

QUIT MEAT WHEN KIDNEYS BOTHER

Take a glass of Salts if your Back hurts or Bladder troubles you.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

It Works! Try It

Tells how to loosen a sore, tender corn so it lifts out without pain.

No humbug! Any corn, whether hard, soft or between the toes, will loosen right up and lift out, without a particle of pain or soreness.

This drug is called freezone and is a compound of ether discovered by a Cincinnati man.

Ask at any drug store for a small bottle of freezone, which will cost but a trifle, but is sufficient to rid one's feet of every corn or callous.

Put a few drops directly upon any tender, aching corn or callous. Instantly the soreness disappears and shortly the corn or callous will loosen and can be lifted off with the fingers.

This drug freezone doesn't eat out the corns or callouses but shrivels them without even irritating the surrounding skin.

Just think! No pain at all; no soreness or smarting when applying it or afterwards. If your druggist don't have freezone have him order it for you.

Your Health IS Paramount and deserves utmost care

One of the greatest drawbacks to health is a weak stomach, but in many cases this can be corrected by careful diet and the assistance of

HOSTETTER'S Stomach Bitters

It is a Splendid First Aid

USE THIS TO FILL THIS



KOW-KURE

At Druggists and Grocers Everywhere

ALLCOCK PLASTERS

The World's Greatest External Remedy. Backache, Rheumatism, Lumbago, Any Local Pain. Instant Relief.

PRUDENCE

of the PARSONAGE By ETHEL HUESTON

(Robbe-Merrill, Copyright, 1919)

THE TWINS TRY TO EM-BARRASS FAIRY WITH SOME PRACTICAL JOKING WHEN HER BEAU COMES TO VISIT HER.

CHAPTER V—Continued.

As soon as they finished supper Lark said, "Don't you think we'd better go right to bed, Prue? We don't want to taint the atmosphere of the parsonage. Of course Fairy will want to wash the dishes herself to make sure they are clean and shining."

"Oh, no," disclaimed Fairy, good-naturedly. "I can give an extra rub to the ones we want to use—that is enough. I do appreciate the thought, though, thanks very much."

So the twins plunged in, carefully keeping Connie beside them. Connie had a dismal propensity for discoveries—the twins had often suffered from it.

Then they all three went to bed. To be sure it was ridiculously early, but they were all determined.

"You keep your eyes open, Fairy," Prudence whispered melodramatically. "Those girls do not look right." And she added anxiously, "Oh, I'll be so disappointed if things go badly."

Fairy was a little late getting upstairs to dress, but she took time to drop into her sisters' room. They were all in bed, breathing heavily. She walked from one to another, and stood above them majestically.

"Asleep!" she cried. "Ah, fortune is kind. They are asleep. How I love these darling little twinnies—in their sleep!"

An audible sniff from beneath the covers, and Fairy, smiling mischievously, went into the front room to prepare for her caller.

The bell rang as she was dressing. Prudence went to the door, preternaturally ceremonious, and ushered Mr. Babler into the front room. She did not observe that the young man sniffed in a peculiar manner as he entered the room.

"I'll call Fairy," she said demurely. "Tell her she needn't primp for me," he answered, laughing. "I know just how she looks already."

But Prudence was too heavily burdened to laugh. She smiled hospitably, and closed the door upon him. Fairy was tripping down the stairs, very tall, very handsome, very gay. She pinched her sister's arm as she passed, and the front room door swung behind. But she did not greet her friend. She stood erect by the door, her head tilted on one side, sniffing, sniffing.

"What in the world?" she wondered. Eugene Babler was strangely quiet. He looked about the room in a peculiar, questioning way.

"Shall I raise a window?" he suggested finally. "It's rather—er—hot in here."

"Yes, do," she urged. "Raise all of them. It's—do you—do you notice—a funny smell in here? Or am I imagining it? It—it almost makes me sick!"

"Yes, there is a smell," he said, in evident relief. "I thought maybe you'd been cleaning the carpet with something. It's ghastly. Can't we go somewhere else?"

"Come on." She opened the door into the sitting room. "We're coming out here if you do not mind, Prue." And Fairy explained the difficulty.

"Why, that's very strange," said Prudence, knitting her brows. "I was in there right after supper, and I didn't notice anything. What does it smell like?"

"It's a new smell to me," laughed Fairy, "but something about it is strangely suggestive of our angel twins."

Prudence went to investigate, and Fairy shoved a big chair near the table, waving her hand toward it lightly with a smile at Babbie. Then she sank into a low rocker, and leaned one arm on the table. She wrinkled her forehead thoughtfully.

"That smell," she began. "I am very suspicious about it. It was not at all natural."

"Excuse me, Fairy," he said, ill at ease for the first time in her knowledge of him. "Did you know your sleeve was coming out?"

Fairy gasped and raised her arm. "Both arms, apparently," he continued, smiling, but his face was flushed.

"Excuse me just a minute, will you?" Fairy was unruffled. She sought her sister. "Look here, Prue—what do you make of this? I'm coming to pieces! I'm hanging by a single thread, as it were."

Her sleeves were undoubtedly ready to drop off at a second's notice! Prudence was shocked. She grew positively white in the face.

Mr. Starr is a widower Methodist minister with five charming daughters. Prudence, the eldest is nineteen. She keeps house. Fairy, aged seventeen, is a college freshman. Carol and Lark, twins, are in high school, and Constance is in the grades. Mr. Starr is assigned to the congregation at Mount Mark, Ia., and the advent and establishment of his interesting family in the parsonage there stirs the curiosity of the whole town. The story concerns the affairs of the parsonage girls. Prudence has her hands full with the mischievous twins and Connie. Fairy has just announced that her beau is coming to spend the evening. The twins decide to have some fun, and have made their plans accordingly.

"Oh, Fairy," she wailed. "We are disgraced."

"Not a bit of it," said Fairy coolly. "I remember now that Lark was looking for the scissors before supper. Aren't those twins unique? This is almost bordering on talent, isn't it? Don't look so distressed, Prue. Etiquette itself must be subservient to twins, it seems. Don't forget to bring in the ste—" at a quarter past nine, and have it as good as possible—please, dear."

"I will," vowed Prudence. "I'll use cream. Oh, those horrible twins!"

"Go in and entertain Babbie till I come down, won't you?" And Fairy ran lightly up the stairs, humming a snatch of song.

But Prudence did a poor job of entertaining Babbie during her sister's absence. She felt really dizzy! Such a way to introduce Etiquette into the parsonage life. She was glad to make her escape from the room when Fairy returned, a graceful figure in fine blue silk!

A little after nine she called out dismally, "Fairy!" And Fairy, fearing fresh disaster, came running out.

"What now? What—" "I forget what you told me to say," whispered Prudence wretchedly, "what was it? The soup is ready, and piping hot—but what is it you want me to say?"

Fairy screamed with laughter. "You goose!" she cried. "Say anything you like. It doesn't make any difference what you say."

"Oh, I am determined to do my part just right," vowed Prudence fervently, "according to etiquette and all. What was it you said?"

Fairy stifled her laughter with difficulty, and said in a low voice,



"Yes, There Is a Smell," He Said.

"Wouldn't you like a nice, hot oyster stew?" Prudence repeated it after her breathlessly.

So Fairy returned once more, and soon after Prudence tapped on the door. Then she opened it, and thrust her curly head inside. "Wouldn't you like a little nice, hot oyster stew?" she chirped methodically. And Fairy said, "Oh, yes, indeed, Prudence—this is so nice of you."

The three gathered sociably about the table. Babbie was first to taste the steaming stew. He gasped, and gulped, and swallowed some water with more haste than grace. Then he toyed idly with spoon and wafer until Prudence tasted also. Prudence did not gasp. She did not cry out. She looked up at her sister with wide eyes—a world of pathos in the glance. But Fairy did not notice.

"Now, please do not ask me to talk until I have finished my soup," she was saying brightly.

Then she tasted it! She dropped her spoon with a great clatter, and jumped up from the table. "Mercy!" she shrieked. "It is poisoned!"

Babbie leaned back in his chair and laughed until his eyes were wet. Prudence's eyes were wet, too, but not from laughter! What would etiquette think of her, after this?

"What did you do to this soup, Prudence?" demanded Fairy.

"I made it—nothing else," faltered poor Prudence, quite crushed by this blow. And oysters forty cents a pint! "It's pepper, I think," gasped Bab-

ble. "My insides bear startling testimony to the presence of pepper."

And he roared again, while Prudence began a critical examination of the oysters. She found them literally stuffed with pepper; there was no doubt of it. The twins had done deadly work!

"Revenge, ye gods, how sweet," chanted Fairy. "The twins are getting even with a vengeance—the same twins you said were adorable, Babbie." It must be said for Fairy that her good nature could stand almost anything. Even this did not seriously disturb her. "Do you suppose you can find us some milk, Prue? And crackers! I'm so fond of crackers and milk, aren't you, Babbie?"

"Oh, I adore it. But serve a microscope to it, please. I want to examine it for microbes before I taste."

But Prudence did better than that. She made some delicious cocoa, and opened a can of pear preserves, donated to the parsonage by the amiable Mrs. Adams. The twins were very fond of pear preserves, and had been looking forward to eating these on their approaching birthday. They were doomed to disappointment! The three had a merry little feast, after all, and their laughter rang out so often and so unrestrainedly that the twins shook in their beds with rage and disappointment.

It speaks well for the courage of Babbie, and the attractions of Fairy, that he came to the parsonage again and again. In time he became the best of friends with the twins themselves, but he always called them "the adorables," and they never asked him why. The punishment inflicted upon them by Prudence ranked in their memories for many months.

"The offense was against Fairy," said Prudence, with a solemnity she did not feel, "and the reparation must be done to her. For three weeks you must do all of her bedroom work, and run every errand she requires. Moreover, you must keep her shoes well cleaned and nicely polished, and must do every bit of her darning!"

The twins would have preferred whipping a thousand times. They felt they had got a whipping's worth of pleasure out of their mischief! But a punishment like this sat heavily upon their proud young shoulders, and from that time on they held Fairy practically immune from their pranks.

Prudence did not bother her head about etiquette after that experience. "I'm strong for comfort," she declared, "and since the two cannot live together in one family, I say we do without etiquette."

And Fairy nodded in agreement, smiling good-naturedly.

CHAPTER VI.

Practicing Economy.

It was a dull day early in December. Prudence and Fairy were sewing in the bay window of the sitting room.

"We must be sure to have all the scraps out of the way before Connie gets home," said Prudence, carefully fitting together pieces of a dark, warm, furry material. "It has been so long since father wore this coat, I am sure she will not recognize it."

"But what will she say when we get it, and what shall we say?"

"We must tell her it is goods we have had in the house for a long time. That is true. And I made this fudge on purpose to distract her attention. Poor child!" she added very sympathetically. "Her heart is just set on a brand-new coat. I know she will be bitterly disappointed. If the members would just pay up we could get her one. November, and December are such bad months for parsonage people. Everyone is getting ready for Christmas now, and forgets that parsonage people need Christmas money, too."

Fairy took a pin from her mouth. "I have honestly been ashamed of Connie the last few Sundays. It was so cold, and she wore only that little thin summer jacket. She must have been half frozen."

There are a lot of us careless about providing for the preacher and his family. Some of us seem to forget that his needs are just as real and urgent as our own. Are you prompt with your tithes?

(TO BE CONTINUED.)

It is better to be able to turn your hand to anything than to put your feet in it.

POULTRY FOR MARKET

Wives Believe There is More Money in Dressed Bird.

Writer in Commercial Farming Shows That Greater Profit is Made by Sending Fowls to Market Alive—Time is Lost.

Many farmers' wives dress chickens for the market rather than sell them alive, on the theory that there is more money in a bird dressed for the oven than in one sold alive. A good way to determine that for oneself is to keep notes on the weight of the live and dressed bird, and the prices for same. Some time ago, T. E. Orr, in Commercial Farming, gave his experience in this line, as follows:

"We sorted out 40 birds that weighed 200 pounds. Then we divided them, the 20 larger ones weighing 100 pounds, the twenty-nine smaller and harder to dress, weighing the same. Of course, at 12 cents a pound, each lot would have brought us \$12.

"Of the largest, eight weighed as follows: Alive, 45 pounds; beheaded and plucked, 37 pounds—a loss of one pound each on head and feathers; fully dressed, 33 pounds—a loss on crop and entrails of one pound each. (They had had no food for 18 hours.) The total loss was 26.66 per cent. Alive they would have brought us \$5.40; dressed, they brought us \$3.61, so we had 21 cents for dressing.

"The smaller 12 of these 20 birds weighed as follows: Alive, 53 pounds; fully dressed, as the others, 39 pounds—a loss of 1.25 pounds each, or a loss of 29 per cent in dressing. Alive, they would have brought us \$6.00; dressed, they brought us \$3.63, so we only had a total of 24 cents for dressing 20 birds. We saw that we should lose our time and some money also if we dressed the other 29; therefore, as we had killed the most attractive-looking birds, we decided to let the others go alive. We estimated that they would lose 35 per cent, or dressed 65 pounds to the 100, thus bringing us about \$1 less dressed than alive, and it would have cost us fully \$1.50 to have dressed them. On growing cockerels, the loss averages not far from 30 per cent; even on particularly good ones, it cannot be less than 25 per cent."

TO SECURE PURE SEED GRAIN

Bulletin issued by Expert of North Dakota Experiment Station on the Important Subject.

How to secure seed grain that is free from mixtures and diseases is the subject matter of circular No. 12 just issued by the North Dakota experiment station.

Professor Bolley advises securing as pure seed as possible, cleaning and treating it and sowing it so as to leave every seventh row for a path to walk through to pick out weeds and the plants that are diseased or that are not true to type. In this way pure disease free seed can be secured for next year's sowing.

RACK FOR MANURE SPREADER

Object of Device is to Make It Possible to Carry Much Bigger Loads—How It Works.

The object of this rack is to make it possible to carry several times the load usually carried on a manure spreader. It is used when spreading



Rack for Spreader.

dry manure on straw with a spreader of endless apron type. On the bottom of the rack and above the box there are two loose boards which may be shifted when it is desired to fill the box from the rack. It is stated that five times the usual load can be carried with this rack.

ALFALFA HAY WELL STACKED

Top Should Be Covered With Canvas, or Some Kind of Fine Grass That Will Turn Water.

When alfalfa is stacked the center of the stack should always be kept full and well packed during the whole time of building, and the top of the stack should be well covered with canvas, marsh hay, or some kind of fine grass which will turn water, and then be weighted to resist the effect of the wind.

BENEFITS OF FALL PLOWING

Improves Texture of Soil, Enables Early Planting in Spring and Kills Many Insects.

Fall plowing always improves the structure of the soil.

Fall plowing enables early planting in the spring.

Fall plowing gives the hands and the horses and mules something to do in the slack season for work.

Fall plowing kills thousands and thousands of insects.

There are thousands of children who are but frail—not sick—underdeveloped—play with their food—catch colds easily and do not thrive—they only get the pure, rich liquid

SCOTT'S EMULSION

to start them growing and keep them going. Children resist SCOTT'S and it carries nutritive qualities to their blood streams and gives them food, bone-food and strength. Nothing harmful in SCOTT'S. Scott & Bowers, Bloomfield, N. J.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try It! Hair gets soft, shiny and beautiful—Get a 25 cent bottle of Danderine.

If you care for heavy hair that grows with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application dissolves dandruff. You can not have heavy, healthy hair if you have dandruff. This destructive scalp disease robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fumble, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from your drug store and just try it.

As we grow more sensible, we refuse cathartics and take Nature's herb tea, Garfield Tea.

10 CENT "CASCARETS" IF BILIOUS OR CONSTIPATED

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause the stomach to become filled with unassimilated food, which sours and ferments like garbage in a still barn. The first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your congested bowels a thorough cleansing and straighten you out by morning. Every work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

Garfield Tea, by purifying the blood, cures rheumatism, dyspepsia and many chronic ailments.

Jollied the Judge. "This is the seventh time you've been before me," said the magistrate sternly.

"That so?" replied the culprit. "Do beat all how some folks hold their office, don't it?"—Boston Transcript.

"ANURIC" THE NEWEST

DISCOVERY IN CHEMISTRY

This is a recent discovery of Dr. Piro's, who is head of the Hospital and Surgical Institute at Buffalo, N. Y. Experiments at Doctor Piro's Hospital for several years proved that there is no other eliminator of uric acid that can be compared to it. Piro's easily recognized symptoms of uric acid—such as headache, scalding and frequent urination, as well as its presence in the urine, or its acid in the blood has caused rheumatism, a simply wonderful how surely "Anuric" acts. The best of results are obtained in cases of acute rheumatism in the joints, in gravel and gout, invariably the pains and stiffness go so frequently and persistently away that the disease rapidly disappears.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric," manufactured by Dr. Piro, or send 10 cents to Dr. Piro for a large trial package. If you suffer kidney or bladder trouble, and the sample of your water, and the symptoms. Doctor Piro's "Anuric" will examine it, then Dr. Piro will report to you, without fee or charge. "Anuric" is thirty-seven times as active than lithia in eliminating uric acid, and is a harmless but powerful chemical compound that may be given to children, but should be given by grown-ups who actually restore their kidneys to perfect health by conscientiously using one package in extreme cases—admission (thanks to Doctor Piro's scholarship) is by far the most perfect kidney and bladder corrector obtainable.

Dr. Piro's Pallets are the Little Liver Pills. One Little Pallet is a laxative—three for a cathartic.

Every Nicotine

For Constipation, Headache, Indigestion

BRAND'S

Safe and Satisfying