By VERDA ROSSITER

He was ragged, hungry, in sore need of a place to sleep, yet Weary Jim took it all philosophically. He had ecome inured to the law of averages as to the liberal-heartedness of the casual passing crowd. The benevolent-faced old men were the favorite subjects of his mendicancy, but it was late afternoon and that class of leisure had long since gone homeward

"I'll wait till dark and tackle the theater crowds," decided Jim, and picking up a flying scrap of newspaper, selected some steps leading to an unused basement and idly ran his eyes over the columns of the torn and creased stray fragment.

"Hello!" exclaimed Jim suddenly, and his eyes goggled and his hand place. shook, and he read again the brief but thrilling advertisement:

"Reward: A liberal reward will be paid for information that will lead to the discovery of James Newton, some times known as 'Weary Jim,' and formerly of the Little Jim Fisk restau rant. Apply to Adam Sharp, Attorney, 12 Court building, or residence, 1194 Berry avenue."

"That's me!" gurgled in the throat of Weary Jim. "Wanted-Reward! And once I did work at that restau rant and disgraced myself with the crowd for it, and drifted into the free-and-easy corps again. Lemme see-are there any black marks against me that I'd be wanted for No. it's not that. I never touched a cent that wasn't my own-and never



To Do as I Like With?"

will. I'll look up this advertisement

right away." One hour later Weary Jim sat in a maze. He had called at the house in Berry avenue, to be rebuffed by the said, and he went wearily to a shelservant, to be bowed and scraped to, tered corner of the garden and lay hugged by Lawyer Adam down and slept-and died. The latter ushered Jim into hia elegantly appointed library as though he were some prince. He unfolded an astonishing story.

A distant relative, a half uncle, whom Jim, the last of the family line. had lone forgotten, had left to Jim his entire fortune, viz.: \$30,000 in cash, a sumptuous residence, free and clear of all incumbrance.

"You mean-you mean," gasped Jim, "that all-that-is-mine!"

"Unqualifiedly," assented the suave

"To do as I like with?"

"Without bar or hindrance,"

"Now-right now, an advance, a slight advance," pressed Jim anxlously,

Well, the banks are closed," ex plained Sharp, "and you will have to go into court as a formality, but in the meantime, if you will appoint me your permanent legal representative in the matter of the estate, I will advance you whatever you want."

"Then gimme a dollar," said Jim

"A dollar! My friend, you need a great deal more than that just to, ah! chem! rehabilitate yourself, I will give you \$100," and he produced the crisp inviting bank notes that made Jim's mouth water. "I would suggest a bath, a becoming suit of clothes, suite at a good hotel and I will meet you at my office at ten o'clock tomorrow morning, go into court and place the estate cash of thirty thousand dollars to your account at the bank. Ah, my dear," he interrupted himself as an angular, vixen-faced lady entered the room, "let me have the pleasure of introducing Mr. New ton-my daughter. Hyacinth."

"Oh, dear," piped the spinster tan guidly, "have you found the gentleman at last? How sweet! how romantie!" and she almost caressed this expocted-victim!

Weary Jim left the house like one in a dream. Ope thing his more con spicuous senses aimed for and land This was at a restaurant. The meal Jim ate astounded the waiter. Its volume so surprised the proprietor that he approached before it was fir ished and intimated the gross amount involved. Unctuous and full-mouthed. Jim pulled out a five-dollar bill.

"Give the change to the waiter," he directed grandiloquently.

One week later, Weary Jim came out of the mansion he had inherited, by way of the rear door and with a scared look on his face. He almost ran until he reached a point some

Whew!" he panted, "I'm out of that for good-I've escaped!" nat Jim had "escaped" from was ary. For him wealth had brought

Rather than stand up for their prin-A bath had made him tenciples some men will sit down on a and meat or an egg once a day, he gots the insertion of ice. and the fannels irritated him. sushion and let their money talk.

## Rich food gave him the toothache, FOODS FOR CHILDREN

hayloft and the cheap lodging house, lying in his luxurious feather bed. EXPERTS GIVE ADVICE ON QUES-But the crowning terror of his TIONS OF IMPORTANCE.

with consequent loss of appetite. He

missed the dozy atmosphere of the

ife had become Hyacinth-Hyacinth

camped

he'll escape Hyacinth."

sion on the face of Joe.

of a quaint, rustic cottage.

was evidently a workman.

his family very poor.

had never forgotten it.

enefactor's daughter.

ly astounded,

with

simply:

"Weary Jim-Tramp, at

What Becomes of Lead?

Lead was unquestionably known to

The world's accumulated stocks of

5,000 years seem powerless to help us.

D. M. Liddell writes in Engineering

into the ground in a form too dissemi-

nated ever to be regained; when every

hunter fires away a portion of the

world's stock; when almost every cof-

rode in the ground, and when every

to add new methods of waste.

The Modern Way.

"What is your diagnosis, doctor?"

and there is evidence of bronchitis."

"Well, I advise that you go to Dr.

should see a good lung expert at

"But isn't there anything the mat-

"Yes, you have a \$10 bill in your

This is the kind of stuff you hear

you can just go right home, and don't

"Let me come back, please. I'll be

you ever, ever speak to me again!

The Dear Things

"Why, George, how dare you?

George goes as far as the steps.

isn't any reason for coming back."
"Oh, you little angel!"

"George, dear, I can't breathe."-

ter with me that you can cure?"

wallet; I'll relieve you of that."

n the front porch:

ood; honest, I will."

"But can you fix me up?"

once.

was neatly but plainly dressed.

plained Jim, and his face fell as he

"Such good men do," said Jim sor-

him through a two weeks' sickness-

wife from the pained, furtive expres-

and gloried in his rags and freedom.

"Sold into stavery!" chuckled Jim,

Sharp, the attorney's daughter. Like a were-wolf she pursued him. She Directions for the Bodily Needs of was bound to marry him-or rather the Small Members of the Househis money. At the thought of this hold-Pure Milk the One Great tremendous responsibility Jim had resolved to sacrifice all. He thought Thing to Be Desired.

of the happy-go-lucky life of old, and then of her, and shuddered and-de- (Prepared by the United States Depart-Simple bills of fare, helpful recipes Jim had his plan. Long and dillently he searched for an old partner and practical directions for the prep of the road-Crippled Joe. He found stration of foods for children between his friend in a poor lodging house. He three and six years of age are conwith a proffer of home, fortune, friends. He took Joe to a lawyer and United States Department of Agricultransferred to him legally all of his ture.

uncle's bequest except \$10,000 in cash. The author has carefully avoided "Poor fellow! I've put it over on the use of all technical dietary terms murmured Jim, "but maybe or systems of grouping and has so classified foods that any mother can Then Weary Jim plunged back into meet the following definition of a the old life. For a time, although the satisfactory diet for a little child:

"A little child three to six years of frowsiest of them all, he ran a free hotel for his compatriots, and expended age, who is carefully fed in accord-\$5,000 in that philanthropic venture, ance with his bodily needs (as these The result was a riotous household, are now understood) receives every increased indolence on the part of his day at least one food from each of the following groups:

patrons, and the police closed the 1. Milk and dishes made chiefly of milk (most important of the group as One day Jim saw Cripple Joe and the peerless Hyacinth flash by in an regards children's diet); meat, fish,

auto. He knew they were man and poultry, eggs, and meat substitutes. 2. Bread and other cereal foods.

3. Butter and other wholesome fats 4. Vegetables and fuits. 5. Simple sweets."

The relation of food to the condition The remaining \$5,000 was a burden of the bowels is also an important to Jim. Its possession hurt his price as a down-and-outer. One day he took matter. Grains, particularly those con a long tramp. It was to a place he taining the outer or branny layers or had never forgotten, and the end of coats, are laxative; so, too, are such his pilgrimage landed him at the door mildly acid fruits as apples, oranges and grapefruit. So far, therefore, as the important matter of preventing The place looked poor, and the lovely young girl who came to the door constipation is concerned, coarse grains and mildly acid fruits serve the same purpose. When fruits are young man, her lover, just leaving her to be obtained in abundance, the kind of cereal served is not of great im-"I wanter to see Doctor Adams," ex-

coarser cereals should be used. was informed that the physician had The basis of a child's diet should en dead for several years, leaving be clean, whole milk-at least a quart a day. Such milk, in addition to water contains about half a cupful of the rowfully, and then he told how, 15 very best food substances-butterfat. years before, the doctor had nursed milk, sugar, lime and other materials needed by the child to make muscle, he, a poor, homeless waif-and Jim bones, and teeth. In addition, milk contains a substance thought to pro-He told a great lie as he placed his mote growth by helping the body make \$5,000 into the hands of the young good use of other foods. Where good lady. He had made a fortune in a whole milk is not obtainable, clean, mine and wore poor clothes so he fresh skim milk supplies these sub would not be robbed. And then he stances with the exception of the butflitter away, leaving Rose Adams fairterfat, and is, of course, preferable to or questionable whole milk. dirty The time came when Weary Jim felt Milk, however, contains very little he was "all in." "His uselessness was iron and therefore spinach and other over," as he comically put it. He was green vegetables and egg yolks, which up one day, down another. Somehow, are rich in iron, combine well with an indefinable longing sent him tramp-

ing it to the cottage home of his dead The child should drink the milk with the chill taken off, or should consume It was dusk when he approached the open window. Within the room vere husband and wife and a sweet little girl in her night robe. She was saying her prayers, and they ended be made with vegetables or fish, or "And, dear God, bless Mr. Newton. who brought mamma and papa the to vary the diet these can be combined with cream sauce and served on milk toast. The bulletin therefore gives a At the sweet cherub in pure white the old tramp gazed, then at his own large number of recipes for the preparation of various milk dishes which "I won't spoil the pretty picture," he will help children consume the refor milk soups will be found particuiarly useful, as they give the mother Thus they found him, and tenderly cared for the poor shell of a great an easy means of preparing many veg. pinch of sait and stir into the water And in the quiet vilinge graveetables which are essentials in the

yard there is a tombstone reading child's diet. Well-baked bread and thoroughlycooked breakfast cereals are both all with cocoa mixture, cover with good for children, and with milk whipped cream and sprinkle with should make up a large part of the chopped nuts. diet. Bread and cereal mushes are the Egyptians, the Romans apparent to a certain extent, interchangeable ly understood its desilverization, yet but neither can take the place of milk, we are apparently already entering on meat, eggs, fruits and vegetables. An an era of permanently higher prices ordinary slice of bread is equal in food value to about half a cupful of boiled or steamed cereal and about a cupful of flaked or puffed cereal. Different Magazine. How can they, when every kinds of bread may be used for va-

rain washes lead paint from the houses riety. venst-raised bread given to young children should be at least a Succotash is also made from lima day old, or should be toasted or twice beans with corn added. Some prefer baked. Hot breads are likely to be it that way. fin carries a lead lining; while lead swallowed in large pieces, and are pipes or lead joints in iron pipe cor. therefore not desirable. Hot breads which are almost all crust, like thin plumber's apprentice throws away lead tea biscuits or crisp rolls, are best of dross, and tea is packed in lead foil? the hot varieties.

In the meanwhile the increasing use of Under the heading "Meat, Fish, Poul lead in storage batteries adds another try, Eggs and Meat Substitutes," the possibility of loss. The sludge from author states: "In some families chilthese batteries will usually be thrown dren do not get enough meat and eggs; away when the cells are cleaned. And in others they get too much. A good so the new discoveries of science help general rule commonly followed is to Serve plain or with whipped cream. give a child, two years old or over, an egg every other day and about the same amount (two ounces) of meat. fish, or poultry on the intervening "Well, I find that you have a little days. Where ment is omitted, care inflammation in the ears; your throat must be taken to see that other suitis slightly affected; your digestive able foods take its place-preferably organs are not functioning properly, an extra amount of milk and eggs."

Fried meats should not be given to a child, because they are likely to be erate oven till "set."-Mothers' Magaovercooked and tough and also be-Cappem for your ears; across the cause the fat may be scorched and street you will find Dr. Swallow, who thus changed in composition. Scorched is a throat specialist, and Dr. Pepsin fat is almost certain to be harmful to will undestand your digestive diffi- children. culties. As to your bronchitis, you

Meat is best given as broiled chop meat or in simple meat stews comshould be fed. Highly-seasoned stuffing for about four minutes. or rich gravy should not be given to

a young child. Dried and other fish, and oysters, may be used in milk stews. Wellboiled fish is good for variety. Eggs must not be overcooked or they are likely to cause indigestion. The best way to cook eggs is to peach or coddle them. Scrambled eggs may be served occasionally, provided care is taken of butter. not to scorch the fat or to overcook "If you're going to be good, there the eggs.

Fat is an important part of the food of children. There is more than an ounce of fat (at least two and a half making biscuit and cookies, but it is level tablespoonfuls) in a quart of whole milk. If the healthy child is given with pastry, as it is fitted with aluma quart of milk, has butter on his bread,

nough fat, and that which he received is in wholesome form. It is well, therefore, not to give such fatty foods as pastry, fried meats and vegetables, and doughnuts or rich cakes. If the child is constipated, the occasional use of cream or salad oil is desirable, for fat in abundance is laxative.

Bacon or salt pork, cut very thin and carefully cooked, may be given occadonally. It is very important not to ourn the fat.

Vegetables and fruits are grouped together because they are similar in that both supply iron, lime, and other and the pulp of cooked fruit, baked Pittsburgh Dispatch.

as lump sugar, maple sugar, sirups, clever, and much beloved. honey, and plain candy, and those as in jams, marmalades, and similar -that makes one think of spring. things.

## Kitchen Measurements.

pint, or two gills.

equal one pound. Two and one-half cupfuls of powdered sugar equal one pound. One heaping tablespoonful of sugar quals one ounce.

portance. When they are not, the equals two ounces or one-quarter cup- diers.

> One cupful of butter equals one-half pound. Four cupfuls of flour (one heaping

quart) equal one pound. Eight round tablespoonfuls of dry naterial equal one cupful Sixteen tablespoonfuls of equal one cupful.

Cinnamon Rice Pudding.

Buy four ounces or so of the red innamon drops, or perhaps two ounces would do for a large, creamy rice pudding, or for half a dozen of individual size. Allow twelve or eighteen drops to each cupful of milk used. and also to each cupful of milk allow one well-washed tablespoonful of rice and about a tablespoonful of sugar. If it is to be served with a sweet sauce do not add any sugar.

Put into buttered baking dish or dishes or into the glass baking molds, his full quart a day with cereals and and bake from one hour and a half to in milk toast, cocoa, milk soups and two hours in a moderate oven, stirstews, in cereal puddings, egg-and- ring in the top every half hour or milk puddings, custards, junkets, or even oftener. A meringue may be simple ice creams. Milk stews may added and across this strewn some pink sugar or some of the cinnamon drops ground up in a mortar.

Chocolate Cream Pie. Here is a chocolate cream pie which of being cheap. Into your double builquisite amount of milk without grow- er put one pint of hot water. Blend ing tired of this valuable food. Those together one and one-half cupfuls of sugar, four tablespoonfuls of flour, two of cocoa, butter size of small egg, a Cook until thick. Cover a deep ple plate with rich pastry and set another

plate inside and bake a nice brown.

Succotash. Take the amount of kidney beans desired and soak overnight. In the morning place on stove and add fat salt pork, cut into rather small pieces to taste Salt Let simmer until heans are soft. Do not have too much water. The beauty of it is to cook slowly. Just before serving add one car. corn and heat it through. Serve hot.

Jellied Prunes.

Cook a third of a pound of prunes until soft, remove the stones and cut the prunes in pieces. Soak half a box of gelatin in a half cupful of cold water and add to a pint of sirup in which the prunes were cooked. All a cupful of sugar, a quarter of a cupful of lemon juice and the prunes. Mold and chill

Cheese Custard.

One cupful grated cheese, one-half cupful milk, four eggs, salt, paprika. Add cheese to milk and heat until heese is melted. Remove from fire and add the beaten egg and seasoning Pour into buttered ramekins and set in a pan of hot water. Bake in a mod-

Mint Sauce. The best way to make mint sauce is with a boiled-sugar sirup. Add the chopped mint to this when it is hot and let stand until cold. Serve cold bined with vegetables. Poultry may Make a strup of sugar with enough be boiled and served with rice. When white vinegar added to make a sirup the prison walls the 2,000 inmates of a western penitentiary can secure roasted, only the tender portions of the right consistency when boiled

Here is a carrot stew that was sent into the column some years ago by W. D., and I will copy it for you, as I think it is delicious: Cut the carrots in small pieces and cover with milk enough to stew them. Add salt and pepper to taste, and a small piece

The Newest Rolling Pin. A recent invention in rolling pins is nade of glass, and may be used when especially satisfactory when working inum caps which can be removed for



mineral matters, and also mild acids when the rumor came that old Kink hung from the ceiling and these make egetables are an important but often Nicholas wanted peace was a glorious both the light and the heat for the a neglected part of the child's diet.

Nicholas wanted peace was a glorious both the light and the heat for the the kidneys, they become overworked; they should be served at least once to be the kidneys and cause all trenchmen. On the wall hung a large get sluggish; clog up and cause all They should be served at least once tie bit, and the school children were sign, "Butter ausverkauft" (butter sold a day, as they help to keep the bowels given a day off. It is not so bad to be out). Empty tin cans were also hung astonished the helpless hobo comrade tained in Farmers' Bulletin 717, "Food in good condition. Fruits are important a child in war time, for they get so on the wall and they are used for for Young Children," issued by the tant for their flavoring, for their lax- many vacations, but think of the poor matches, and cigars, etc. ative effects and doubtless for other youngsters that follow and have to The common soldiers had a larger casons, and should be served in some study the entire history of this war, room, but not nearly so fine as this of form at least once a day. Fruit juices writes Mary Ethel McAuley in the ficers quarters. Every here and there

are the safest. The child should not ple and thousands of nails for the iron the bullets were kept. Along the top be allowed to eat the skins unless they Hindenburg were being sold. At Bran- of the trench many bags of sand were This famous salts is made from the have been made very tender by cook denburger gate I saw the crown prin- piled, but there were holes through cess go by in an open carriage. She which the soldiers could shoot. Of bined with lithia, and has been used Sugar is a desirable part of the diet was having an awful time trying to course, it was not a real trench, but for generations to flush clogged kidprovided it is given in simple sweets get her glove buttoned. I had never just the same it gives one a good idea nevs and stimulate them to normal and not allowed to take the place of imagined that real princesses had of all the cold and suffering that the other foods and spoil the child's aptrophics of that kind. She is a fine, petite. Simple sweets are such things bandsome that real princesses had of all the cold and suffering that the in the urine so it no longer irritates, men in the trenches must stand. In thus ending bladder disorders. petite. Simple sweets are such things handsome, big woman, bright and the field they have hospitals right un-

Unter den Linden was one stream to the injured is given. foods in which sugar is combined in of flags and banners. They looked glosimple forms with fruit juices (in lem- rious in the bright sunlight, and the another part of the trench lot, was a onade, water ice, jelly, etc.), with flour wind swished them every which way. display of wire entanglements. They or starch, as in plain cakes (cup cake. The Bulgarian flag is very beautifulsponge cake, cookies), and with fruit, red, white and a lurid shade of green

the least fashionable, in fact most of enemies. One kitchen cupful equals one-half the frequenters are middle-aged Jewish people, who transact business over Four kitchen cupfuls equal one quart. a cup of coffee. Selling diamonds They were all urging the men to arms. Two cupfuls of granulated sugar seems to be their chief occupation. But everyone tends to their own business, and foreigners are not stared at and made to feel uncomfortable. The One heaping tablespoonful of butter by. Them, of course, means the sol-

In the last few weeks I have learned a whole lot about soldiers. I can tell restaurant, and the things to eat are an underofficer from a common soldier, an underofficer from a common soldier, a sergeant from a feldwebel, and a leutnant from an oberleutnant. It they just cost 30 cents. You can't do is not easy to learn, and took much any better than that in America.

Among other things Care. Try it in your Eyes and in Baby's Eyes—No Smarting—Just Eye Comfort. Buy Murius of your Druggist—accept no Substitute, and it interested writes for Book of the Eye Free.

MURINS EYE REMEDY CO., CHICAGO studying. But I like brass buttons and gold braid. The dress of the German officer is so simple and elegant that to a little inn we know there. It was

wonderful days here in finest. It was lined with canvas and Berlin. Beautiful sunshiny cloth and was furnished with an old days like spring. The day couch and some chairs. Iron lanterns

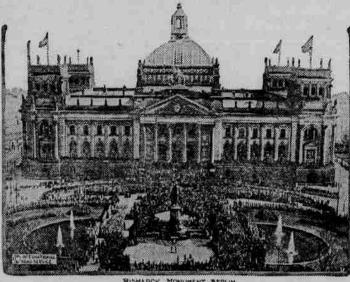
on the sides of the main passage of the apples and pears, and stewed prunes. The Tiergarten was packed with peo- trench were little cupboards, where

Outside the exhibition building, in were made by a firm in Berlin, and I am sure it would take some cutting to get past them. The most interesting We had our second breakfast in Cafe part of the whole show was the exhibi-Victoria. I like this cafe. It is not in tion of war posters from all Germany's They had posters from France, Italy and Russia, but the ones from England were the most read. States it seems that many a young boy

Besides the poster show they had many interesting war pictures. Each country had a section of pictures, and America was represented by photos of windows are so large that you can sit Mr. Wilson, Mr. Ford, Mr. Edison and Botany department, Corvallis Ore here by the hour and watch them go Mr. Daniels. "Teddy" was not there. We had our dinner in the Paulaner-

brau, a new restaurant that was opened before Christmas. It is a very nice very reasonable. Among other things Bathing Is "Verboten,"

After dinner we went to Grunewald Beau Brummel would be jealous if he such a day, such a beautiful day! The



BISMARCK MONUMENT, BERLIN

could see it, for Brummel always said | sun shone through the trees. To get that simplicity and elegance were the to the inn you must first walk through keynotes of fashion. German generals a bit of forest, and after a little you wear great bright red stripes down come to a little lake. It is a very pret their trouser legs. These stripes are ty lake where bathing is "verboten." about six inches wide, and can be seen The walk runs along the lake and it a German square. Most of the generals are rather pompous looking, and find the leutnants, oberleutnants, oberarzts and hauptmann more fetching. They are all very handsome and they are the finest, cleverest men in all this glorious, young Germany. They stand so straight and look so soldierly,

After we left the cafe we went to see the exhibition of war things that is being held at Zoological gardens. They have everything here that belongs to war and a soldier. They have a number of captured cannon, British, French and Russian. They have two English aeroplanes and a number of motorboats. They have uniforms of all the warring nations. Some of the costumes were very beautiful. The Bulgarian were especially so, but they were almost too gay to be very practi cal. The models that wore the uniforms were very funny. They have hands and feet of wooden dolls, but their faces were most realistic looking; indeed, some of them seemed to be winking at you.

Just Like a Real Trench. Outside the main exhibition building, on a large lot, a trench had been It had been built by soldiers that had been in the war, so it was exactly like the real ones. You enter a trench by going down steps, and this one was about seven feet high and about three feet wide. Radiating from trench were other passages and rooms. Linden when peace is declared.

finally leads to a little hunting lodge. which looks like a tiny castle. It has

chatting. Half of the men were sol stream, through the diers, and most of them officers. It which should suck only nourishment was just marvelous how many Germany damsels had managed to scrape up officers with whom to go walking on this fine afternoon. Most of the

sian prisoners sawing wood. A guard fore putting more food into the stom-

poor, but the large theater was absolutely packed. Men composed haif the audience, and more than half the men were soldiers. Between the acts everybody paraded up and down the corri- and appearance shortly, dor and drank beer.

The next day all the flags wertaken down, and Unter den Linden was dull gray stone once more. 1 all the sides of the main part of the only hope that I can be on Unter den

UNLIKE ANY OTHER STORE | cells each week listing the individual

Institution That Has No Desire to Make Profits or to Extend Its Business.

From a well-stocked store within

practically all of the provisions, personal articles and even the luxuries the prisoners are permitted to have. The prison supply house is a curious institution. It monopolizes the trade of a community which in the outside world would be supplied by a score of stores of various kinds. This store differs greatly from the are not displayed and no attempt is made to increase the business or show a profit at the end of the year,

Although this store carries on a considerable volume of business cash is not accepted as a medium of exchange at its counters. Money in hand will buy nothing at the store, where every purchase is charged to the account of the inmate buying it. Four men make the rounds of the colored yet."

wants of the inmates. These requisitions are subsequently filed and delivered the following week.

It is a practice to give each inmate in good standing his choice between a plug and a small package of smoking tobacco each week. Those who desire more tobacco than this, or who wish cigarettes, cigars, snuff, candy or other articles, such as playing cards, pencils, paper, underwear, handkerchiefs and similar things, are fools. permitted to order them.

Entirely Disinterested Marie-"But my dear, are you sure he is not considering your money in

customary shop in that the goods proposing to you?" Edith-"Quite sure! He said only last night he never thought of that; he simply knew I had it and that was all he cared."-Boston Transcript.

He Remembered. Lawson-"I thought you swore off moking January 1." Dawson-"I did. And then I happened to remember that I hadn't got my meerschaum pipe fully

## IF BACK HURTS

Take a glass of Salts to flush Kidneys if bladder bothers you.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites sorts of distress, particularly back-ache and misery in the kidney region; rheumatic twinges, severe headaches, torpid liver, sleeplessness, bladder and

rinary irritation. The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. acid of grapes and lemon juice, comactivity; also to neutralize the

Jad Salts cannot injure anyone: der the ground, and here the first aid makes a delightful effervescent lithiawater drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

Money in Dandelion Roots.

Selling dandelion roots at 4 to 8 cents per pound offers a pretty fair premium on removing the dandelion pests from lawns, fields and pastures. Since 100,000 pounds or more are imported annually into the United or girl ought to make fairly good wages by collecting and preparing dandelion roots for the drug trade. The root is used medicinally in diseases of the liver and dyspepsia, re-ports H. S. Hammond, of the O. A. C.

Have Healthy, Strong, Beautiful Eyes Oculists and Physicians used Murine Eye Remedy many years before it was offered as a Domestic Eye Medicine. Murine is Still Com-pounded by Our Physicians and guaranteed by them as a Reliable Relist for Eyes that Need

Kill One, Of Course. He (of the militia) — "Taps" are played every night on the bugle. It meant "lights out." They play it over the bodies of dead soldiers.

Miss Innocence—What do you do if you haven't a dead soldier?—Boston Transcript.

All With Him. "Don't any of your friends come to see you on visiting days?" asked the kindly old lady. "No'm," responded No. 777,444; "they're all here wit' me."

## WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more

food into stomach Says inside-bathing makes any-

one look and feel clean, sweet and refreshed. Wash yourself on the inside before breakfast like you do on the outside This is vastly more important because

the skin pores do not absorb impurities into the blood, cau while the bowel pores do. many red-roofed towers and latticed windows, and in the center is a large taken into the stomach, nearly an court, which is decorated with many ounce of waste material must be car-deers' heads. At the other end of the take is the it quickly ferments and generates inn, which was packed, of course poisons, gases and toxins which are At the other end of the lake is the material is not eliminated day by day poisons, gases and toxins which are absorbed or sucked into the blood

people had brought their cakes along which is a harmless way to wash these poisons, gases and toxins from the When we returned home we went by stomach, liver, kidneys and bowels; another way, and over on the other thus cleansing, sweetening and freshside of the lake were a number of Rus ening the entire alimentary canal be-

was watching them from the hill. He was not stationed there to keep them from escaping, but to keep them work ing.

A quarter pound of limestone phosphate costs but very little at the drug store but is sufficient to make anyone an enthusiast on inside-bathing. Men In the evening we went to a variety and women who are accustomed to show. The performance was rather wake up with a dull, aching head or poor, but the large theater was abso have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pro-nounced improvement in both health

Effaced Maturity.

"Do you take as much interest in dancing as you did? "Yes," replied Uncle Wagglefoot. "But I'm gettin' so dancin' isn't youthful enough for me. I'm practicin' roll-er skatin' on one skate."—Washington Star.

Making Headway.

"Making any progress toward get-ting acquainted with those fashionade people next door?" "Just a little. Their cat invited our cat over to a musicale last night." -About Town

Gentle Criticism. He—I see where a young woman killed herself because she could not find an ideal husband. Women are

She-Yes, aren't they, to believe there is such a thing?-Baltimore American.

