

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a Glass of Salt if Your Back Hurts or Bladder Bothers.

The American men and women must guard constantly against kidney trouble because of our diet and our work habits.

When you follow the directions of this remedy you will find that it is a most effective means of relieving kidney trouble.

It is a fact that the kidneys are the most important organs in the body.

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WEST FLANDERS

By Katharine Eggleston Roberts

There is a wide field where the trees stand in the memory of Helvoet.

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Over the battle plain, there is a fever race of the death birds seeking prey.

The black crows are swooping over.

Belgium Sketches

The Voice of the Chimes

By Katharine Eggleston Roberts

In a little town in the plain of Brabant, the summer twilight filled the winding streets with shadows.

The sunset breeze was cool and sweet, and the children were playing in the park.

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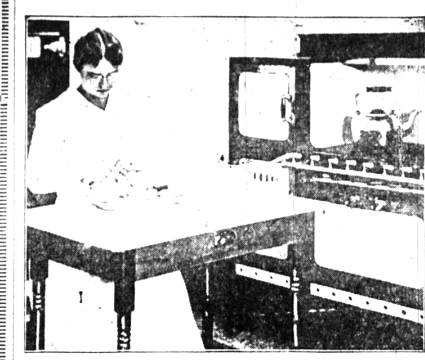
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PALATABLE AND WHOLESOME POTATO REAL STANDBY OF HOUSEWIFE WHO ECONOMIZES



Irish Potatoes Are Easy to Prepare and in Season All the Year.

Prepared by the United States Department of Agriculture.

The potato, wherever he was, who introduced the potato to the civilized world discovered it in the late fifteenth century.

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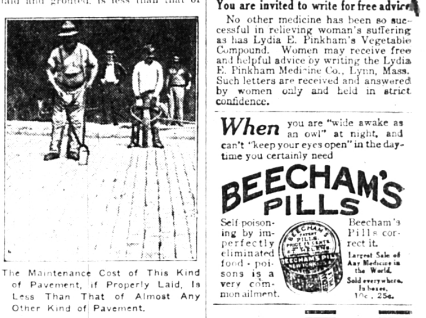
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END OF EIGHT YEARS MISERY Used Lydia E. Pinkham's Vegetable Compound and Recovered.

For several weeks I had an organic trouble and treated me with all kinds of medicine.



You are invited to write for free advice. No other medicine has been so successful in relieving woman's suffering.

When you are "wide awake" at night, you can't "keep your eyes open" in the daytime.

JUST WHAT YOU NEED DR. CARTER'S K. & B. TEA

For a Few Cents You Can Save This Health-Building Tea Every Night for Two Weeks.

Take it all your bowls are in perfect condition, fill your eyes with health and your skin clear and healthy.

Cuticura Soap The Velvet Touch For the Skin

Sale 25c, Ointment 25c and 50c, Talcum 25c.

SALESMEN

To select orders for well known brands of fabricating oils, greases, paints and water proofing materials.

SHILOH 30 DAYS STOP COUGHS

Shiloh is the strongest of any.

RECIPE FOR GRAY HAIR

To half pint of water add 1 oz. Bay Rum, a small box of Borax Compound, and 1/2 oz. of Glycerin.



After a Visit From the Spiked Helmet Men.

MANY OPPORTUNITIES TO EARN MUCH MONEY

Home Industries, Peculiar to Locality, Are Encouraged.

Young Texas Girl Engaged by New York Business Man to Prepare Fig Preserves for Eastern Market.

Many opportunities for making money are to girls who belong to the clubs organized by the United States Department of Agriculture.

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PUBLIC GRANITE BLOCK FOR PAVING

Material Regarded as Particularly Suitable for Truck Lines.

Study of various paving materials suitable for macadamized highways has disclosed interesting data on granite blocks.

The Maintenance Cost of This Kind of Pavement, if Properly Laid, is Less Than That of Almost Any Other Kind of Pavement.

ROAD TESTS IN CALIFORNIA

Over Adobe Land Concrete is Laid on Sides With Macadam in Middle.

An experiment in road construction over adobe land is being made in a section of the county highway between Bay Point and Pittsburg in California.

The concrete is laid in two separate sections, each eight feet wide with a two-foot strip through the center.

GOOD ROADS ARE ESSENTIAL

Success of Motor Truck Express Lines Depends Greatly on Character of Highways.

The success of the motor truck express depends to a very large degree on the character of the roads over which the routes run.

TRUCK IS QUITE EFFICIENT

Cost of Construction and Maintenance Is Lowered One Half by Use of Equipment.

In the construction and maintenance of the earth roads in the rural sections, the most efficient equipment yet found consists of a road grader drawn by a motor truck.

MANURE CARRIER IS USEFUL

Cost of Handling Fertilizer is Materially Reduced—Hauled to Fields Immediately.

All Around the House

Wash the piano keys with a damp rather than a wet cloth.

If the chattering is heard before used, it will not stretch.

Green peppers and olives will lend color to a hamburger salad.

Never clean aluminum with strong soap or scouring powder.

PLAN TO SAVE WOMAN'S TIME

Proper Height of Kitchen Sink and Work Tables Are Important Factors in Cooking.

The height of a woman's kitchen sink and work tables are important factors in the height of general well-being.

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PROTECTION FOR ANIMALS.

The first official order of the new minister of agriculture, M. Jules Destrée, was for the introduction into all the elementary schools of Belgium of courses tending to prevent cruelty to animals.

Ashes Burn Out Grate.

Do not allow ashes to collect under the kitchen range grate. The ashes will burn out the grate in a short time.

Washing Lamp Chimney.

Washing a lamp chimney with glass with dry salt to make the glass brilliant and prevent it from cracking.

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