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OF MIDOLE AGE
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Keeping Fit
It is because of the war that
 the perfect physical man has all world. You can make of yourself, even rather late in life, almost anything you day, one month, or, perhaps, a year, unless you take enough outdoor exercise to keep the circulation going and practiso the athlete's irst principle-to keep the
system clean. He does not give his body a chance to absorb poisons. He not only takes his cold shower, after exercise but he knows a cleansing of the intestines is important, and he takes occasionally a good regulator and liver cleanser, such better, a tiny pill made up of May-apple aloin and jalap, and sold by almost all druggists in the land as Dr. Pierce's Pleasant Pellets.
Avoid too muciu mix Avoid too mucu meat, alcohol or tea. Drink plenty of pure water, preferably hot water, before meals, and drive the uric acid out of the system by taking "Anurie" (anti-uric-acid). This can be obtained at aimost any drug store. Hotel, Buffalo N of water to the chemist at Dr. Pierce's Invalids' whether the kidneys are affected. When your kidneys get sluggish and clog, you suffer from backache, sick-headaches, dizzy spells, or twinges and pains of lumbago, rheumatism or gout; or sleep is disturbed two or three times a night. Take heed, before too latel Get Anuric (anti-*ric-acid), for it will put new life into your kidneys and Pierce ten cents for trial package of "Anuric."

| LIVE STOCK REPORTS | CANABA'S FUTURE |
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| OF GREAT PROMISE |  |

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RELIEF AT LAST






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