Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Adv.

Seasonable.

Knicker—What is a pessimist?

Bocker—A man who believes the snow always drifts on his side of the street.

A GRATEFUL ACKNOWLEDGMENT.

Mr. F. C. Case of Welcome Lake, Pa., writes: "I suffered with Backache and Kidney Trouble. My head ached, my sleep was broken and unrefreshing. I felt heavy and sleepy after meals, was always nervous and tired, had a bitter taste in my mouth, was dizzy, had floating specks before my eyes, was always thirsty, had a dragging sensation across my loins, difficulty in collecting my thoughts and was troubled with shortness of breath. Dodds Kidney Pills have cured me of these complaints. You are at liberty to publish this letter for the benefit of any sufferer who doubts the merit of Dodds Kidney Pills."

Mr. F. C. Case.

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodds Dyspepsia Tablets for Indigestion have been proved. 50c. per box.—Adv.

His Prospective Revenge.

"You miserable fraitor!" we thundered. "Are you not ashamed of yourself? We were in Oklahoma City last week, and there gave you alms on your plea that you wished to raise the price of a ticket to Fort Scott, where you had a brother-in-law. No doubt at Fort Scott you made the statement that your brother-in-law was here in Kansas City. Now you aver that he is in Moberly, and—"

"Yes, and—drat him!—" the wretch replied. "By the time I get there he probably will be in Keokuk. I have been chasing that fellow for months, and thus far he has managed to elude me. If I have any kind of luck I expect to catch up with him and pass him before he reaches Baffin's bay. Then I shall turn around and chase him clear down to Topolobampo, just to get even."—Kansas City Star.

A Light Dream.

Prof. Ulric Dahlgren of Princeton university predicts that the time will come when the luciferous substance of chemical composition carried by fireflies, certain fish and other animals, will be used for illuminating houses, etc. He believes that this will come about when the nature and proportions of the chemical constituents of these substances are discovered, and says they will give a light having an efficiency of 99 per cent instead of the 15 per cent produced by lights now in use.

STOPPED SHORT

Taking Tonics, and Built up on Right Food.

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics.

New material from which to rebuild used up tissue cells is what should be supplied, and this can be obtained only from proper food.

"I found myself on the verge of a nervous collapse, due to overwork and study, and to illness in the family," writes a Wisconsin woman.

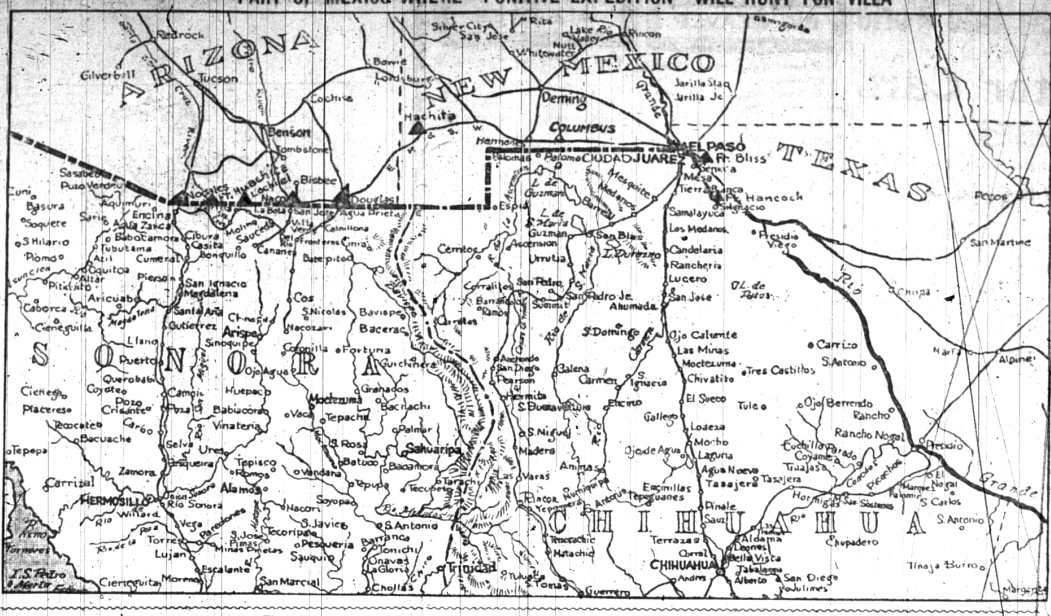
"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics, but their effects were off shortly after I stopped taking them. My food did not seem to nourish me.

"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape Nuts four times a day with cream and drank milk also, went to bed early after eating a dish of Grape Nuts.

"In about two weeks I was sleeping soundly. In a short time gained weight and felt like a different woman. Grape-Nuts and fresh air were the only agents used to accomplish the happy results." "There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

PART OF MEXICO WHERE "PUNITIVE EXPEDITION" WILL HUNT FOR VILLA



OFFICER'S WIFE TELLS OF BATTLE

Onslaught Came in the Dead of Night and Wholly Unexpected.

WOMEN RUN BULLET GANTLET

Wounded Nurse Says She Was Too Excited to Notice Injury—Brief Reign of Terror a Horrible Experience.

Chicago.—The first refugees from Villa's brief reign of terror in Columbus, N. M., reached Chicago yesterday.

There were four in the party—the wife and mother-in-law of Capt. George Williams of the Thirteenth United States cavalry, the captain's four-year-old son, Worthington Williams, and the latter's nurse.

Captain Williams was with the detachment under Major Tompkins which pursued the Villa raiders across the border and is still on duty at Columbus. He is reported to have been wounded in the hand.

Women Shaken by Raid.

The women appeared pale and shaken by their experience, but Worthington, blue eyed, apple cheeked, and tousled as to yellow hair, strutted up and down the waiting room of the La Salle street station, evidently having the time of his life.

The bandaged hand of the nurse told a story the boy did not know—how the wound which shattered the woman's wrist had saved the child from almost certain death by a Mexican bullet.

"We were living in a house not far from the army camp," said Mrs. Williams, who is on her way to her home in Norfolk, Va., which she thinks will be a safer spot than the border. The baby was asleep in his little crib when the raiders came.

"The nurse was resting on a cot in the same room, and fortunately, was wakeful. She was the first to hear the shooting. She quickly warned the rest of us and then picked up Worthington, still asleep, and started through the streets for the camp.

Wounded, but Reached Camp.

"She had covered about half the distance when a bullet from one of the raiders struck her right hand, breaking several bones. She's a brave girl, though, and with the blood flowing from her wound she staggered along and reached the camp in safety.

"If that bullet had been an inch or two other way—well, I have enough horrible things to think of. But the baby, you know, was in her arms.

"My mother and I ran to the camp and reached it soon after the nurse. By that time the bullets were flying everywhere, for the soldiers were repelling the attack. Then, before I fairly realized what was happening, my husband had gathered his company and was away with Major Tompkins over the border, after the fleeing Villistas."

"I never want to pass through another such experience. It came as the dead of night and was so wholly unexpected.

"We knew that Villa could not be trusted to keep on the Mexican side of the border, but we didn't think it possible for a human being to commit such an act as that attack on innocent women and children."

Ran Bullet Gantlet.

"The poor nurse was almost exhausted, and of course we all were. I cannot imagine, even now, how my mother and I got across that open space without being hit.

"My husband will be one of the first to cross the border with the troops on the regular expedition when the order comes I suppose he is already in Mexico. Isn't that the word from Washington?

"But, of course, I could stay no longer with the baby. My home is in Norfolk, Va., and I am going there."

On the Rock Island train en route to Chicago the Williams baby had become a general favorite with the passengers. He never tired of giving his version of the raid.

His Uniform Like Father's.

At the station, while the party was waiting for a taxicab, he proved a picturesque figure in his brown khaki uniform, an exact replica of his father's, and his huge Mexican straw sombrero.

He walked up and down the waiting room waving a little American flag, and announcing to all comers that his father was "a big sojer" and was going to "kill those Mexans."

"Baby, where is daddy?" asked Mrs. Williams, halting his sentry duty for a moment.

"Oh, he's in camp," said Worthington promptly.

"What's he doing?"

"Fightin' the Mexans."

"Who is your daddy?"

"Why don't you know? He's a big sojer an' capn."

Spend Day in Seclusion.

When their taxicab arrived the party went to the Virginia hotel, where Mrs. Williams and her mother spent the day in the seclusion of their rooms. Worthington, however, went out with his nurse for a walk and kept up a running fire of comment on the street cars, the big buildings and the other things he had not been accustomed to encounter in Columbus.

Neither Mrs. Williams nor her mother were inclined to discuss their experience in detail. After their interview with a reporter they denied themselves to callers as far as possible, receiving only a few intimate Chicago friends.

News of their arrival quickly spread among the guests and attaches of the hotel, however, and when they entered the dining room for dinner they were freely, if discreetly, stared at. An early morning train took them on their way to Virginia.

Nurse Very Modest.

The nurse was modesty taciturn about her part in the escape from the Williams home in Columbus, and even refused to give her name to reporters.

"I hardly felt the bullet when it hit me," she said. "I was so excited and of course I was thinking only of getting to the camp. But it seems like God's mercy that it hit me instead of the baby. I'm pretty glad of that, I can tell you.

"I'll be a story to tell when Worthington grows up, will it?"

Girl Describes Onslaught.

How entire families took to the roofs for safety when the Villistas made their descent on Columbus was told to passengers on the Rock Island train by Frances L. Higdon, a young woman who went through the raid, and was repeated by Horace M. Sertier and William D. Beckley of Milwaukee. They reached Chicago yesterday morning. Miss Higdon stopped at her home in St. Louis.

"Miss Higdon said she was stopping at a boarding house called the Hotel Nacionale," declared Serber. "I was sleeping in the room next to Mrs. Taylor when the reports of the guns reached us," she narrated. "The attack seemed to have centered several blocks away. Everyone came running into the hallway. I went to a window, when I heard the sound of hard riding along our street, and saw a band of Villistas riding through. They were not firing. Then from an overhanging porch across the street came several shots, and one or two of the Villistas fell. The rest, twenty or twenty-five in number, wheeled and came back. Several of them spurred over toward the house and kicked at the door, while the rest shot from their horses, which stood stock still.

Killing Them Like Flies.

"An old Mexican woman, called Felice, came upstairs carrying Mrs. Taylor's two small children. She wanted to take them up on the roof, but I had heard someone say, 'They're killing them on the roofs like flies,' and so I took the children and stuffed them between the spring and mattress of a small bed in their mother's room. I told them to be quiet. A few minutes later, when a second party rode down the street, we all ran up to the roof, leaving the Taylor children. On the roofs of other houses we could see the families lying at full-length. We could also see a great number of fires, and the roll of the rifles was almost without a break.

"In the morning I saw many of the dead Mexicans in the streets while Mr. Taylor was taking me to the train. I had intended to stay for at least two weeks longer, but I lost no time in leaving after the raid. When I left the only talk was of pursuit, and cow boys and soldiers were saying that they would go into Mexico with orders or without."

HARASSING WITH SCATTERED BANDS LIKELY TO BE VILLA'S TACTICS

Washington, D. C.—The administration has announced that it has no intention of entering Mexico in force, and therefore will merely send a sufficient body of mobile troops to locate and disperse or capture the band or bands which attacked Columbus.

This, then, is the problem before the war department. To bring this about, two forces must be provided, one to go after Villa and the other to guard the border, so that he or other Mexican leaders may not raid it as was done at Columbus, says Capt. Henry J. Reilly in the Chicago Tribune.

If Villa keeps his forces concentrated and offers battle, the problem will be much more simple than if he scatters his forces in small bands all over the country. If he keeps them concentrated we will have to send a force sufficiently large to defeat him in battle and to guard its own line of communication.

Provisions Important Factor.

If he scatters his troops in small bands all the principal points throughout the country in which he can operate will have to be occupied in order that he may get no provisions from any of the towns or principal ranches nor water from any of the water holes and be unable to use any of the passes across the Sierra Madres, while at the same time bodies of troops sufficiently large chase and destroy his various bands.

The guarding of the border has been a difficult matter since 1911, when the troops were first sent on this duty. The frontier is 2,000 miles long. Approximately six hundred of this is an imaginary line. Along the Rio Grande, which runs along the eastern half of the border, there are many fords. In other words in several of the border can be crossed easily almost anywhere. All along it are ranches. Here and there along it are a number of towns.

Need Cavalry on Border.

We have never had enough troops to afford complete protection to all these towns and ranches. The consequence has been that in most vicinities the number of troops is not sufficient to prevent such an attack as was made at Columbus. Such attacks have been foreseen for a long time, but the war department could not put more troops along the frontier than it had available. It is a duty which should be principally performed by cavalry because of the distances to be covered and because the enemy forces almost invariably consist of mounted troops.

It may be remarked that in spite of this obvious lack of troops now evident for almost five years the bill recently reported by Mr. Hay's committee of the house of representatives adds no cavalry to the army and only ten regiments of infantry. Had there been sufficient cavalry immediately available at Columbus the probabilities are that had Villa attacked at all, which would have been doubtful under such circumstances, he not only would have been beaten as he was, but captured or killed, and his whole force dispersed.

Trap Scattered for Protection.

An attempt to give some protection to all parts of the border has led to a dispersion of the troops to such an extent that there are many comparatively weak points such as Columbus. All Villa or any other leader has to do is to determine by means of spies where they are, and then suddenly attack them.

The only thing that saved the troops at Columbus from being beaten by the overwhelming numbers which Villa brought against them is the great superiority of our regulars to any troops which the Mexicans can bring against them. For the pursuit of Villa most of our cavalry undoubtedly will have to be taken. This means that the protection of the border will have to be primarily in the hands of the infantry, who are hindered by their comparative lack of mobility and the large stretches of country they will have to protect.

Nature of Land.

The state of Chihuahua is immediately to the south of that part of the border along which Villa has recently operated. To its west is the state of Sonora. The two are separated by the Sierra Madre. Chihuahua is about three times the size of the state of New York. About four-fifths of it is rolling plain at a height of from four thousand to eight thousand feet above sea level. In general it slopes down hill from the south to the American border. This plain is covered with brush and cacti of all kinds. The vegetation is distinguished by its thorns bearing capacity.

There is not a great deal of water and such as there is is generally found in water holes, called tanquas. While these, as a rule, are of considerable size, they are generally quite a distance apart.

If Villa keeps his force concentrated he may retreat practically due south, which means a long stern chase, with a steadily increasing line of communications and more and more danger of the raids of the Mexican people becoming convinced that we are making a real invasion instead of merely helping the federal authorities to dispose of a dangerous rebel.

On the other hand, he may cross the Sierra Madres and raid some part of the Arizona border, or he may return to the east and strike some part of the Texas border. If he goes due south the railroad of course will be available for a line of communications. If he goes toward the Sierra Madres the railway running to Minaca will be available. If he goes in any other direction, wagon trains and pack trains will have to be used. Whatever the line of communications they will have to be guarded to prevent Villa or any considerable part of his force from slipping around the troops after him and attacking them.

As practically all Villa's men are mounted, to catch him mounted troops will have to be used. This means cavalry and field artillery. If he gets into the Sierra Madres mountain artillery only can be used. In this type of artillery the guns are dismounted from the carriages and all the parts and ammunition carried on pack mules.

One Aero Squadron.

We have one aero squadron which, if it can get over the country, probably will be of great use in helping to locate any considerable forces Villa may keep together. We have no reserve of men or horses to bring our regiments to war strength or to make good casualties. Therefore, even if we start with them at peace strength, we will have to let the regiments used run down in strength or else fill them up with green men and green horses. The greater the number of these the less the efficiency, with the consequence that as time goes on we will probably need a good many more men than would have been the case had we at the present time sufficient trained reservists to fill our regiments to war strength and to make good casualties.

Will Resort to Guerrilla Warfare.

From Villa's expressed intention to involve the United States as much as possible in order to force intervention, the probabilities are that he will not make any attempt to fight a campaign but will scatter his forces, in order to give as much trouble as possible, keep the border in an uproar, and draw our forces as far as possible into Mexico. While the administration has definitely stated its desire to do nothing more than to eliminate Villa, the problem, due to the extent of country over which he can operate and our comparative lack of troops, which prevents our speedily ending the campaign, is one which can easily involve us in difficulties which can only be settled by a general war with Mexico.

GOLD AND AMMUNITION BURIED BY VILLA'S MEN

Villa has 3,000 men with him now according to the most authoritative reports. Five thousand men, it is believed, will join him on the day the American invasion is launched. Men old in the wisdom of the border say Villa will have from 20,000 to 30,000 men within a week after the hated "gringo" sets foot in Mexico.

Tales come out of Mexico of gold, silver and ammunition that Villa has buried that put to shame the stories of Captain Kidd and the lost pirate treasure of Cocos island.

"I should place the gold and silver in bullion and money that Villa has buried in northern Mexico at $5,000,000," said one of the bandit's former lieutenants. "The spots where this treasure is buried are known to no one on earth except Pancho Villa. The men who buried it for him were shot."

Villa himself told me of one cache of treasure he made in the mountains near Guerrero, which he popularly supposed to have been his birthplace. It required a pack train of six burros to carry the sacks of money and gold and silver bars to the spot where Villa had decided to inter them.

"Six men dug the trench. After their return to camp Villa had them arrested on a charge of treason. They met their death in front of a line of Mausers and took the secret of the buried wealth into the other world with them.

"Villa told me this because I happened to know one of the men and asked about him. 'He was a good soldier,' Villa answered, 'but I had to kill him.'

"Villa also has buried millions of pounds of ammunition and has sealed the secret of the caches in tragedy. I believe he has enough buried ammunition at his disposal to carry on a long campaign."

French Prefer Water to Bad Wine.

The French light wines are renowned, and at one time most French people drank them; but for some years now water has been drunk by a great many French men and women who could not afford good wine and will not take wine that is sold cheaply and made harmful by unnatural attributes. Unfortunately the working classes have not realized the force of this argument, and the fight against alcoholism in France is the result.—London Times.

She Meant an Escalator.

It was a Brooklyn Mrs. Malaprop who said "there ought to be an escalator at every elevated road stairway." A daughter (in high school) silenced her erring lips with a respectful kiss.—Brooklyn Eagle.

Education is a Big Thing.

Education is a grand, good thing. Before she went away to school Virginia Featheringhath called her mother "maw." Now she refers to her as "the matter."—Topeka Capital.

Only One Chance.

Manager—"I'm disgusted with the mistakes that new man makes! He gets everything mixed up." Assistant Manager—"Oh, well, some of the best ones are that way at the beginning. He may bring home the bacon yet." Manager—"He won't unless we send him for ham."—Judge.

Must Pay for Wisdom.

Experience keeps a dear school, but fools will learn in no other.—Benjamin Franklin.

Not Confined to Children.

"This is a toy tea set I got for my little girl's present. She likes to serve make-believe tea and make-believe sandwiches. A harmless fancy." "Perfectly. I've been to grown-ups affairs where they did it."—Louisville Courier-Journal.

Says Uncle Eben.

"If you can't hab sure 'nuff peace," said Uncle Eben, "de nex' bes' thing is not to git rattled when somebody insis'es on havin' a fuss."

Napoleon's Largest Army.

The largest army that Napoleon ever raised numbered between 550,000 and 600,000 men of all arms. Reference is had, of course, to the "grand army" that the emperor gathered for the invasion of Russia.

Winning Ways.

Ever notice those honeyed folks who, refusing to wrange, keep plodding on doing exactly as they had intended always contrive to get their own way?—Buffalo Times.

The President's Wedding Cake—

—an example of decorative art never equaled in the history of cake decorating—an example of deliciousness, lightness and wholesomeness that would be a pride to any housewife. It is

Another Testimonial for CALUMET BAKING POWDER

This world-famous Wilson-Galt Wedding Cake was made by Mrs. Marian Cole Fisher and Miss Pansy Bowen, both well known Domestic Science Experts. Calumet Baking Powder was used because both these experts use it exclusively in their work and *know* it is the purest, the safest, the most wholesome and economical to use.

So do millions of housewives who use it every bakeday—so will you if you try it on the things hardest to bake.

Send your name and address for free recipe and history of the Wedding Cake. Then bake one just like it yourself.

Received Highest Awards World's Pure Food Expositions, Chicago and Paris

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True.

"It takes two to make a quarrel."

"Yes, and very often it takes a jury to settle it."

Children Who Are Sickly

When your child cries at night, tosses restlessly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children should never be without a box of

Mother Gray's Sweet Powders for Children

for sale throughout the seasons. They tend to Break up Colds, relieve Feverishness, Constipation, Teething Disorders, move and regulate the Bowels and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver, and are Mild Laxatives. Don't accept any substitute. They tend to regulate the child's system.

Used by mothers for 38 years. Sold by all druggists, 25 cts. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y.

Be sure you ask for and obtain **Mother Gray's Sweet Powders for Children.**

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Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin.

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