

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast and wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and get how very easy it is if one will only adopt the morning liniment bath.

Folk who are accustomed to feel dull and heavy when they get up, splitting headache, stuffy from a cold, foul tongue, nausea, acid stomach, indigestion, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisons of stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out from the stomach, liver, kidneys and 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 hot water and limestone phosphate 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. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and making ready for its thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism, indigestion, who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

Modern Methods. "Well, well, I see where another member of the so-called upper class is charged with murder."

"Does he accuse a mysterious little man from Afghanistan of murdering him to commit the crime, or is he going to enter the old-fashioned plea of insanity?"

SPEAKS UP FOR CANADA

And No Wonder—Renting His Land He Made \$8.50 Per Acre.

So many Americans now have personal knowledge of Canada that false reports concerning this country are being continually corrected by Americans themselves who know the facts, and are too far-minded to let a false statement go uncorrected. In a case in point arises out of a statement supposed to be made by a resident of Alberta, and published recently in the Spokesman-Review, of which it is stated that the condition of settlers in this country was painted in a very bad way indeed. The writer of this article on Canada refused to let his name be known, so it can be taken for what it is worth, but Mr. S. L. Wallace, of N. 4722 Crestline, Spokane, who lived for some years in Western Canada, came to the defense of the country in the following letter which was published in the Spokesman-Review of February 11, 1920:

"To the Editor of the Spokesman-Review: "In Sunday's Spokesman-Review was a letter from a man in Alberta to the chamber of commerce, asking that something be done to help Americans from going to Canada, and saying that the letter over his own signature there is no doubt but he could get out of Canada.

No country will do as much to help a man to get on his feet, if he tries to help himself, as Canada. I know of the government helping people to provisions, feed, seed grain and fuel, and charging only cost of delivery to the nearest town and 6 per cent. What more could a man ask?

I lived five years in Southern Saskatchewan and earned a patent to 320 acres of good land as I ever saw. I have raised over 16 bushels of oats on 30, 40 bushels of wheat, and 20 of flax to the acre. Until I lost my health I never was better than anybody. I had my land rented for each year for one-third. It brought me at least \$8.50 per acre, or \$1,142 2/3 for the acre.

This man says he loves the land his fathers died for. So I, and I love the land that gave me my home. W. S. L. WALLACE, Spokesman-Advertiser.

Ignorance of McDuff. McDuff—That kind av, a horse is a cobbler.

That was that's been raised lately on one's ignorance.

If You Need a Medicine You Should Have the Best

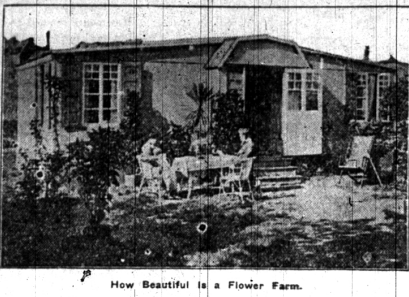
Although there are hundreds of preparations advertised, there is only one that stands out as being the best for the disease of the kidneys, liver and bladder.

Dr. Johnson's Swamp-Root is not recommended for a cure of any disease. A sworn certificate of purity is with every bottle of Swamp-Root from F. J. C. Johnson, 27, and enclose the name of the patient and the name of the bottle of Swamp-Root in a letter to the doctor.

A stiff upper lip has nothing in common with a lipless tongue.

BEAUTIFUL In Woman's Realm

For the Afternoon a Costume of Taffeta Silk is Among the Best—May Be Had in Practically All Styles and at All Prices—Pretty Bonnets Have Been Provided for Delight of the Little Miss.



How Beautiful is a Flower Farm.

HAVE A FLOWER FARM

By F. VAN BENTHUYSEN.

The demand for choice flowers never falls and the big cities of the United States sell enormous quantities. They must be fine though.

The city man who wishes flowers for a special decoration does not care how much they cost if they are the best that can be grown.

Flower farming is an agreeable occupation. But little help is required. The costly adjuncts such as curing, drying, housing and storing are not required. Plants increase in value, and since a place is going it continues to increase in producing ability with each year.

Flower farming does not require rich soil, but it must be quick and responsive. Some of the requirements for success, however, demand that your farm be located near a railway station and since a place is going it continues to increase in producing ability with each year.

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PLANT FOR BEAUTY

By L. M. BENNINGTON.

A tropical effect can be obtained by planting a round bed with a few castor-ol plants in the middle, with tall-growing cannas around them.

Use planters' ears for the border. A glorious hedge is obtained from salvia. Plant a triple row of the red sage, as it is often called. Set it, but early in June, and let it grow unchecked until it is a blaze of color.

Give heliotrope rich, porous soil, composed of leaf mold, thoroughly rotted manure and sand to make it friable. It requires good drainage and plenty of water and will thrive in heavy soil.

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A quiet and simple afternoon costume of taffeta silk follows the main to a conservative way and justifies its reserve by its charm. It is a design essentially youthful, with the lines of its full skirt unbroken and the fullness a mere matter of width shirred in at the waist. Such attractiveness belongs to the young and lends its own air to the costume.

The little coat dispenses of its fullness above and below by shirring at the waist line. It sits at the front and back of the skirt and has a scooped revers. The sleeves are full but of a simplicity to match the skirt. Two bands of velvet ribbon finish them and appear also on the coat revers.

Two bonnets for the little lady of four to seven years are shown in the and both very pretty. They are thoroughly practical, too, and are chosen from many displayed by a manufacturer who specializes in headwear for children, so we may be sure that their style is correct.

At the right a shape of milan hem in black has small flat roses applied to the crown at the front, back and sides. Each one is set in spray of small roses, fattened against the shape and



YOUTHFUL AFTERNOON COSTUME.

held firmly by a millinery glue which keeps them in place. Mounted in this way they form, with the roses, a fresh having the appearance of embroidery or painting, both of which, by the way, are used in spring millinery.

Ties of narrow fallie ribbon in a fairly dark blue shade hang from each side, and the same ribbon is used for a finishing touch to the underbrim. Black is noticeable among the bonnets for little girls, but it is always enlivened with flowers and ribbons.



PRETTY BONNETS FOR SMALL LADIES.

underbrim, which is bent into a point at the front. Her and at each side a small rose is set on the edge of the brim. A ash and ends of fallie ribbon, which is shown in white and in light colors. The sash is finished with loops and ends at the right side.

What Settled Him. She—'You think he'd cut more than I did.' He—'I know—but he married a daughter of the resolution.' Judge.

The Beauty of Homes and Streets Can Be Enhanced by Planting Hedges Around the Home Lot.

- Arbutus, Callendula, Calliopsis and Marigold.
- Red-Carnation, Poppy, Peony Stocks, Sweet Peas and Zinnias.

MAKE GOOD CUT FLOWERS

Annals of easy culture that make good cut flowers are many. No matter how many perennials you have some easily raised annuals are necessary for the beauty of your garden.

In the white-flowering annuals you can select sweet alyssum, which is attractive to bees and so fragrant; carnation, cut tulip, chrysanthemum, Cosmos, early and late flowering, Dianthus, Oxyphala, Nicotiana, Peony, Phlox, Ten Weeks Stock, Sweet Peas, Verbena, Zinnias and Scabiosa.

HUSBAND OBJECTS TO OPERATION

Wife Cured by Lydia E. Pinkham's Vegetable Compound

Dear Miss Lyman—Four years ago I was very sick and my doctor spent the doctors stated that I would never get well without an operation and that without it I would not live any longer. My husband objected to any operation and got me some of Lydia E. Pinkham's Vegetable Compound. I took it and commenced to get better and am now well, I am stout and able to do my own housework. I can recommend the Vegetable Compound to any woman who is sick and runs down as a wonderful strength and health restorer. My husband says I would have been in my grave ere this if it had not been for your Vegetable Compound.—Mrs. M. B. BROWN, 308, 703 1/2 St., Des Moines, Iowa.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential.

The Army of Constipation

is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible for it. They relieve the stomach and bowels. Costly medicine is a waste of money. Small Pills, Small Dose, Small Price. Genuine must bear Signature.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN. Relieves Feverishness, Constipation, Colic and other troubles of the stomach and bowels. Sold in 10c and 25c packages. Sample mailed FREE. Write to Carter's Little Liver Pills, P.O. Box 108, Littleton, Colorado.

PATENTS. Wind Winding of Motor. While the winding of one's watch seems to call for only a small amount of energy, it assumes a significant aspect when multiplied several hundred times, as in the instance of a watch-repairing concern in New York city, part of whose work it is to wind 700 or more watches each day. To facilitate the work the firm uses an electric motor which drives a small, felt-lined socket through a friction drive. It is only necessary to start the motor and hold the stem of the watch against the felt-lined socket to wind the time piece. When the watch is wound the tightened spring overcomes the pressure between the motor pulley and the friction disk, with the result that the watch takes place. Simple as this electric watch-winding equipment is, it has replaced several men formerly required for the work.

Hard to Understand. Patient—It is said that a noted British entomologist recently held a show for a rare specimen of flea which is occasionally found in the fur of the sea otter. Patient—But I can't understand what a man would do with the flea, or what the sea otter could do with it.

Something Accomplished. Bacon—Do you believe Will Gray learns to write a good hand? Egbert—No, I guess he'll be able to make his mark.

If a girl in love becomes thinner it's a case of "loved and lost".

Well Built

Is Built To Win—but in building brain and body, certain essential mineral elements.

These necessary factors are abundantly supplied by the field grains, but are lacking in many foods—especially white flour, from which they are thrown out in the milling process to make the flour white.

Grape-Nuts

made of whole wheat and malted barley, supplies all the rich nutrient of the grains, including their vital mineral salts, those all-necessary builders of active brains and vigorous bodies.

To build right, eat Grape-Nuts.

"There's a Reason"