

Clean Kidneys By Drinking Lots of Water

Take Salts to Flush Kidneys If
Bladder Bothers or
Back Hurts

Eating too much rich food may produce kidney trouble in some form, says a well-known authority, because the acids created excite the kidneys. Then they become overworked, get sluggish, clog up and cause all sorts of distress, particularly backache and misery in the kidney region, rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, begin drinking lots of good water and also get about four ounces of Jad Salts from any good pharmacy; 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 flush clogged kidneys and stimulate them to activity; also to neutralize the acids in the system so that they no longer irritate, thus often relieving bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to help keep the kidneys and urinary organs clean, thus often avoiding serious kidney disorders.

Fashion Story

Mrs. Milton Holden—the fascinating Fil Widener of Philadelphia—told a fashion story at a Palm Beach luncheon.

"Two young men," she said, "sat at a table under a palm in the palm-garden of their hotel one night, watching the dancers.

"Look at Lotta Gould's dress," said the first young man.

"I can't see it," said the second.

"Her partner's got his arm around her."



Makes Life Sweeter

Children's stomachs sour, and need an anti-acid. Keep their systems sweet with Phillips Milk of Magnesia! When tongue or breath tells of acid condition—correct it with a spoonful of Phillips. Most men and women have been comforted by this universal sweetener—more mothers should invoke its aid for their children. It is a pleasant thing to take, yet neutralizes more acid than the harsher things too often employed for the purpose. No household should be without it.

Phillips is the genuine, prescription product physicians endorse for general use; the name is important. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

Tidal Peculiarity

Among other places besides the Gulf of Mexico at which there is usually but one tide a day may be mentioned St. Michael, Alaska; Do-Son, French Indo-China; Batavia, Java, and Manila, P. I.

CAN'T PRAISE IT ENOUGH

Lydia E. Pinkham's Vegetable
Compound Helped Her So Much



Kingston, Mo.—"I have not taken anything but Lydia E. Pinkham's Vegetable Compound for 18 months and I cannot praise it enough. I weighed about 100 pounds and was not able to do any kind of work. My housework was done by my mother and my out-of-door work was not done. I have taken four bottles of the Vegetable Compound and now I am well and strong and feel fine. I got my sister-in-law to take it after her last baby came and she is stronger now. I cannot praise it enough."—Mrs. HATTIE V. EASTIN, R. 1, Kingston, Missouri.

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**Epilepsy
Nervousness &
Sleeplessness.**
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THE CROSS

By
A. E. THOMAS

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THE STORY

Jim Stanley, wealthy young New York business man, unable to concentrate in his dictation to his desk audiphone, has the machine taken to his home, intending to finish his work there. Rollin Waterman, his business partner and closest friend, comes to. Both men are avowedly in love with Doris Colby. Stanley proposes they toss a coin to determine which of them shall, that evening, first ask her to marry him. Waterman wins.

CHAPTER II—Continued

"I shouldn't call it that."

"Perhaps not, but anybody else would."

"Look here, Nolly," she retorted, "all I ask is that you shall make good your promises to me. You can't do that and marry Doris Colby, or any other woman. If you don't make good I must protect myself in the only way I can. If you call that blackmail, I don't. Anyhow, that's what I mean to do."

"And you think she will take your word against mine?"

"I'm sure of it."

"There was conviction in her voice, but he only answered: 'Try it.'"

The girl sat down and crossed her knees comfortably. She contemplated the tip of a patent leather shoe reflectively, before she continued:

"Your memory isn't very good, is it, Nolly dear?"

"How's that?" he said.

"It's true," she went on, "you have written me no letters lately, but at first you were not so cautious."

"And you have kept them? You designing little brute!"

"Yes," she murmured. "Disgracing isn't it? Such bad taste. How it must offend such a fastidious soul as yours."

Now, Waterman was no fool. He knew when he was beaten, and the concentrated bitterness in the girl's voice convinced him of his defeat. He trimmed his sails.

"You don't know Doris Colby very well, I think," he said with a touch of irony. "I fancy your psychology is a bit behind the times. Doris is distinctly up to date. Don't imagine she expects her future husband to be an angel of light with downy, spotless wings. She knows her way about and blood, and it's been a long time since she believed that Santa Claus came down the chimney."

"That may be," responded Nina, still daunted, "but I imagine that a girl about to make a marriage would relish a first-class, first-page breast of promise scandal which she could read on the way to the altar of St. Bartholomew's."

Waterman considered again. He was not altogether unprepared for this development. Indeed he had prepared a definite defense against it. Now he fired the opening gun of that defense. It would be unfair to him to say that he embarked upon this course with out regret, but in view of all the circumstances surrounding his present position he felt driven to it.

"All right, then," he said, "let's come to business."

"I mean to," said Nina, in a tone that left no doubt of her intention.

"Go to Miss Colby," said Waterman, "and tell her your sad, sad story."

"I mean to," she said again.

Waterman sat on the corner of Stanley's desk, groped for support behind him with one hand among the litter of papers upon the blotting pad and continued: "Good, don't leave out any harrowing details, put them all in, mental anguish and everything. Don't leave out anything that will wring her tender heart with pity and stir her to anger against the wretch who has mistreated you. Go ahead, rub it in, pile it on, go as far as you like."

Nina sniffed. "Don't worry about that; I'll attend to the details."

"Splendid, splendid! I have only one slight suggestion to make as to the construction of your scenario."

"And what's that?"

"I don't like the name of your villain."

"You ought to, it's your own."

"Yes, that's the point."

"What are you getting at?"

"I suggest that you strike out the name of Rollin Waterman and substitute the name of James Stanley."

"What?"

"Precisely."

"You want me to tell Miss Colby that it is Stanley, and not you?"

"Exactly."

Nina had been startled to her feet by this unexpected turn. Now she sat down again suddenly. "Well," she said, a little breathlessly, "of all the things you will tell me why on earth I should do that?"

"I'll tell you with pleasure," said Stanley's friend. "Because you're a business woman. Look here now: if you tell Doris Colby the truth, you'll get nothing but revenge on me."

"I expect to get something for not telling her the truth."

"Well, you won't get it."

"No?"

"No, because I haven't got it."

"You're a member of this firm," she retorted.

Nina sniffed. "I haven't got it," she said.

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All dealers are authorized to refund your money for the first bottle if not suited.

The Count
Lemuel Bolles, former national commander of the American Legion, told a New York reporter a story of his return from Paris.

"A surgeon," he said, "was giving us some of his war reminiscences at a Paris banquet. He had cut off a soldier's arm, he said, and afterwards he certified that the man was unfit for any more fighting. Back came the question from headquarters—why was the man unfit? The surgeon replied that it was because he had only one arm. Back came the answer again: 'How do you know he only has one arm?' 'The surgeon replied: 'I counted it.'"

Dole Drawers
English, drawing, woodwork and arithmetic are among the subjects included in the lessons given by Salford Guardians to male drawers of the dole; single men up to thirty and married men up to twenty-five years of age must attend the school for an employed regularly if they wish to obtain relief.

Has No Fear
"There's only one thing that keeps a wolf from my door."

"What's that?"

"I ain't got no door."

Modern Freedom's View
Freedom means finding one's own path in life and not entering blindfolded, led by hand, says a modern girl in the American Magazine.

Newspapers Their Bed
Many Havana newsmen, after disposing of afternoon sheets, curl up in doorways of morning paper plants and await the next distribution. Several hundred newsmen thus taking their rest of the day, covered with old newspapers, is not an unusual sight.

Absent-Minded
An Indianapolis business man returned home one evening, noticed that his car was not in the garage and inquired of his wife who was driving. His wife informed him that she had driven downtown to his work that morning, so the business man made another trip on the street car to get his auto.

After Dinner
"Shall we join the women?"

"Not just yet. My lungs are a trifle weak. I can't stand smoke."

Being ill for the first time in the age of seventy-three, Calanus, a philosopher, calmly burned himself to death.

Electric or battery—your choice
Some homes have central-station electricity, some don't. Both kinds want fine radio. So Atwater Kent offers modern instruments in two forms.

Model 40 ELECTRIC SET
\$77 (without tubes)

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Publicity Can Do a Lot
After all publicity without something back of it never accomplished a great deal in this world. At the same time it can do a lot for a worthwhile proposition.—Athenian Globe.

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Outside rooms with bath, \$10 single, \$15 double. Court rooms with bath, \$10 single, \$15 double. Breakfast \$2.00. See Mr. Elinore St. Monday \$1.50

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Carter's Little Liver Pills
Purify the blood, move the bowels, relieve the system of congestion, which many times causes a dull and aching head. Remember they are a doctor's prescription and can be given with absolute confidence to every member of the family. All Druggists 25c and 75c Red Packages.

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