

Food Preparedness

Mrs. Sadeigh has given up sighing at the cost of the food she's been buying.

For she's got 'em all beat. On the good things to eat since she's taken to canning and drying.

From the National Emergency Food Garden Commission, Washington, D. C.

Can and can now, says today's bulletin from the National Emergency Food Garden Commission of Washington, which is co-operating with this paper in a nation-wide campaign for the conservation of the products of your war gardens. The commission's campaign has been on for a month now and any of these lessons you may have missed will be found in the canning and drying manuals which the commission will send you free for a two-cent stamp to pay postage. Today's lesson is on onions and leeks.

Only well matured onions should be used for drying. Remove the tops, roots and the outside covering,

then slice in one-eighth inch pieces and dry as soon as possible. Another way is to blanch in boiling water for five minutes after slicing and then dry in thin layers as above.

Leeks may be handled in the same way as onions except the strips are a little thicker.

Dried Potatoes, Sweet and Irish—Use only sound, mature ones. Wash and boil or steam until nearly done. Peel, run through meat grinder or ricer and spread on trays in thin layer until brittle. Toasting slightly after drying will improve flavor. Another method is to cut in one-quarter inch slices instead of mincing, the rest of the process being the same.

Pumpkins and squash should be sound and well ripened. Cut crosswise, peel and remove all seeds and soft parts. Cut in one-quarter inch slices and dry on trays or on string. If desirable the vegetable may be cut into one-half inch strips, peeled and the seeds and soft parts removed, then blanched in boiling water for three minutes, after which the strips are dried as above.

Be sure to condition all dried pro-

ducts by pouring from one box to another daily for several days and then store in moisture proof containers in place free from insects or vermin.

MEXICO WOULD KEEP HER SHIPS

MEXICO CITY, Aug. 20.—A movement has been started here to induce the government to forbid the sale of vessels flying the Mexican flag and engaged in commerce to and from Mexican ports, and their transfer to other flags. The originators declare that the removal of these vessels from the Mexican trade would have a detrimental effect on Mexican commerce.

PRESIDENT WILSON SEES

ANNETTE KELLERMAN

Coming from record-breaking successes all over the country, the William Fox million-dollar picture beautiful, "A Daughter of the Gods," featuring Annette Kellerman, will be the attraction at the Houston's Opera House on August 22 and 23. It is a fairy story of entrancingly beautiful scenes and thrilling adventures and has the distinction of having received the personal approbation of President Wilson, who gave it the distinction of being the first motion picture of which he had attended a public showing.

Russian Religious Laws Now Being Reformed

PETROGRAD, Aug. 20.—Rapid progress is being made by the commission newly appointed to reform that part of the penal law of 1903 which deals with violation of the principle of religious liberty, conversion to another religion by violence or threats and "persecution" to another religion by fraud or undue influence.

The basis of this law was a distinction, first, between orthodox and non-orthodox Christians and, second, between Christians generally and Mohammedans and heathens. Voluntary conversion from orthodoxy was punishable under certain conditions, whereas voluntary conversion to orthodoxy was not punishable. For conversion to orthodoxy by violence or threat the penalties were mild and, in practice were never enforced; and non-Christians virtually were not at all protected against violent conversion.

The new law will protect citizens against the complete liberty of

FEEL FRESH AND FIT

You can feel fine all summer and avoid the depression which is so often caused by an inactive liver and the resultant stomach and bowel troubles, by using Nyal's Little Liver Pills. They act as a mild laxative and at the same time tone up the bowels and increase the activity of the liver. Price 35c.

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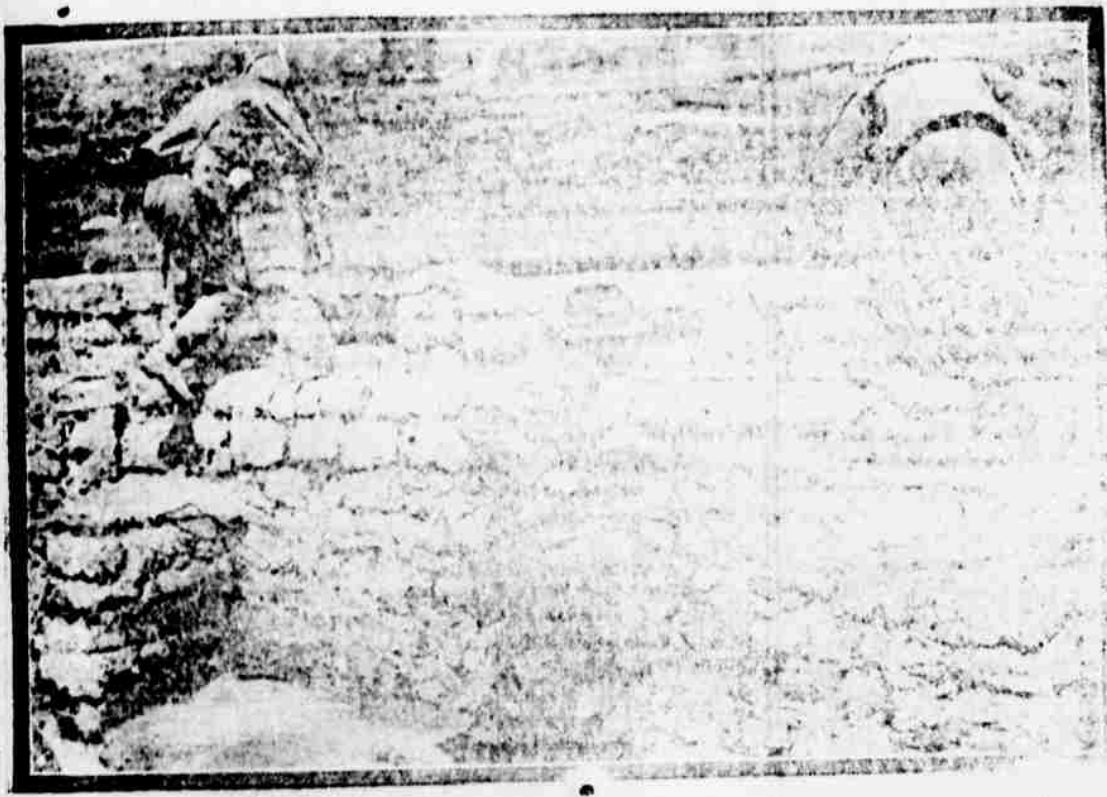
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Over the Top With the Italians



When the photographer got this picture of the Italians going "over the top" for the Austrians before them, he had to place his camera where he might have been shot. He

escaped. In this section of the Italian front there is so much rock it is impossible to dig trenches in the ground. The trenches here were made of dried clay bricks piled on each other till they formed a redoubt sufficient to

withstand anything but heavy artillery fire. The men here shown going "over the top" are charging in the face of Austrian bullets. Every one takes his life in his hand, and he knows it.

TAKE SALTS FOR THE KIDNEYS IF YOUR BACK HURTS

We Should Drink Lots of Water and Eat Less Meat, Says
Noted Authority on Kidney Disorders

Recommends a Spoonful of Jad Salts In Glass of Water Before
Breakfast to Stimulate Kidneys and Eliminate
the Uric Acid

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 salt 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 is no longer 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.

EXTRA MEALS FOR WATCHMEN

By TOM J. SINNOTT.
The great Kitchener said: "This war will be won in the kitchens." Cromwell expressed the same by claiming "A soldier's nerve comes from his belly, keep it full."

Believing this, the U. S. Navy Department has ordered an extra meal served to the men on night watch, increased the food allowance, and sent out an urgent call for cooks, bakers, stewards and mess attendants.

These great floating monsters, of our First Line of Defense, greatly resemble a first class hotel, with their large cold storage plants (stocked with fresh meats, fruits and vegetables) and large spotless kitchens, equipped with the latest electric ranges and appliances.

The Navy offers a splendid position to both experienced cooks and bakers, and non-experienced men in the mess department. The former will board ship at once, and the latter will be given a complete course at the Navy Cooking School, near San Francisco.

Good meals are furnished Naval Volunteers. Cooking school opportunities offered cooks and bakers.

JOHN W. KERN PASSES.

ASHVILLE, N. C., Aug. 20.—Former Senator John W. Kern of Indiana and Democratic nominee for Vice President in 1908, died here Saturday night. He was 68 years old.

John Worth Kern was born December 20, 1849, and graduated at Ann Arbor law school in 1869. He became a leader of the Indiana bar and filled numerous public offices before being nominated for Vice President on the Democratic ticket in 1908. He was elected to the United States Senate in 1911, succeeding Albert J. Beveridge, and served one term, having been beaten for reelection last year.

NEW EQUIPMENT AT TEMPLE.

The show at the Temple theater Saturday will be given for the first time with a new up-to-date machine, which arrived this morning. The management announces that the new machine is a Powers Six B, the very latest model and most efficient obtainable.

The booth at the Temple has just been remodeled to make it strictly fireproof and has been passed by the Underwriters' Association.

COAST BOATS WILL BECOME TRANSPORTS

WASHINGTON, Aug. 20.—Senator Chamberlain is notified by the shipping board that the steamers Great Northern and Northern Pacific will be taken over and used as transports, but the definite date when they will be taken over is not determined.

SAGE TEA KEEPS YOUR HAIR DARK

WHEN MIXED WITH SULPHUR TO BRINGS BACK ITS BEAUTIFUL LUSTRE AT ONCE

Gray hair, however handsome, denotes advancing age. We all know the advantages of a youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks streaked, just a few applications of Sage Tea and Sulphur enhances its appearance a hundredfold.

Don't stay gray! Look young! Either prepare the recipe at home or get from any drug store a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which is merely the old time recipe improved by the addition of other ingredients. Thousands of folks recommend this ready-to-use preparation, because it darkens the hair beautifully, besides no one can possibly tell, as it darkens so naturally and evenly. You moisten a sponge or soft brush with it, drawing this through the hair, taking one small strand at a time. By morning the gray hair disappears; after another application or two, its natural color is restored and it becomes thick, glossy and lustrous, and you appear years younger.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.—Adv



He's telling her that nothing he received from home brought more joy, longer-lasting pleasure, greater relief from thirst and fatigue, than

WRIGLEY'S THE FLAVOR LASTS

She slipped a stick in every letter and mailed him a box now and then. Naturally he loves her, she loves him, and they both love WRIGLEY'S.

CHEW IT AFTER EVERY MEAL

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Keep them in mind



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