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If anyone thinks there is no competition amongst the big packers he ought to go through a day's work with Swift & Company.

Let him begin at the pens when the live stock comes in; let him try to buy a nice bunch of fat steers quietly and at his own price without somebody's bidding against him.

Let him realize the scrupulous care taken at the plant that not one thing is lost or wasted in order that costs may be held to a minimum.

Let him go up into the office where market reports are coming in,—and reports of what other concerns are doing.

Let him watch the director of the Swift Refrigerator fleet, maneuvering it over the face of the country like a fleet of battleships at sea.

Let him take a trip with a Swift & Company salesman and try to sell a few orders of meat.

Let him stay at a branch house for an hour or two and see the retail meat dealers drive their bargains to the last penny as they shop around among the packers' branch houses, the wholesale dealers, and the local packing plants.

And then, when the day is over, let him have half an hour in the accounting department, where he can see for himself on what small profits the business is done. (Less than 4 cents on each dollar of sales.)

If he still thinks there is no competition in the meat business it will be because he wants to think so.

Swift & Company, U. S. A.

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

BIG EATERS GET KIDNEY TROUBLE

Take Salts at first sign of Bladder irritation or Back-ache.

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 tract 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. A quarter pound of limestone phosphate will cost very little at the drug 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.

The American men and women must guard constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from over work; became sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.