

SAFE, GENTLE REMEDY CLEANSES YOUR KIDNEYS

The centuries GOLD MEDAL Haaslein Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weakness, sleeplessness, nervousness, dizziness, backache, stomach trouble, headache, pain in joints and lower abdomen, gall stones, gravel, difficulty with urinating, cloudy and bloody urine, rheumatism, eczema and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots.

GOLD MEDAL Haaslein Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they

have been a standard household remedy. They are the pure, original imported Haaslein Oil your great-grandmother used, and are perfectly harmless. The heating, soothing oil soaks into the cells and lining of the kidneys and through the bladder, driving out the poisonous matter. New life, fresh strength and health will come as you continue the treatment. When complete relief is reached to you, you may continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease.

Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. Get the GOLD MEDAL Haaslein Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haaslein Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give relief. Buy in the sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

Helping the Meat and Milk Supply

(Special Information Service, United States Department of Agriculture.)
AVOID MONOTONY OF SALT MEAT EVERY DAY.



Preparing Meat for Canning by Steam-Pressure Method.

STEAM-PRESSURE CANNER FAVORED

Every Useful Portion of Pork, Beef, Fish and Fowl May Be Preserved.

WASTE AVOIDED BY CANNING

Great Convenience to Housewife When Usual Supplies of Fresh Meat Are Exhausted—More Varied Diet Made Possible.

It is very difficult to keep fresh meat on the farm without a refrigerator or ice supply. As such conveniences are often lacking in the farm home, the importance of canning becomes evident, especially as the curing of meat is also difficult in certain regions, as for example in the extreme South. The farmer who has no ice frequently suffers when the weather suddenly turns warm at butchering time. Often, too, he uses more fresh meat than he needs in order to consume it before it spoils. This means a waste of one of the most important articles of the diet and one which is usually relatively expensive. It is possible not only to avoid such waste by canning, but also to utilize meat scraps, soup bones, and cast-iron covers, that can be used for food purposes.

With a supply of canned meats the housewife can prepare and serve a palatable meal on short notice with saving of both fuel and time. It also makes possible a more varied diet, lessening the dependence upon cured, salted, and smoked meat, the constant and exclusive use of which means a monotonous and less wholesome diet.

Canners for Home Use.
Steam-pressure canners for home use are generally made of steel boiler plate riveted together and supplied with cast-iron covers, that can be securely fastened to the retort, or they may be made of cast aluminum. They can be had from reliable makers at prices ranging upward from \$10 according to capacity and material used in construction. Steel canners can be had either with or without a suitable heating device. They can be used over wood, coal, or gas stove or over a boiler, and, as they can be used over several types of gasoline (under pressure) burners. The aluminum pressure canners, common in many homes where they are not only used for canning under steam pressure but for everyday cooking, may be heated successfully on common wood, coal, gasoline or kerosene stoves as well as over more intense heat is used. Care should be exercised not to exceed the pressure specified in the directions furnished with the canners, otherwise a serious explosion may occur.

Meats are ready for preparation for the canner soon as the animal heat has disappeared. They must be handled in a sanitary manner as possible. For home canning, meats should be cooked first—fried, broiled, roasted, baked, or stewed—just as would be done for immediate serving, to preserve not only the meat but the homecooked flavor as well. The meat is seasoned according to individual taste, and is heated until it is entirely cooked through, without needing to be cooked tender, before placing it in the canners.

Use for Various Parts.
Select the meat intended for roasting, since the meat wanted for steaks and chops is not suited to either of these can be used for goulash or stews or be chopped up and made into sausage meat, formed into little cakes, fried, and canned. What meat is left clinging to the raw bones will be utilized when the bones are boiled for soup stock. For this purpose it is well to cut the bones at several places. The bones removed from the roast and steaks, with any adhering meat, can

also be utilized for soup stock. Put the bones in cold water, heat to near the boiling point, simmer, and continue cooking until all of the strength has been extracted. The sinews, the head, and the feet, after being cut, may be added for the soup stock. Do not add any salt. When well cooked remove the bones and meat and strain the soup. It may be clarified. To clarify the soup mix beaten whites of eggs with an equal portion of water and the crushed egg shells, which have first been washed, and add this mixture to the soup, bring slowly to a boil and cook for five minutes. Strain, salt to taste, and pour into hot cans. (The soup stock should jelly when cold. If it does not, simmer until sufficient water has evaporated, so that it will jelly when a little is poured into a saucer and cooled.)

Utilizing Every Quota.
The liver is soaked in water, the coarse veins cut out and the liver skinned and prepared as desired before canning it, or it may be made into liver sausage, boiled, and canned. The heart can be used for goulash. The kidneys should be soaked in salt water, split open and the little sack removed; then they can be used either for stew or for fried kidneys and canned. The meat may be prepared in various ways and then canned. The brain is soaked in water to remove the blood, and the membrane inclosing it is removed. It can be fried or prepared in other ways and then canned. The ox tail is used for soup. The tongue is soaked in water, washed clean, salted, boiled, skinned, and packed in cans with a little fat or soup stock added. If the head is not utilized for soup stock and is of a young animal, it can be boiled after it is split, cross-sectioned, and soaked in cold water and cleaned carefully. The eyes taken out and the mucous membrane of the nostrils removed. Boil, remove the meat and utilize it for moor, turtle, stew or ragout. The tripe can be prepared in the usual way, then fried or prepared in other ways and then canned. When all the value of the bones for soup stock has been extracted by boiling, the bones may be dried, run through a bone crusher, and fed to the chickens for stock or fertilizer. (Nothing of the dressed animal is wasted.)

Danger of Poisoning.
There is perhaps more danger of food poisoning from meats than from vegetables; if any error or oversight has been made in the selection of the stock or in the processing, a life-threatening error, therefore, is necessary in the canning of meats. The United States department of agriculture recently issued, for distribution among its extension workers in home economics, a bulletin on the "Home Canning of Meats and Sea Foods With Steam Pressure Canner." Information pertaining to the canning of meats may be had in various other forms from the department. The safe practice, however, for housewives who expect to undertake the canning of meats or fish would be to get in touch with the home demonstration agent in the country or district, who will be in position to demonstrate every step from the selection of meats to the final sealing of the cans.

FRESH MEATS ALL YEAR

Of course you do your share of complaining about the monotony of eating salt meat every day.

Stop it! Stop both of them—the complaining and the monotony of eating salt meat.

Get in touch with the department of agriculture's home demonstration agent in your county or district.

Learn how to operate a steam-pressure canner.

Utilize every bit of pork, beef, mutton, fowl, and fish.

What meats is left clinging to the raw bones will be utilized when the bones are boiled for soup stock. For this purpose it is well to cut the bones at several places. The bones removed from the roast and steaks, with any adhering meat, can

Deal for Small Portion of Land.
One-eighth of an inch of one-eighth of an inch of land in Florida square, a California city subdivision, and one-tenth of one-eighth of an inch in another subdivision, was the amount of land disputed in a case at Fresno, Cal., the other day. Mathematicians said the width of the strip described would be a fraction of an inch designated numerically by one, preceded by 43 groups of three ciphers each. Attorneys in the case said the suit was brought for the purpose of removing a cloud placed on the title in a tax proceeding several years ago.

State of Ohio, City of Toledo, Lucas County.
Frank J. Cheney makes oath that he is the senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, Ohio, and State of Ohio, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH REMEDY.

FRANK J. CHENEY, sworn to before me and subscribed in my presence, this 5th day of December, 1916.

D. A. W. Gleason, Notary Public.
HALL'S CATARRH REMEDY is an internally and acts through the blood on the mucous surfaces of the System. Druggists sell it, or write for free literature. F. J. Cheney & Co., Toledo, Ohio.

Speeding Him Up.
"Don't worry," said the doctor, "I'll soon have your husband well and back to work again."
"Oh, so soon," replied the wife.
"So soon!" replied the M. D. "Because the sooner he gets back to work the sooner he'll pay my bill."

You May Try Cuticura Free.
Send today for free samples of Cuticura Soap and Ointment and learn how quickly they relieve itching, skin, and scalp troubles. For free samples, address, Cuticura, Dept. X, Boston, At drug stores and by mail. Soap 25, Ointment 25 and 50—Adv.

He Didn't Understand.
"How high can your star reach?"
"Hub! She's a singer, not a high flier."

Don't Be Afraid of Your Meals

Take "Eaton's" and Laugh At Stomach Troubles

H. L. Kramer, the man who originated Casarets, has discovered a safe, safe, quick-acting relief for bad stomachs. He named it EATONIC for your stomach's sake.

You can eat anything you like now and digest it in comfort, for stomach ease is positively assured if you get an EATONIC tablet regularly after each meal.

EATONIC acts directly with the food the moment it enters the stomach. It immediately checks any tendency toward too much acid and enables the food to pass from the stomach into the bowel in a sweetened condition, and thus prevents the formation of sour distressing gases that upset digestion and cause a bloated, dull, lumpy feeling that makes your stomach REPEAT.

EATONIC enables you to eat your

fill and laugh at indigestion, dyspeptic ailments, heartburn, "sour stomach," and all the other bugaboos of the "man-of-all-the-worlds."


Kramer says: "EATONIC should be in every home ready for use after every meal. An EATONIC tablet will aid you naturally to easily digest and assimilate—your food can be thoroughly enjoyed without the slightest danger of misery from acid stomach. I strongly advise every one to take EATONIC after meals. To correct bad condition, it is a most wonderful discovery. If EATONIC fails to give you prompt stomach relief, your money will be refunded; \$50 buys a large box in any drug store. On write to Eaton's Remedy Co., 1015 S. Wabash Ave., Chicago, U. S. A."

DON'T think that because your stomach can digest food you are proof against indigestion. The most important digestive work is done by the bowels, liver and kidneys. Unless these are active and work in harmony, you are in danger of self-poisoning.

Beecham's Pills

help the bowels to functionate properly, and influence the liver and kidneys to act efficiently.

Sold by druggists throughout the world. In boxes, 10c, 25c. Directions of Special Value to Women are with Every Box.



If Swift & Company Made No Profit

The cattle raiser would receive only 1/3 cent a pound more for his cattle

So small is Swift & Company's profit on any single transaction that if it were turned over to the cattle raisers of the country, they would receive only 1/3 cent a pound more for cattle than they receive now.

Swift & Company pays for live cattle about 90% of the amount received for dressed meat and by-products. The remaining 10% pays for packing-house expense, freight to market, operation of distributing houses and profit. Swift & Company's actual figures per head for 1917 on over two million cattle were as follows:

Receipts		Payments	
From By-products	\$6.51	Cost of Live Cattle	\$2.32
\$24.00	9%	Cost of Packing and Dressing	2.32
26%			
From Meat	\$68.97	Profit on Live Cattle	\$84.45
74%			91%
Total	\$93.06	Total	\$93.06

* This net profit of \$1.29 per head averages 1/3 cent a pound live weight.

And out of this small net profit dividends must be paid to shareholders.

Year Book of interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois.

Swift & Company, U.S.A.

Community of Spirit.
When a man says to me wistfully, "I want to go to the mountains, but I suppose I'll go to the suburbs." I understand; I know precisely where he wishes to go. He wishes to go fishing. These are community of spirit fishermen. We could both be happy on a catfish, but would both be miserable on a hound, walk—Robert M. Gay, in the Atlantic.

Educate Blind Soldiers.
The ablest educators of the blind in the country are co-operating with the government in its plans for the most complete system of re-education for blinded soldiers that has ever been undertaken. When their education has been perfected the committee will find employment for soldiers and aid them in filling their old places in the community. Mrs. T. Harrison Garrett has offered her Baltimore estate of 39 acres to serve as a hospital school for the blinded officers and men.

Nobody Knows.
Betty—Mamma, when the fire "broke out" where does it go?
Mamma—I don't know, dear. You might just as well ask me where your father goes when he goes out.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Nothing remedies yesterday as much as tomorrow.

Easy to figure the Profits

Where in Western Canada you can buy at from \$15 to \$30 per acre good farm land that will raise 40 to 65 bushels to the acre of \$2 wheat—is easy to figure the profits. Many Western Canadian farmers (scores of them from the U. S.) have paid for their land from a single crop of wheat. Write for literature and particulars as to reduced railway rates to Supp., Immigration, Ottawa, Canada, or to

Free Homestead Lands of 160 Acres Each
or secure some of the low priced lands in Manitoba, Saskatchewan or Alberta. Think what you can make with what at \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming and cattle raising.

The climate is beautiful and agreeable; railway facilities excellent; good schools and churches. Write for literature and particulars as to reduced railway rates to Supp., Immigration, Ottawa, Canada, or to

M. V. MacINNIS
176 Jefferson Ave., Detroit, Mich.
Canadian Government Agent