

200,000 Cases of Grip in 2 Cities: Epidemic Severe

CURE THAT GRIP!

Your health is the most valuable thing in this world! Think then act today.

Science Now Cures Colds and Catarrh

The Grip and Pneumonia now epidemic in 13 infected countries, contagious diseases, are caused by bacteria and the germs that are in the nose and throat. These germs and the disease in your nose. You can't get the grip, cold, catarrh, or other infectious contagious diseases if you kill the germs.

Washington, D. C., Jan. 27. The most serious epidemic of grip ever known in this country is spreading from coast to coast and from the Gulf to the Canadian line.

200,000 Victims in Two Cities—Cleveland—Epidemic began Dec. 30, widespread since Dec. 20. Probably 100,000 cases. Pneumonia epidemic in Detroit—Epidemic general, estimated at 100,000 cases. Hospitals all crowded, deaths during December.

Chicago Tribune, January 9, 1918.

And This Geneva Remedy and Inspirator Kills Germs!

It Absolutely Free!

Philbrook Pharmaceutical Co., 818 Webster Bldg., Chicago, Ill.

ARE YOUR KIDNEYS WEAK?

Thousands of Men and Women Have Kidney Trouble and Never Suspect It.

Nature warns you when the track of health is not clear. Kidney and bladder troubles cause many annoying symptoms and great inconvenience both day and night.

Unlabeled kidneys may cause lumbago, rheumatism, catarrh of the bladder, pain or dull ache in the back, pain or muscle, sometimes have headache or indigestion, as time passes you may have a salivary complexion, puffiness of the face, the eyes, sometimes feel as though your head were heavy, may have plenty of ambition but no strength, get weak and lose flesh.

If such conditions are permitted to continue, serious results will be the result: Kidney Trouble in its very worst form may steal upon you.

Prevalence of Kidney Disease.

SPECIAL NOTE:—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This will send you a book of valuable information, containing many of the testimonies of thousands of men and women who say they found Swamp-Root to be the best remedy needed in kidney, liver and bladder troubles. Most people do not realize the alarm.

Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

NEAREST CLOSING OF CANALS HAD NO REASON TO WORRY

How Freight Rates Have Been Increased by Interruption of World Traffic.

Trade is suffering severely from the closing of the canal, and the shipper who made use of it during the month it was in operation now realizes vividly what the microscopic waterway means to them. One western firm is sending two freight boats from the Pacific to the Atlantic, where charters are highly profitable and find that it will cost \$10,000 more for the trip around the Horn than it would through the canal. Freight rates from the eastern to the western seaboard have about tripled. The effect of the stoppage of the canal is reflected in the greatly increased earnings of the transcontinental railroads.

Just now there is a great deal of apprehension in shipping circles lest the Suez canal be temporarily destroyed by an act of war, says the London board have about tripled. This would mean that the shipping from the Atlantic ports of the United States and Europe to the East Indies would have to double the Cape of Good Hope. With shipping as scarce as it is now this would be a heavy blow to a commercial world already badly upset.

Economy of Language.

Passenger (entering car)—Fine morning, conductor.

Conductor—Pare.

For Mental and Physical Efficiency

There must be efficiency in digestion—but first, and more important, the food must possess sound nourishment.

In this respect no food supplies in more plentiful proportion, all the nutritive elements of the field grains and is at the same time so fully processed for easy, quick digestion as

Grape-Nuts

This famous pure food, made of whole wheat and malted barley, retains the vital mineral salts of the grains—so lacking in many foods—but all-important in building brain, nerve and muscle.

There's a wonderful return of mental and physical vigor for the small tax upon the stomach in the digestion of Grape-Nuts.

"There's a Reason"

Sold by Grocers everywhere.

The Fool's Cap

By ELSA VAILE BLODGETT

At twenty-four Justice Roberts found himself in the world in the heart of a great city, with a little more old child, sewing at starvation wages to keep body and soul together.

These years Mrs. Roberts had cherished her memory devotedly. The gloom of his boyhood life had clouded his early manhood, making him a kindly, kindly being in it. In a certain field, he had made his way successfully. The fool's cap that had fitted him at school seemed to have a fatal effect about it. Once the school was to his native town to find Justice married.

One evening Mrs. Roberts was seated in her room alone, reading her little one playing with some scraps of cloth on the floor, when there came a knock at the door.

"You are Mrs. Roberts, I assume?" spoke the man whose summons she answered, and, as she wondrously sought to rise, he stepped forward; he tried to find you for some time, have a peculiar mission, Mrs. Roberts. Many years ago a member of your family loaned me a book, and I have become able to repay it to you, as the only surviving member of your family, I have brought it to you. You see here, he dropped a package of bank notes.

"There is a thousand dollars there," he said, lamely evading any further explanation, and bowed himself out of the room.

Many a time after that she marvelled that she had accepted the money without a word of inquiry, and the avowed debt, and then one evening a month later she had taken to a vaudeville entertainment to make a stage debut.

One act was the star exponent of the program, and its presentation of the debt was the result of the occasion. A clown wore a clown's costume, and in the midst of his act Mrs. Roberts suddenly recognized the man who had loaned her the thousand dollars, and as well her early schoolmate, Morse.

Like a flash of lightning the past came back to her. With unworldly suddenness the thought flashed through her mind that the story of the debt was in part a fiction. It was a story she had made up to get words and kindness through all the years!

She knew this to a verity the next day, for she made sure that she got to him. In confusion and confusion the story of his identity came to her heart opened to the man who had accepted fate uncomplainingly, whose crushed spirit had been driven to seek a singular employment.

Neal Morse read the story aright. When he left her his heart was aglow with new hope and new plans. He resolved to do his best for Mrs. Justice's sake he would seek new employment.

So he resigned from the stage, and that night turned the fool's cap that had been his badge of servitude—and so in his place Justice fancied she saw a warning finger reaching toward her.

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CAT RECOGNIZED A FRIEND

And Man Wants to Know How He Did It If It Was Not by Power

of Sight.

"There was told," said a nature faker, "who say that domestic animals do not recognize people they are associated with by their sense of sight. And maybe they are right—I am an expert faunalist—but I wish to state a fact of which I am personally cognizant, and which goes to the subject under discussion.

"Yesterday morning after I had breakfasted around the corner I approached the house where I lodge and from some distance, I observed a large black cat, Bill, sitting on the front steps before the closed door. He was evident to me, and I had intended to make the statement that Bill had been there all night.

"Several persons passed as he sat there before he came within range of my vision, but to their eyes he was not there. He did not see me until I was within forty feet of him, so intent was he studying those near, but the instant he was near, he came running to meet me, rubbing against my legs and showing other signs of affection. He had been there all night in need. Then he dropped ahead and was at the door when I got to it.

"He inside he had no further to do for me and scurried away to his kitchen. Cats have no power of scent I believe, so he didn't know me out of doors as he did when I was nearby. I know him as he is, but he didn't know me except by sight."

Lightning Rods.

The reason a lightning rod has a sharp point is because a fine point of iron has no resistance to the discharge of electricity and in order that a cloud may be emptied of its electric charge harmlessly. The degree of resistance is in proportion to the surface of the object. If the rod were surmounted by a blunt point, the electric charge would be violent. But many a lightning rod has received an electrical discharge when the people in the buildings below were entirely unscathed by the fact. Nonconductive metal is used for the point of the rod, as ceramic material, or porcelain. The difference between a point and a ball is shown by discharging a battery. The full charge from a large battery would be discharged easily on a metal point, while a moderate charge from a small one would explode violently in a ball. It is said that a full charge may be carried on a metal point, but a ball charge if received on the point of a needle, whereas the same charge received on a discharge with a ball or rod on the end would mean instant death.

Truthful James.

"Here's James in his letter boasting of the reason he'll be never beat any other boy just like you."

"Oh, yes, he did. I'll venture to declare that every time there was a battle he beat a retreat."

MISSING THE LEFT-OVERS

MAY BE MADE FOUNDATION FOR APPETIZING DISHES.

Prepare the Left-overs That There is No Hint of Refreshing—Some Directions.

Prepared by Nellie Maxwell in the Department of Farmers' Institutes, University of Wisconsin, Madison, Wis.

Left-overs, like the poor, are always with us.

There are some who care to know how to make the most of their left-overs, no matter how appetizing those may be made. Yet, even in the best regulated families there are bits of leftover food which, if care and thought is used, may be served again without a suspicion that they are reheated.

The soup which has been aptly termed the kitchen waste basket, receiving many a choice manuscript which might otherwise go for naught. Foods thrown away by careless cooks would feed an entire family, and well.

Now for a few examples: The bones of a roast or a stew, if they are put into cold water, then brought to the simmering point and cooked for several hours, makes a good flavored stock. If you have a large number of ways to make soup, as a liquid for meat sauces, and as a flavor for gravy. The bits of meat left on the bones may be fried, if cut in small pieces, and added to thick, well-seasoned gravy (also a leftover) placed in a baking dish and covered with seasoned mashed potato, brushed with egg to make a nice brown crust, then baked. It is a dish which the entire family will like.

A half cupful of stewed tomato, less or more, may be added to the turkey bone broth with celery salt, salt, pepper, and two tablespoonfuls of bottled onion soup. The hot soup to serve on a cold night.

A half cupful of canned salmon is left over from a previous meal. Shred the salmon, add a cupful of milk, a spoonful of oil, a few olives, some chopped cabbage and a little celery, with a simple bottled dressing, the result is a most appetizing salad. This may be served on lettuce or shredded cabbage. Tuna fish is especially good served this way or with hot rice and potato, brushed with the hot soup to serve on a cold night.

A half cupful of cranberry jelly if cut in cubes, may be served as a pudding garnish, with hard sauce or whipped cream.

Leftover mince pie, from canned fruit, will make delicious pudding sauce or as a liquid in fruit cake and as salad dressings for fruit, particularly if it is in color, like peach, pear or pineapple juice.

Delectables.

One-half cupful butter, one cupful sugar, two level tablespoonfuls milk, two and one-half cupfuls flour, two level teaspoonfuls baking powder and one-quarter teaspoonful salt. Roll this into a thin sheet, and cut into small squares. For filling for this use one cupful chopped raisins, one-half cupful chopped pecan nuts, two tablespoonfuls brown sugar, one-half cupful flour and one-half cupful water. Roll until thick, let get cold. Put teaspoonful on center of cookie, cover with another, pinch edges together.

Chicken Turnovers.

Instead of making chicken pie from boiled creamed chicken use it up in little hand pies. It is good for a party. Cut out in rounds the desired size and lay in a tablespoonful of the creamed chicken seasoned with a green pepper, onion and a little parsley. A little chopped tomato or ham can be used, if on hand. Either gets a good flavor. Fold over as a turnover and bake until a light brown.

Hamburg Steak Soup.

Have lean beef hamburger and place on stove with cold water. Roll three-fourths of an inch thick. Cut into slices and serve as vegetable soup. Vegetables must be put in at once with the hamburger. Season to taste. Quickly done and precisely the same as other soup. Nice also for supper to put the little ones to sleep.

Roast Beef Croquettes.

Chop the roast beef very fine or use cold roast beef. Season with onion salt and pepper. A little onion juice and any meat sauce that you prefer. Add two tablespoonfuls of bread crumbs, one-half cupful of milk, one egg. Make in oval forms and fry in oil four, then cool and dip in egg and fine bread or cracker crumbs. Fry until golden brown. Serve with gravy.

Maple Custard.

Beat five eggs until spoonful can be lifted without stringing; add one-half cupful of maple syrup, a tablespoonful of salt, stir well, then add three or four cups of milk and one cup of individual cups, wet the inside of the cups with cold water. The hot water is then in which the custards are set to bake. Good, but not after baking is begun.

Cold Meat Hash.

Take any cold meat, cut into small bits and put a layer in a baking dish, then add a layer of sliced onion, one or two slices of tomato, and one or two slices of mushrooms. Fill dish in order given, season with salt and pepper, moisten with gravy or stock. Make a crust of bread crumbs and butter. Bake one hour or more. Turn over and serve with a hot brown.

STOP THAT ACHE!

Do you suffer with a bad back? Get rid of it! We'll show you how! Take care of yourself—take care of your family. Probably the best way to get rid of your backache is to get your kidneys in good shape. The kidneys are the filters of the body. If they are clogged, the blood is impure and you suffer with aches and pains. The best way to get your kidneys in good shape is to take Dr. Williams' Pink Pills for Pale People. They will purify the blood and give you a new lease on life.

Dr. Williams' Pink Pills for Pale People, 233 West Broadway, New York, N.Y.

Always Look Your Best

As to Your Hair and Skin by Using "Eucalyptus" Toilet Preparation.

The Soap to cleanse and purify, the "Eucalyptus" to soothe and heal. These ingredients, superabundantly combined, preserve the natural purity and beauty of the skin under conditions which, if irritation and disfigurement were not prevented, would lead to a state of hopeless and incurable disease.

Free sample check by mail with book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere—Advt.

One pound of good bread is as nutritious as two and one-half pounds of potatoes.

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.

Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female tumor, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet would swell at the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name and the fact that I feel well again."

Mrs. Fred Bernick, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so riddled with female troubles that I could not do anything, and my doctor said I would have to undergo an operation. I could hardly walk without help when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and packed it to the Pinkham Laboratory at Lynn, Mass. and used them according to directions. They helped me and today I am able to do all my work and I am well."

Mrs. Thos. Dwyer, 89 Milwaukee Ave., East Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation of the bladder and they all told me the same story that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to try Lydia E. Pinkham's Vegetable Compound. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am up and up in weight. I am 30 years old and weigh 145 pounds. It will be a great pleasure to me if I can have the opportunity to recommend it to any other suffering woman."

Miss Lizzie Froelicher, 1925 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co., confidentially at Lynn, Mass. Your letter will be opened and answered by a woman and held in strict confidence.

NEW TREATMENT FOR ASTHMA

Relief in Every Breath

To quickly ease the struggle for relief from the agonizing, choking, wheezing, and gasping of asthmal attacks, ask your druggist for CASWELL'S ASTHMA Compound, which costs only 25 cents and remember to take it every night and morning, and you will be free from the threat of another attack. It is made by the Best Medicine Co., New York, N.Y., and is guaranteed to relieve Asthma, Bronchitis, Lumbago and Neuralgia. Get the genuine.

Often Does.

"China is going back to an absolute monarchy."

"Then China's going to smash."

Important to Mothers.

Examine carefully every bottle of CASWELL'S ASTHMA Compound and see that it is signed by the doctor who has prescribed it for your child.

Bears the Signature of Dr. J. C. Fletcher.

Use For Over 30 Years.

Children Cry for Fletcher's Castoria.

The absence of soft water is some men's excuse for drinking hard.

For Good Looks

a woman must have good health. She can do her part by helping nature to keep the blood pure and the liver active and the bowels regular, with the aid of the mild, vegetable remedy—

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

BLACKS OPTICIANS

ESTABLISHED 1870

W. N. U., DETROIT, MO. 3-1916.

Most Eminent Medical Authorities Endorse It

A New Remedy for Kidney, Bladder and all Uric Acid Troubles

Dr. Eberle and Dr. Brailharts as well as Dr. Simon—all distinguished Authorities—agree that whatever may be the cause of the uric acid troubles, the best way to get rid of them is to use a medicine which will purify the blood and give you a new lease on life. This is the purpose of the new medicine, which will purify the blood and give you a new lease on life. It is the best medicine for uric acid troubles, and it is the only medicine that will purify the blood and give you a new lease on life.

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