French Women and Children

## mamuamommen Soliers Must


 the besinnink or the war.

## Little Girl Grateful For Cancelled Stamps

 To the Eatitor of the Evening Herald: pleased to recelve the bot with sonoar sir-1at me thank you and great a number, knowing the help it
 cancelled stampn
trom your offec
The abeve letter han been received Sise Holme declares that all the
 to nhom th
the tampe.

## CAOY SENT

 TOSDDFPO $=:=$ TOSOOLERS =REPUBLACAN COMMITTEEE chainman named
$\mid$

## American Appetites Rapidly Increasing



1-wheat
use more corn
2-meat
use moref fish \& boans 3-Rats
unf jur mough 4 -sugar

- use sympaps
and serve the cause of freedom

Renew your ola tres and tube tor
mueh looner nervice with Monker
tive mar nerice

Glass of Hot Water Before Breakfast a Splendid Habit

Opon slulese of the ayotom aseh
meming and wah sway the
polsonous, stagnant matitope
Those of us who are uccuatomed $\omega$
rel dull and heavy when we arise:
plitung headache, stuffy from a cold, foul tongue, pasty broath, aeld atomp-
ach, lame back, can, inated, ach, lame back, can, inatead, both look
and feel an fresh as a datisy by wabs.
ang the poinons and tozins from the ong the poixons and toxins from the
pody with phosphated hot wator eseh
marning. We should drink, before breakfact, a Klass of real hot water with a teat
nponful of limestone phosphate in it npwonful of limestone phospliato in it
to flush from the stomach, liver; kid-
neys and ten yarran of bowels the pre
vious day's indigentible waute, sour Lile and potuobous toxins; thus cloans.
ing. sweeteang and purifying the en.
tire alimentary tract before puting Hre aimentary tract bofore putuins
more food into the atomach.
The action of Umestone phoophate and hot water on an empty stomech is
wonderfulliy invigorating. It celeasa out
all the nour fernentations, waste and aclidity and elven one a splendlld appette for treetithast and
it is sald to be but a ittle whillo until It is sald to be but a ittile whille until
the roses begin to appeer to the cheeks. A quarter pound of umentone
phorphate will cost very litue at the drug store, but is sumplent to make anyone who tis bothered with bllous-
ness, constipation, stomach trouble or rheumatism a real enthualiast on the subject of internal sanitation. Try
and you are assured that you will look and you are ansured that you will look
better and feel better in every way .
Shbe tex ketps Jefterson L. Yaden


|  |  |
| :---: | :---: |
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