great care and circumspection and not to stop any more American vessels.

## Make Air Raid on Sofia.

London.—A dispatch to the Exchange Telegraph from Saloniki says that a flotilla of French aeroplanes dropped bombs on Sofia, causing considerable damage and an indescribable panic among the inhabitants.

## Cotton Compress Plant Burned.

Tupelo, Miss.—The plant of the Citizens Compress Company and 800 bales of cotton stored in the building were destroyed by fire. The loss was estimated at \$75,000.

## MEXICAN OUTLAWS MURDER AMERICANS

SEVENTEEN AMERICANS TAKEN FROM TRAIN, STRIPPED AND EXECUTED.

El Paso, Tex.—Seventeen persons, all thought to be Americans returning from Chihuahua City to reopen mines at Cusiuhiriac, Chihuahua, were taken from a Mexican Northwestern train by bandits, stripped and lined up along the track for execution, according to a message received here from Thomas M. Holmes, one of the 17 who escaped.

Whether the remaining 16 Americans were executed is not known definitely here, but it is feared they were killed.

It is supposed the bandits belonged to the forces of Gen. Jose Rodriguez, a Villa supporter, known to be operating in Chihuahua against the de facto government of Mexico.

Almost immediately after the first news was received a censorship was imposed on the wires between Juarez and Chihuahua City by the Carranza officials. This action was taken, it was said, "until the story could be verified from official Mexican sources."

According to the brief message received here, the train bearing the Americans was stopped by the bandits about 50 miles west of Chihuahua City. The mining men were taken from the train, robbed, stripped naked and lined up along the cars for execution. Holmes was said to have been on the extreme end of the line, and as the firing squad took position, it is reported, he broke away and fled into the desert. With feet and body cut and bleeding from stones and sharp cactus, he ran until he no longer heard the whistle of bullets pass him.

He succeeded in reaching friendly Mexicans, it is reported, and was aided back to Chihuahua City.

The first news of the bandit raid was received here through a cryptic telegram from Holmes to officials of the smelting company, asking them to notify his wife that he had reached Chihuahua City and was safe. Whether he was prevented from sending further information or supposed news of the occurrence already had reached El Paso is not known.

His message aroused anxiety concerning the fate of the other men known to have left Chihuahua City for Cusiuhiriac and before the censorship was imposed they succeeded in getting into communication with mining men in Chihuahua City, who furnished the brief details of the attack.

## Paris Must Be Amused.

Paris.—The gross receipts of the Paris theaters and public amusement resorts for 1914 were 41,606,000 francs, as compared with receipts of 68,452,000 francs in 1913. The receipts for 1914 are virtually the same as those for 1915.

## Spy Sentenced in Paris.

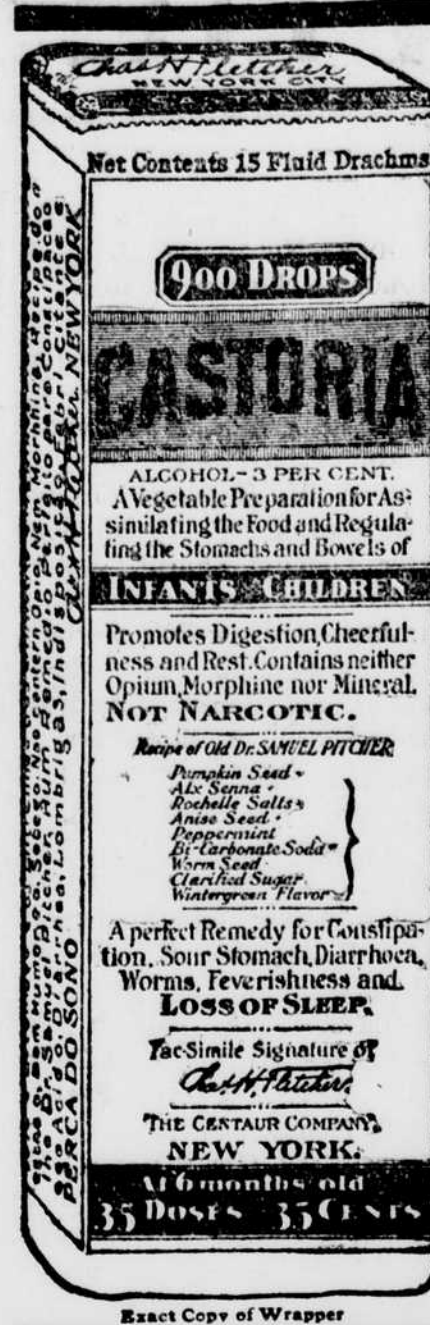
Paris.—A court-martial has sentenced to death Maria Dei Pasi, 25 years old, a naturalized Argentinean, who was accused of sending military information from Marseilles and Paris to German agents.

## Bulgars Lack Supplies.

Paris.—The Bulgarian army is in a lamentable condition from lack of supplies, according to information given by deserters from Givgel, says a Havas dispatch from Saloniki. The commissary service is totally inadequate.

## Blue Is Reappointed.

Washington.—President Wilson re-nominated Surgeon General Blue of the Public Health Service for another term of four years.



## CASTORIA

For Infants and Children.

Mothers Know That  
Genuine Castoria

Always  
Bears the  
Signature

of  
*Chas. H. Fletcher*  
In  
Use  
For Over  
Thirty Years  
CASTORIA

Some men can make a dollar go a long way, but not as far as a reserved seat in heaven.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your eyes young and you will look young. After the Movie Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Send Eye Book on request.

## The Proof.

"Do you believe dogs can reason?" "I have known a bulldog in a dispute to be able to hold his own."

## To Fortify the System

Against Winter Cold  
Many users of GROVE'S TASTELESS CHILL TONIC make it a practice to take a number of bottles in the fall to strengthen and fortify the system against the cold weather during the winter. Everyone knows the tonic effect of Quinine and Iron which this preparation contains in a tasteless and acceptable form. It purifies and enriches the blood and builds up the whole system. 50c.

## Advice.

"My capital is brains."  
"You'd better compromise with your creditors."

## Tutt's Pills

enable the dyspeptic to eat whatever he wishes. They cause the food to assimilate and nourish the body, give appetite, and DEVELOP FLESH.

Dr. Tutt Manufacturing Co. New York.

## TRY THE OLD RELIABLE

WINTERSMITH'S  
CHILL TONIC

For MALARIA CHILLS & FEVER  
A FINE GENERAL STRENGTHENING TONIC

are caused by a system disorder; the outbreaking is merely Nature's danger signal of the internal conditions

which exist. To cure the protruding, itching or bleeding, the INTERNAL CAUSE must be overcome. Dr. Leonard's treatment has cured when operations failed. SEND NO MONEY. Try this treatment at our expense. DR. LEONARD, HARDT CO., 145 Forest Avenue, Buffalo, N. Y.

W. N. U., LITTLE ROCK, NO. 4-1916.

## Bolivar Women Endorse "Outside" Treatment For Children's Colds

Instead of Dosing Delicate Little Stomachs They Recommend the External Treatment—Vap-O-Rub.

Mrs. M. J. Porter, and Mrs. J. Jacques, of Bolivar, Mo., and Mrs. M. E. Ferrel, on Rural Route No. 2, like all intelligent mothers, believe internal medicines are bad for children, and yet cold troubles must have some kind of treatment. When Vick's Vap-O-Rub was introduced here from the South last season these ladies found it filled the need exactly. Vap-O-Rub is a salve, which, when applied to the warmth of the body, is vaporized by each breath, carry the medication through the air passages to the lungs, and, in addition, Vick's is absorbed through the skin, relieving the tightness and soreness. This two fold action makes Vap-O-Rub useful for a wide variety of inflammations—from inflammations of the air passages and lungs, such as head colds, catarrh, asthmatic troubles, bronchitis and deep chest colds—down to inflammations of the skin and tissues, such as

burns, bruises, stings, piles and muscular soreness.

Mrs. Porter says—"Vap-O-Rub is very fine for sore throat, rheumatism, etc. I take pleasure in recommending it."

Mrs. Jacques says—"I have used several bottles of Vick's Vap-O-Rub, and have found it better than internal medicines."

Mrs. Ferrel writes—"We have given Vap-O-Rub a fair trial and find it excellent for croup, colds, sore throat, etc. It is certainly fine for children. We have also found it very good in cases of sunburn, fever sores and muscular rheumatism." Three sizes, 25c, 50c or \$1.00.

NOTICE:—Last winter, in order to acquaint their customers with Vap-O-Rub, a number of druggists throughout the state presented complimentary jars to a few of their customers, on condition that they give this preparation a thorough trial and report the results. By kind permission these reports are now being used in this series of advertisements.

The Genuine has  
**VAPORUB**  
this Trade Mark

## Mothers!

Your cares in comforting the aches and pains of the family from youth to old age, are lessened when you use this old and trust-worthy remedy—

# Sloan's Liniment

Bruises—Rheumatism—Neuralgia

Mothers: "Keep a bottle in your home"

Price 25c., 50c. and \$1.00