

Drugs Excite the Kidneys, Drink Water

Take Salts at First Sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble because we often eat too much rich food. Our blood is filled with acids which the kidneys strive to filter out; they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night; if you suffer with sick headache, or dizzy, nervous spells, acid stomach, or if you have rheumatism when the weather is bad, begin drinking lots of good water and get from your pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate clogged kidneys, to neutralize the acids in the system so they no longer are a source of irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.



RECTAL COLON IRRITATIONS
SUFFERING ELIMINATED
15-years success in treating Rectal and Colon troubles by the Dr. C. J. Dean

FEEL DIZZY?
Headache, bilious, constipated? Take **NR-NATURE'S REMEDY**—tonight. This mild, safe, vegetable remedy will have you feeling fine by morning. You'll enjoy free, thorough bowel action without the slightest sign of griping or discomfort.

NR TO-NIGHT
TOMORROW ALRIGHT

One Means, Anyway
"Pa," said the kid, "what do they mean by 'fair means?'"
"Peroxide, son," replied his dad.

Coughing STOPS

Boschee's Syrup soothes instantly, ends irritation quickly! GUARANTEED. Never be without Boschee's! For young and old.

Boschee's SYRUP
At all druggists



Makes Life Sweeter

Too much to eat—too rich a diet—too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

Phillips is always ready to relieve distress from over-eating; to check all acidity; or neutralize nicotine. Remember this for your own comfort; for the sake of those around you. Endorsed by physicians, but they always say Phillips. Don't buy some thing else and expect the same results!

PHILLIPS Milk of Magnesia

The Crippled Lady of Peribonka

By James Oliver Curwood
WNU Service
(©, 1929, Doubleday Doran & Co., Inc.)

STORY FROM THE START
Introducing some of the people of the pretty little French-Canadian village of Peribonka, particularly the Crippled Lady, idol of the simple inhabitants.

CHAPTER II—Continued

From the hour Paul opened his eyes to the light of life he had in him the soul of an Indian. After a hundred and thirty-five years the blood of the lovely Molly Brant had come into its own. One would not have guessed it from the boy's physical appearance, for he was light rather than dark, with blue eyes and blond hair. But the modern Molly, who lived in a palace, with a Croesus for a husband, saw what was happening as the years passed by. Her boy grew lean of face and figure. His cheek bones were a little high. His love for the outdoors became a passion. She made it possible for him to spend his vacations in the woods, and each time he returned she knew that something had been taken away from him and a little more of the other thing put in its place. The servants thought he was queer, and loved his quiet and stoical kindness, which was many years older than his age. Most boys would have lived up to the princely grandeur of his environment. To Paul it meant less than a tree with birds singing in its branches.

In his thirteenth year came three events of vital importance in the shaping of his future. First his mother died. No one would ever know the terrible, unhealing wound it cut in Paul's heart. It was James Kirke, the hardened and power-seeking juggernaut of flesh and blood who went to pieces when he discovered that death had been fearless enough to cross his path. His agony was like a storm, tragic for a time, and quickly over. He settled back into the fierce strife of his money getting by the time Paul began to grieve. But the shadow and the fact of death changed him a little. He saw himself alone, except for his son. And this son, after years of passing interest on his part, became the kernel of his plans and ambitions. He was now king. Some day his boy would be king. And it was his desire and his decision that he should be a greater king than himself. Pride fired his resolution.

But here the geographical genius of Fate again stepped in with humors of its own. In another Fifth Avenue home a baby girl was born to the wife of Kirke's most implacable financial enemy, Henry Durand. A few months later, three thousand miles or more away, an immigrant ship left for America. On board this ship was a clear-eyed, hopeful woodcutter from the mountain country of central Europe. With him were his wife and baby. They were an unimportant three. The sea might have swallowed them and no one would have cared very much, for their adventure was only one of millions of a similar kind. The immigrant baby's fortune began and ended with the few little clothes she wore. The other baby was worth millions one second after she came into the world.

Paul continued to grow up, and with equal steadiness his father continued to amass fortune and influence. It was his passion to smash and break down, then devour and build up—until some one called him the Anaconda, a name which fitted him so well that the newspapers would have used it had they dared. Kirke was always within the legal boundaries of his country's laws. He absorbed shipping companies, railroads, coal mines and timberlands and sent out his engineers to corner vast water-power rights. From an industrial point of view he was constructively an asset, for wherever he broke down or consumed small activities he built up larger ones. But morally and ethically his brain was inspired by a covetous and avid desire to rule. He was intolerant of rivalry, and this brought him each year in closer and more deadly contact with the equally far-reaching interests of Henry Durand. The titanic struggle between these two Galathas of financial and industrial activities is a part of Wall Street history. The more in

teresting story of Paul and the two babies is known only to a few, chiefly about Lac St. Jean.

That his father married again soon after Molly Kirke's death and had another son did not hurt Paul, except that it made him grieve more deeply for his mother and added to his loneliness. He got along only fairly well in college, because he could never completely shake his mind to duties that were confined within stone and brick walls. It took him an extra year to finish an engineering course, and after that he was never happy except when in the open spaces. In a business way he was interested only in his father's timberlands and such water-power projects as were situated in the wilderness. As a whole he was a disappointment to his parent.

One restless night the greatest of all his ideas came to James Kirke. The next day he went boldly and in friendly spirit to the office of Henry Durand, and for hours the two colossi talked over Kirke's suggestion that their interests be combined into one giant force of countless millions. They parted friends. In a little while they were seen at the clubs together. Later the all-powerful Kirke-Durand corporation became a reality. The flinty old warriors worked hand in hand, their assets multiplied. Their palatial homes were scenes of mutual intercourse. Their wives were intimate. Their children became acquainted.

In his thirty-second year Paul married Claire Durand.

In his thirty-eighth year, the son of one of the richest men in New York, he was officially in charge of the



Peribonka.

buze engineering work on the Mistastin river in the wilderness north of Lac St. Jean and had been three years on the job.

During these three years he had known Caria Haldan.

He was thinking of Caria as he looked from a window of his bungalow office on the hill down over the vast and naked workings of an engineering achievement which was costing fifty million dollars. He felt no exultation or thrill of pride, and in his eyes was a far-back, somber glow. What he saw was to him an unending and monotonous drizzle of rain was falling. There were fifteen hundred men on the job below him working in three eight-hour shifts, and neither darkness nor storm could stop them. He could see them moving and crawling about like ants at their labor. In his mind they added nothing to the scene, unless it was to give grimmer reality to a bell that was smoking and boiling over. Everywhere a rumble and din, everywhere the fierce and heart-breaking labor of men, everywhere the ugliness and madness of a man-made place of torment.

Paul was thinking this even with Caria Haldan in his mind. He could see the gray white sluices and dykes with their cement and steel walls, and the monster sections of the almost completed dam, which was to harness northern waters to the production of light and power for twenty million people. Three years of human effort and millions in capital lay under his eyes. Yet about it all was only one excusable and beautiful thing for him. That was the rim of wilderness, the green and black and purple boundaries of the forest which clung like a frame about the workings.

His contemplation of the scene in the valley was interrupted by a voice at his office door, and he turned to greet the most intimate of his friends in the field, Colin Derwent, who was the company's medical man. Even on rainy days, and with his boots clogged with mud, Derwent was a cheerful soul. With his Frenchy little mustache, his smooth cheeks, his liveliness of movement, and his appreciation of all phases of life, he continued to bear the appearance of a boy, though he had filled an important chair in medicine in Johns Hopkins.

(TO BE CONTINUED)

WHY WE BEHAVE LIKE HUMAN BEINGS

By GEORGE DORSEY, Ph. D., LL. D.

The Secret of the Thyroid

THE endocrine gland best understood is the thyroid (sheldlike) astride our Adam's apple. It varies individually and with age. It is relatively largest in fetal life. At birth its weight in proportion to the entire body is as 1 to 300, by the third week 1 to 1,100, and in the adult as 1 to 1,800. It is generally larger in women than in men. Why this is so is not yet known.

The thyroid usually consists of two equally developed lobes, two inches long, an inch and a quarter broad. They vary greatly; one lobe may be much larger than the other, or may be quite absent. Generally the two lobes are connected by an isthmus; this also varies in position or may be absent. There may be accessory thyroids down the trachea as far as the heart.

Only in higher fishes does the thyroid become a ductless gland, take on new functions, and start a new career. In man, a duct is sometimes found in the isthmus—vestige of a condition found in lowest fishes, echo of millions of years ago. It is prone to trouble.

Children with deficient thyroids, through removal, atrophy, or injury, become heavy-featured, gibbering, idiotic dwarfs known as cretins; they do not metamorphose into normal adults.

These appalling results in both children and adults have been corrected by feeding thyroid extract.

Enlargement of the thyroid from whatever cause is called goiter, or Derbyshire neck. But an over-developed or over-active thyroid produces a definite disease known as toxic or exophthalmic goiter, or Graves' disease. This is characterized by increased metabolism and blood pressure, rapid pulse, lax and moist skin, nervousness, and protruding eyeballs—hence the name, "exophthalmic." The remedy is still in the thousands of the surgeon.

It is believed that the activating principle of the thyroid hormone is thyroxin, isolated by Kendall in 1918. Thyroxin is a crystalline compound of three molecules of iodine fixed in a protein derivative: tri-iodo-tri-hydroxyindole propionic acid, or 65 per cent of iodine.

Only the thyroid secretes thyroxin, and apparently it is the iodine in thyroxin that tells the story. Iodine is found in many seaweeds; is three times more abundant in codfish than in human beings; is found in traces in milk and in drinking water; and gets its name from its violet (iodos) color!

Possibly no life exists without iodine. Certainly normal human life is impossible without one one-hundredth of a grain of thyroxin a day. Three and a half grains of thyroxin are all that stands between intelligence and imbecility.

The adrenals, or suprarenals, get their name from their position just above the kidneys. Normally they are of the size and shape of a large bean. But they vary; one—or, in rare cases, both—may be absent; there may be accessory adrenals varying in size from a pin head to a large pea. Removal of both glands is fatal, often within a few hours. When death does not follow their removal it is because accessory adrenals are present and can function.

Adrenin is a powerful drug and a powerful cardio-vascular stimulant. Normally our blood contains about eight milligrams of it, which means that the proportion of adrenin to arterial blood is one part to a billion. It influences some tissues when diluted to one part in 100,000,000. It depresses the intestinal canal when diluted to one part in 300,000,000! Large doses are fatal.

Adrenin is a drug, one of the most potent our body conceals. Yet adrenal feeding tends to no known or proved results. The administration of the drug adrenalin does lead to profound results. Our body blood contains this drug. Whether it is made by or excreted by the adrenals is still an open question, but that adrenin has specific action on the vascular system, the nervous system, the blood, the alimentary canal, and on sugar mobilization, there is no doubt. Nor is there any doubt that when administered as a drug it increases the action of local anesthetics by constricting the blood vessels, thus preventing local loss of the anesthetic. And as this reduces the amount of anesthetic required, it also reduces the amount of toxin danger from the anesthetic. It checks hemorrhages. It allays the spasms of acute bronchial asthma. It also stimulates weak hearts and fortifies the hearts of the old and infirm against the shock of operation.

In short, adrenalin exerts an influence upon all smooth muscle energated by fibers of the autonomic nervous system. That makes its responsibility enormous, its influence on human destiny second to none.

(By George A. Dorsey)

Liberated by Wealth

As it was the wealth of the Renaissance that led to its freedom, its license, and its art, so it is the wealth of our day and place, far more than any literary revolt, that has substituted for the rigid moral code of the Pilgrims the gay laxity of emancipated souls. Our changed Sabbath, a day now not of rest and worship but of wanderings and pagan joys unconfined, is a visible sign of our altered morals and our liberated lives.—Will Durant in "Mansions of Philosophy."

Metal Shield Bars Ants

To prevent termites, the destructive insects that devour wood, from entering homes, University of California engineers have devised a metal shield to be placed on top of the concrete foundation immediately under the wooden sill that rests upon it.—Popular Mechanics Magazine.

Triumph Over Nature

Modern perfumes made from synthetic chemical ingredients have more lasting qualities than many of the perfumes made from flower oils.

Design That Will Appeal to the More Conservative Home Builders

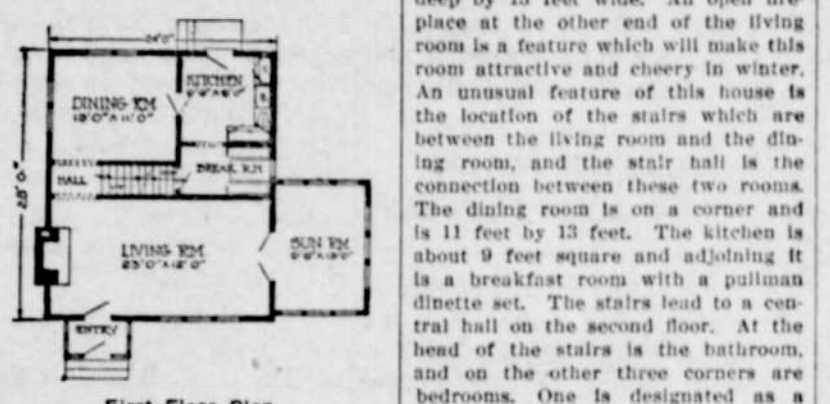


There is nothing striking or novel about this home, but it should appeal to many of the more conservative home builders as one which will maintain its appearance through many years because of its lack of passing faddish influence.

By W. A. RADFORD
Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to practical home building, for the readers of this paper. On account of his wide experience as editor, author and manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 497 South Dearborn Street, Chicago, Ill., and only inclose two-cent stamp for reply.

While there is nothing striking or novel about this house, it should appeal to many of the more conservative home builders. The picture shows how attractive the exterior of a house may be made by the use of awnings, flower boxes, and flowers and shrubs around the foundation walls. This is not an expensive house to build, and has all the features of a modern up-to-date home including a sun room and a balcony above.

In construction this home reminds one of a New England design, as the lower part has the wide shake shingle, and the upper part the clapboard siding, which have been popular for



First Floor Plan.

centuries in New England. The shake shingle is a great deal thicker and considerably wider than the ordinary roof shingle, and when treated by a special process can be made to have the silver grayish tint that marks the

Average Wooden House Rots in a Few Years

Although the average American wooden house is attacked by decay within a few years and is usually rot to worthlessness with two generations, there is no reason why it could not be preserved for two, three or four centuries, says Prof. Emanuel Fritz, wood technologist of the University of California.

Carelessness, and not the perishable nature of wood itself, is to blame for the costly decay of the average framing dwelling, asserts the expert, writing in Good Housekeeping Magazine. Decay is evidence that the wood is holding a moisture content of more than 20 per cent.

Cheap, careless construction proves more expensive in time than the care and added expense necessary to make a house waterproof, he points out. The factors which usually bring about decay and which can easily be eliminated are: Poorly fitted joints which allow water to enter and remain in the cracks; failure to insulate all parts of the house from the moisture of the ground with a masonry foundation of at least six inches; failure to ventilate the space between ground and floors where heat and moisture quickly develop the decaying fungi and failure to see that no mounds of earth or rubbish are left under the house to convey moisture to the parts of the building which they touch.

Cement Plaster Makes Garage Walls Fireproof

Ideal garages are, of course, fireproof. Many useful methods of building garages at moderate cost have been developed. Cement plaster is an excellent material for such use.

One of the best systems for build

Common Brick Field Enlarged by Skintling

Skintling brickwork stands uniquely as the next radical development in masonry construction in the last 500 years.

Next to it was the face brick, produced by various treatments of its surface, giving it an attractiveness which no other brick had possessed. Then comes the recognition of the clinker brick, that long unnoticed Cinderella of the refuse pile which is now the favored pet of the architects.

No other masonry departures have affected brick use so decisively as have these three.

Up to the time some ingenious brick maker cleverly inked the face brick to make it a thing of art and unusual appeal the common brick had had the exterior brick wall field all to itself. But the American love of change, of something new, speedily shifted popular favor to the new material.

Now skintling brickwork, which is simply an irregular laying of the colorful common bricks to produce a

HEALTHY COMPLEXIONS



Healthy complexions come from healthy systems. Free the body of poisons with Peen-a-mint. Effective in smaller doses. All druggists sell this safe, scientific laxative.

Peen-a-mint FOR CONSTIPATION



Kill Rats Without Poison

A New Exterminator that Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chickens

K.R.O. can be used about the home, barn or poultry yard with absolute safety to all household pets. K.R.O. is made of Squill, as recommended by U. S. Dept. of Agriculture, under the Consular process which insures maximum strength. Two rats killed 278 rats at Arkansas State Farm. Hundreds of other testimonials.

K-R-O KILLS RATS ONLY

COULD NOT DO HER CLEANING

Feels Much Stronger After Taking Lydia E. Pinkham's Vegetable Compound

Lankin, North Dakota.—"For nearly four years I was not in good health. My work is cleaning house and I work outside too and sometimes I could not do it. I read in the newspapers about Lydia E. Pinkham's Vegetable Compound and I have taken three bottles of this medicine. I am feeling a lot better and I recommend it. You may use this letter as a testimonial."—LILLIE TREMBA, R. F. D. #2, Lankin, North Dakota.

This Medicine Is Sold in Both Liquid and Tablet Form

PISO'S for COUGHS

PISO'S gives quick, effective relief. Pleasant, soothing and healing. Excellent for children—contains no opiates. Successfully used for 65 years. 35c and 60c sizes.

Canadian Forests

The forest area of Canada is estimated at 1,151,454 square miles. Of this area, 865,858 square miles are productive and accessible.

Don't Be Disfigured

Keep Cole's Carbolicaine in the house. It stops pain from burns or cuts quickly and heals without scars. At all good drugstores, 30c and 60c. J. W. Cole Co., Rockford, Ill.—Advertisement.

Joy for Reckless Drivers

A million new telephone poles are set up each year. This assures raw material for the most popular sport among young motorists.—Washington Post.

Russ Ball Blue goes farther, makes clothes whiter than liquid Blue. Large package at Grocers.—Adv.

Got Short End of Eats

"You quit your boarding house and now eat at restaurants, I see."
"Yeah! My arms were not long enough for a boarding house."

After Winter's Colds

Don't Neglect Your Kidneys. Colds and chills are hard on the kidneys. A constant backache, with kidney irregularities, and an aching, worn-out feeling all too often warn of disorder. Don't take chances! Help your kidneys with Doan's Pills. Endorsed the world over. Sold by dealers everywhere.

50,000 Users Endorse Doan's

E. J. Bush, 712 Graves Street, Charlottesville, Va., says: "A cold seemed to affect my kidneys and my back got so weak that I could hardly turn in bed. My joints were sore and I had the kidney action irregular. I felt better immediately after using Doan's Pills and I was soon well."

DOAN'S PILLS

A Stimulant Diuretic to the Kidneys