

## WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to break a little at the hinges. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unthoughtful comment. Certain bodily functions upon which good health and good spirit so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and annoying complications in other organs arise. This is particularly true with the kidneys. If you only know how, this trouble can be obviated.

For over 200 years GOLD MEDAL Hasler Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home remedy, and needs no introduction. It is now put up in odorless, tasteless capsules. These are easier and more pleasant to take than the oil in bottles.

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They work into the system and throw off the poisons which are making you feel worse your time. They will quickly relieve

those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "stitch" pains, etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs.

GOLD MEDAL Hasler Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the dangerous and fatal disease of the kidneys. They have a beneficial effect, and they completely cure the disease of the body organs, allied with the bladder and kidneys.

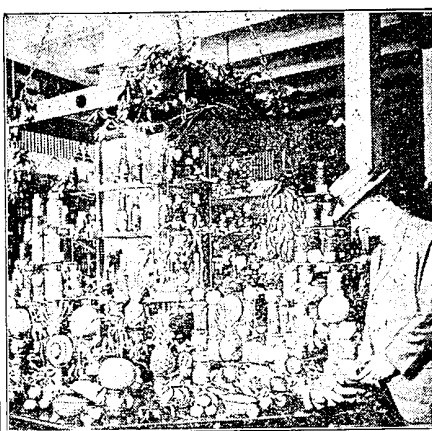
If you are troubled with soreness across the loins or with "stitch" aches and pains in the back take warning, it may be the preliminary indications of some dreadful malady which can be warded off or cured if taken in time.

Go to your druggist today and get a box of GOLD MEDAL Hasler Oil Capsules. Money refunded if they do not help you. Three sizes. GOLD MEDAL are the pure, most medical imported Hasler Oil Capsules. Accept No Substitutes.—Adv.

## Our Part in Feeding the Nation

(Special Information Service, United States Department of Agriculture.)

### FOOD STORES LAX IN CLEANLINESS.



Federal Food Inspector at Work in a Clean Store.

## PREVENT WASTE BY CLEANLINESS

Necessity of Maintaining Pre-War Standards of Sanitation Are Pointed Out.

### SCARCITY OF HELP BLAMED

Most Essential Factor in Health of Nation Need Not Be Neglected Under War Conditions—Country Store Bothersome.

Many grocery stores have fallen away from pre-war standards of cleanliness, say officials of the bureau of chemistry, United States department of agriculture, in charge of the enforcement of the Federal Food and Drug Act. State and city inspectors attribute this partly to scarcity of help and to less efficient help.

Cleanliness in handling food is even more important in times of war than in times of peace, say the specialists. In order that the maximum efficiency of our army of fighters abroad and our army of workers at home may be maintained. Clean stores not only promote health, but prevent waste of food. That they can be kept clean under prevailing conditions is shown by the fact that some of the best stores are maintained in standards of cleanliness which insure that the food they handle will not be contaminated. This is not a new thing, it is the most essential factor in the health of the nation need not be neglected under war conditions.

The small country grocery is one of the most difficult problems of the food inspector. The country store is both a collecting and distributing agency of food. It buys from the farmer such products as eggs, poultry, nuts, fruits, grains and vegetables and sells to him everything in the food line not produced in the country. It handles food both coming and going. If the store is dirty, with dust on the shelves and cobwebs in the corners, with insects and vermin under the counters and in the bins, and with flies everywhere, the food both for the country and for the city is sure to become contaminated. When the country as a whole is considered, the loss of food through spoilage from contamination in unclean stores is enormous. The most important consideration, however, in the opinion of federal, state and city food officials, is the danger to the health of the people who consume the food. A dirty, insanitary store is a food shop in a most potent factor in the spread of disease.

Competition in Cleanliness. Where there is keen competition, cleanliness is more likely to prevail. A clean, well-lighted store attracts customers. The cost of scrupulous cleanliness is more than offset by the gain in the prevention of spoilage, and by its custom-drawing value.

Novel methods have been adopted by state and city officials to bring about competition in cleanliness. One state has reported excellent results from authorizing the food inspectors to issue colored placards to the stores at the time of inspection indicating the degree of cleanliness found. A store which is found to be in excellent condition is given a white card; one in good condition is given a blue card, and one that is satisfactory is given a red card. A store that falls below a satisfactory rating is not given a card. This system has resulted in much competition among the merchants to get the highest possible rating in sanitation. The housewives soon learned what the placards signified and did their buying accordingly.

One of the most effective methods adopted by food officials has been the enlistment of women's clubs and other civic organizations to aid in cleaning campaigns. It is possible under the best conditions for food inspectors to visit any one store but a few times each year. The members of local organizations and the housewives who visit the stores daily can exert an effective influence for cleanliness once their interest is aroused and the importance of the work pointed out to them. As soon as the proprietor of a food shop realizes that his customers will leave him unless he complies with reasonable sanitary requirements he at once falls in line.

### Federal, State and City Co-operation.

Federal, state and city food officials co-operate in enforcing laws applicable to foods and drugs, and in conducting educational campaigns for cleanliness. At a recent meeting of the Association of American Dairy, Food and Drug Officials plans for closer co-operation were worked out. City food officials were admitted to membership in the association and arrangements were made for the organization of state associations of food control officials and for associations of sectional groups of federal, state and city food officials who have common conditions and common problems.

The Federal Food and Drug Act does not confer authority to regulate directly the sanitary conditions of stores and shops where food is put up or sold. However, if food becomes contaminated in an insanitary store, or in any other manner, and is afterward shipped into interstate commerce, the party responsible for the shipment may be prosecuted under the federal law, and the contaminated food may be seized.

### HELP CLEAN UP STORES

Women's clubs and others can help in campaigns to clean up food stores by:

Patronizing only stores that maintain high standards of cleanliness.

Reporting insanitary conditions in stores to proper authorities.

Discussing the subject at their meetings.

Appointing committees to report on conditions of local stores.

Suggesting, through their organization, how storekeepers can improve their standards of sanitation.

### Leaves Make Good Bedding.

The importance of securing the greatest possible return from the manure supply of the country can hardly be overestimated at any time. It is infinitely greater when the production of food is so vital to the nation as during the present crisis.

In localities where leaves are obtainable at small cost as compared to the cost of straw, a condition which exists in some sections, it would seem advisable to make use of this material for bedding instead of straw. It is a well-known practice in the wooded sections of the South to use leaves for bedding. Frequently land has been built up into a high state of fertility when this was practically the only means of supplying humus to the soil.

### Winter Exercise.

Considering winter crop production only, exercise is as important as essential. Much good winter laying has been done by flocks with very little exercise, but such flocks do not usually lay as well the rest of the year, and if management is wrong at some other point they are very apt to have more than their due proportion of deaths toward the end of the winter.

The late fall garden cleaning kills many insect pests. Bury the trash,



## Why Compare Beef and Coal Profits?

Swift & Company has frequently stated that its profit on beef averages only one-fourth of a cent a pound, and hence has practically no effect on the price.

Comparison has been made by the Federal Trade Commission of this profit with the profit on coal, and it has pointed out that anthracite coal operators are content with a profit of 25 cents a ton, whereas the beef profit of one-fourth of a cent a pound means a profit of \$5.00 a ton.

The comparison does not point out that anthracite coal at the seaboard is worth at wholesale about \$7.00 a ton, whereas a ton of beef of fair quality is worth about \$400.00 wholesale.

To carry the comparison further, the 25 cent profit on coal is 3 1/2 per cent of the \$7.00 value.

The \$5.00 profit on beef is only 1 1/4 per cent of the \$400.00 value.

The profit has little effect on price in either case, but has less effect on the price of beef than on the price of coal.

Coal may be stored in the open air indefinitely; beef must be kept in expensive coolers because it is highly perishable and must be refrigerated.

Coals handled by the carload or ton; beef is delivered to retailers by the pound or hundred weight.

Methods of handling are vastly different. Coal is handled in open cars; beef must be shipped in refrigerator cars at an even temperature.

Fairness to the public, fairness to Swift & Company, fairness to the packing industry, demands that these indisputable facts be considered. It is impossible to disprove Swift & Company's statement, that its profits on beef are so small as to have practically no effect on prices.

Swift & Company, U. S. A.



### Important Discovery.

Uncle Almer—I see in the papers that a new kind of patent medicine has just been put on the market that will cure everything.

Ann: Right—Well! And both of Jed Larkin's boys is going to medical college. It seems that when lots of folks go to fittin' themselves for a profession something happens to make that profession unprofitable.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of J. C. Fletcher.

In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Unkind. Ella—My face is my fortune. Stella—Somebody shortchanged you. —Chicago Daily News.

Many a man's nose blanches for the acts of his elbow.

### The Idea.

"How are the charges from war balloons fixed?" "I suppose from the parachutes."

One of the things a man can learn by keeping his ears open is the folly of talking too much.

**ASTHMADOR**  
GUARANTEED  
TO INSTANTLY RELIEVE  
**ASTHMA**  
OR MONEY REFUNDED—ASK ANY DRUGGIST

**The War Is Won!**

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## Scenes of Prosperity Are Common in Western Canada

The thousands of U. S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains.

Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels; to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or Alberta you can get a **HOMESTEAD OF 160 ACRES FREE** and other land at very low prices.

During many years Canadian wheat fields have averaged 30 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax. Mixed Farming is as profitable an industry as grain raising. Good schools, churches, markets convenient climate excellent. Write for literature and particulars as to reduced railway rates to Sept. 1st, 1918. Ottawa, Can., or to

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Canadian Government Agent.

## When Children are Sickly

are Constipated, Febrile, Cry in their sleep, Take cold easily, Have Headaches, Stomach or Bowel trouble, Try

**MOTHER GRAY'S SWEET POWDERS FOR CHILDREN**

They are pleasant to take and a certain relief. They act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials from Mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for Children when needed. Ask today. The need of them often comes at inconvenient hours.

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