THE GROWTH OF HABIT

Robustness to many is almost entirely a matter of habit, the habit of taking care and the consistent use of

SCOTT'S EMULSION

The energizing properties of *Scott's* have been proved in thousands of homes nearly everywhere.

The habit of using *Scott's* regularly at trying periods as a means of building up strength and thwarting weakness is a habit well worth cultivating.

Try *Scott's Emulsion* for Increased Strength.

Scott & Bowne, Bloomfield, N. J. 18-12

IT'S NOT YOUR HEART IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ills afflicting people today can be traced back to kidney trouble.

The kidneys are the most important organs of the body. They are the filterers, the purifiers, of your blood.

Kidney disease is usually indicated by weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago.

All these derangements are nature's signals to warn you that the kidneys need help. You should use GOLD MEDAL Haarlem Oil Capsules immediately. The soothing, healing oil stimulates the kidneys, relieves inflammations and destroys the germs which have caused it. Do not wait until tomorrow. Go to your druggist today and insist on GOLD MEDAL Haarlem Oil Capsules. In twenty-four hours you should feel health and vigor returning and will bless the day you first heard of GOLD MEDAL Haarlem Oil.

After you feel that you have cured yourself, continue to take one or two capsules each day, so as to keep in first-class condition and ward off the danger of other attacks.

Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

HAVE YOU BEEN SICK?

Then you realize the utter weakness that robs ambition, destroys appetite and makes work a burden.

To regain your strength nothing has ever equaled or compared with Scott's Emulsion; its blood-enriching properties give energy to the body while its tonic value sharpens the appetite in a natural, permanent way.

If you are run down, tired, nervous, overworked or lack strength, be sure to get Scott's Emulsion today.

Scott & Bowne, Bloomfield, N. J.

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Sold by all druggists everywhere.

Keep Bowels On Schedule

Late, retarded functioning throws the whole day's duties out of gear. Keep the system cleansed, the appetite lively, the stomach staunch with Dr. King's New Life Pills. Mild and tonic in action. Sold everywhere.

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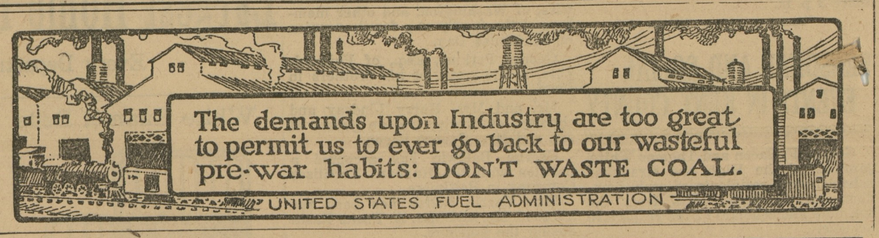


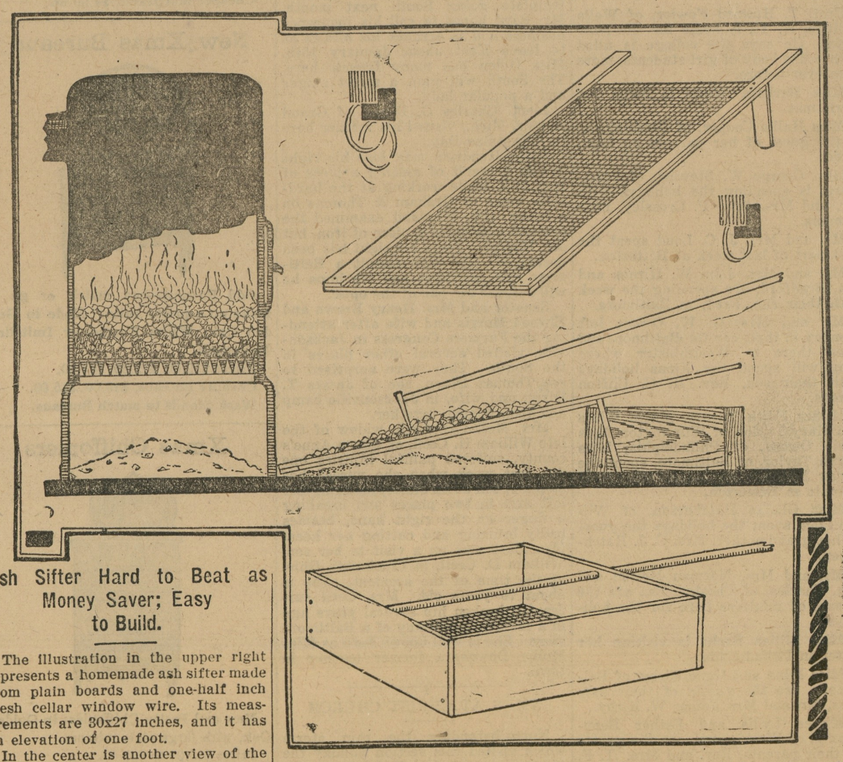
ASHES SIFTED MEANS COAL SAVED

No one would begrudge wasted coal if it fell later into the hands of users, as coal on the ash dumps of New York is gleaned by the children of the East Side.

The trouble is that the five buckets full of coal which the average householder wastes each week by not sifting his ashes do no one any good.

Sift your ashes, save coal, save money, and help stretch the scant supply of anthracite this winter.

HERE ARE TWO SIMPLE HOME-MADE ASH SIFTERS



Ash Sifter Hard to Beat as Money Saver; Easy to Build.

The illustration in the upper right represents a homemade ash sifter made from plain boards and one-half inch mesh cellar window wire. Its measurements are 30x27 inches, and it has an elevation of one foot.

In the center is another view of the same ash sifter. It shows the sifter placed against the ash pit of a heater, with a box in back of it to catch the reclaimed coal.

Ashes are drawn from the ash pit with hoe, as shown in illustration. As they are pulled over the mesh the ashes drop through the sifter and the recovered coal falls into the box. The purpose of this form of sifter is to allay dust and reduce work.

In the lower illustration is a simple form of ash sifter which can be made with four boards, or a box sawed in half, a broomstick and a piece of one-half inch mesh cellar window wire. This style of sifter is efficient but scatters more dust than the other.

MAKE AN AIR-POCKET WITH WINDOW SHADE

IT KEEPS OUT THE COLD.

There has come to light the novel fact that a window shade will not only keep out the light, but will keep out the cold!

Unreasonable, you say?

Not at all.

A glass window, while it effectively keeps out the wind, allows considerable radiation of the heat from a room through the single thickness of the pane. In very cold countries double windows are the rule.

No matter how thin the window shade, if it is pulled down and held snugly against the casement, it forms an air pocket which insulates the warm room from the cold outside the same way as does the air space of the double window.

For that reason, in cold weather, pull your window shades down at night. If the curtains or hangings do not hold the shades close to the casement, pin the shades. It is not necessary to seal the shades tight against the casement, but merely to have them hang close enough so that the air will not circulate too freely.

COALOGRAMS.

Why try to heat all outdoors. Turn off the heat when you open a window for the night. Save anthracite.

Clean out your furnace, range and flues. Save anthracite.

Soot is a better heat insulator than asbestos. Clean it out and save anthracite.

COAL PRODUCTION CUT.

The influenza epidemic cut anthracite coal production 1,000,000 tons, according to the estimates of the United States Fuel Administration. Another half million of tons was sliced from expected production when the miners joined with the rest of the country in celebrating the signing of the armistice.

These are the reasons that make it necessary for every person possessed of anthracite to get the utmost possible good from it. There is not enough anthracite for the needs of every household.

WEATHER STRIPPING WILL SAVE YOU COAL

Following are a few suggestions by the United States Fuel Administration on "weather stripping" of houses, to save coal:

It is best to put weather stripping on all doors and windows because, there is a heat loss through every one, no matter how tight they might be. By all means strip those which are loose, or which have large crevices.

All doors and windows which have a northern exposure should be carefully stripped. Windows thus exposed would be much better protected if double windows are provided, because there is a certain amount of heat loss through the glass.

A million and a half households in the Middle West, accustomed to the use of anthracite, are getting either none or only a partial supply of anthracite this winter. Make the most of the anthracite you are fortunate enough to have.

The best way of assuring yourself of plenty of domestic fuel this winter is by the use of wood. Cut wood on holidays and in your spare time and save anthracite.

You Can Have Christmas Cheer the Year 'Round

AGAIN we approach the Holiday Season. It will soon be time for us to say to one another, "Merry Christmas and Happy New Year." What a splendid time for you to decide to put into your home those things which bring help, comfort, contentment and lasting cheer for every member of the family.

DELCO-LIGHT provides bright, clean, safe electric light for the house and barn; also electric power to run the washer, cream separator and other light machinery. It brings city conveniences and modern benefits to the country home—makes the farm a better place to live and to work—and soon pays for itself in

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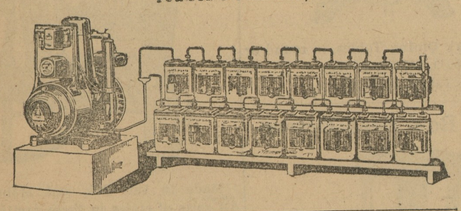

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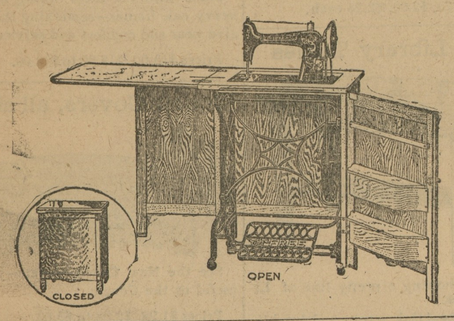

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