

**If Back Hurts—**  
**Begin on Salts**

Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver troubles, nervousness, constipation, dizziness, sleeplessness, bladder disorders often 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, begin to drink soft water in quantities; also get about four ounces of Jals Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

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

Jals Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, which everyone can take now and then to help keep the kidneys clean and the blood pure, thereby often preventing serious kidney complications.

**MADE HANFORD'S**  
**1846 Balsam of Myrrh**  
**IT MUST BE GOOD**  
**Try it for Cuts, Bruises, Sores, etc.**

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

**Bilious**  
Bilious, constipated, take **DR. RYAN'S** **REMOVES** **TO-NIGHT** **TO-MORROW** **ALRIGHT**  
For Sale at All Druggists

**Map on Her Back**  
In the scramble for unique designs for women fabrics the designer has taken inspiration from the atlas. In Paris recently a woman was seen in a pale silk frock covered with a lightly etched design which was a map of the gay city.

Amid the tracery of the boulevards and avenues with their outstanding features—the Louvre, Notre Dame, Arc de Triomphe and so on—the pale green Seine looped the loop across her back, winding from the city island to the Bois de Boulogne.

**Worth Knowing When Winter Cold Comes!**  
Did you ever hear of a five-hour remedy for colds? There is one, and it really does bring you out of it completely. Even if it's gripe, this method works, only takes longer. Fape's Cold Compound is in tablet form. Pleasant-tasting, but it surely has the "authority"—Ad.

**No Question About That**  
"Don't you think women's clothes are showing more individuality than formerly?"  
"Well, more of the individual, anyway."

**Are You Ready**  
A scheme for uniting all transmission lines into 10 main lines to serve a district of 8,823 square miles is under consideration in England.

**When your Children Cry for It**  
Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation or diarrhea; effective, too, for older children. **Two and a half million bottles were bought last year.**

**Fletcher's CASTORIA**

**Safety Saw**  
For use by electricians who might have occasion to cut a cable with a current passing through it, a saw is made that is entirely insulated so that the operation is attended by no danger whatever. The frame consists of a strong material which resists the passage of the electricity.

**Human Scalp Lock**  
The scalp lock was the small hair braid which hung from the back of the head, as distinguished from the larger side braids. In scapling, the portion taken was usually a small circular patch of skin at the root of the scalp lock just back of the crown of the head.

**Real Liberty**  
The spirit of liberty is not merely as some people imagine, a jealousy of our own particular rights, but a respect for the rights of others, and an unwillingness that any man, whether high or low, should be wronged and trampled under foot.—Doctor Channing.

**Benefit of Thrift**  
Thrift is one of the hardest habits to form, yet one of the easiest to maintain. Its investment is a little self-sacrifice today; its dividends are the comforting knowledge that you and yours are not at the mercy of tomorrow.—Grit.

**Champion Talker**  
Fred Elmsberger, a German actor, set a new talking record when he spoke for 120 hours continuously. When he finished speaking he was not even hoarse. The speech was arranged as a financial promotion enterprise.

**Restoring Old Church**  
At Winterbourne Thompson, Dorset, England, is an ancient church, probably Norman, which is about to be restored. It measures 14 feet by 23 feet and is unlighted on the north side but has three windows on the south side.

**Langley on Aviation**  
The foundation of modern aviation literature was laid in 1891 when Prof. Samuel P. Langley published his notable "Experiments in Aerodynamics." He followed this two years later with "The Internal Work of the Winds."

**Good Sticky Paste**  
If you want to make home-made paste add to a teaspoonful of powdered alum to the flour and boiling water. The paste will have a much greater "sticking" quality and will last twice as well.

**Making Friends**  
Making of friends, says a philosopher in the Woman's Home Companion, half the time does not mean going out to meet people; it means going in to meet and correct ourselves.

**Lucky, if They Do**  
Our idea of success is for the young couple to buy all they need on the installment plan and have the payments cleared off by the golden wedding anniversary.—Dallas News.

**Shame in Despair**  
"To give over to despair," said H. H. Ho, the sage of Chinatown, "is to confess that you have become too indolent to face the task merely of living."—Washington Star.

**No Doubt**  
Banks are now equipped with many devices to trap robbers, all of which the cashier can work when permitted to lower his hands.—Rochester Times-Union.

**Highly Prized Decoration**  
The Croix de Guerre, created for the European war, is generally regarded as the most highly prized of the French military decorations.

**For a While, at Least**  
The electoral college is different from other colleges in that it always guarantees employment to its graduates.—Louisville Times.

**It's All Wrong to Him**  
A modern intellectual is somebody who agrees with nobody on anything even if he can't explain why.—New Castle News.

**Costly French Failure**  
It is recorded that the French lost altogether 22,193 men during the nine years' work on the Panama canal.

**Holding Friends**  
A grudging gift never made a new friend nor helped to hold an old one.—American Magazine.

**Well or Money Back**  
Dean's Colonic Irrigator is the only one with a WRITTEN ASSURANCE we give in administering the Dr. C. J. Dean famous non-surgical method of treatment. (Used by us exclusively.) Remarkable success also with other Colonic Irrigators. Send TODAY for FREE 100-page book giving details and hundreds of testimonials.

# The Double Cross

BY **W. THOMAS WATSON**  
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**CHAPTER XIII—Continued**  
—17—  
The Swami smiled. "My friend, we do not need them. Mr. Waterman has told us that he handled this weapon. Well, Madame, is it clean or is it foul?"

"It is foul," she murmured. "The eyes of all three fixed themselves upon Waterman. At this he felt his self-control entirely. "Oh, my God!" he murmured, sank again into his chair, and buried his face in his hands, moaning.

Wilson was the first to move. He went to the hall door, opened it, and spoke. "O'Hara there?" The chauffeur appeared. "Have you searched?" "Yes, sir. Me and the gardener's been over the whole place."

"Nothing?" "Nothing." "Wait with Jefferson in the hall." The secretary closed the door again, turned and began, "And now, sir—" "Hush," said Doris softly, her eyes upon the Swami.

The sage was again lying back limp in his chair, his eyes closed, and presently he began again to speak in that same level, emotionless voice: "I see—I see—"

There was a pause that seemed nine times long, before the level voice went on: "Darkness—midnight—skies—shadows—driving clouds—a glint of stars—twilight—darkness—a struggle—death—"

There came another pause. "Water—black deep water—something in the water—sinking—turning—twisting—sinking like an autumn leaf—sinking into the black deep water—down—down—darkness—death—"

"Stop him," cried Waterman, in a quivering moan, "for God's sake stop him, he's going mad!" But the voice went on: "I see—I see—a room—two men—they are friends—they shake hands—an agreement—one departs—one remains—"

"Far from it," replied the Swami, "but it must be a punishment that shall punish him alone." Swiftly Wilson appealed to Doris: "Mrs. Waterman," he cried, "what do you say? Mr. Stanley was my friend I loved him. But he was your friend, too. Aren't you going to see that justice is done?"

But Doris did not answer. Presently the Swami spoke again raising his voice slightly, and turning to Waterman. "Come here, my son," he said.

Slowly Waterman obeyed. "You have heard?" "Yes," said Waterman faintly. "Shall we call the police?" you would let the man go free? Escape all punishment?"

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**Trees Retain Moisture**  
Cast by Drifting Fog

and other...  
The Island of Ferro is explained as a case of fog drip, and the dewdrops of the downs are not fed by dew, but to a large extent by fog drifting in from the sea and caught by plants around the ponds.

A scientist made the experiment of measuring fog-drip, by exposing two rain-gauges on Table Mountain, South Africa—one in the ordinary way, the other with a number of upright plant stems attached to it in such a way as to catch water from the mists and clouds floating over the mountain. During 56 days the first gauge caught only four inches of water, and the other nearly eighty inches.

**Los Angeles Boy**  
Needed Help

Leroy Young, 1111 Georgia St., Los Angeles, is a "regular fellow," active in sports, and at the top in his classes at school. To look at him now, you'd think he never had a day's sickness but his mother says: "When Leroy was just a little fellow, we found his stomach and bowels were weak. He kept suffering from constipation. Nothing he ate agreed with him. He was fretful, feverish and puny."

"When we started giving him California Fig Syrup his condition improved quickly. His constipation and biliousness stopped and he has had no more trouble of that kind. He's since used California Fig Syrup for him for colds and upset spells. He likes it because it tastes so good and I like it because it helps him so wonderfully."

California Fig Syrup has been the trusted standby of mothers for over 50 years. Leading physicians recommend it. It is purely vegetable and works with Nature to regulate, tone and strengthen the stomach and bowels of children so they get full nourishment from their food and waste is eliminated in a normal way. Four million bottles used a year shows how mothers depend on it. Always look for the word "California" on the carton to be sure of getting the genuine.

**Modern Methods**  
Dr. Spencer Lewis, who is leading a colony to the Nile, where they will settle and live in the antique manner, eschewing all things modern, said to a San Francisco reporter: "Modern methods weaken and narrow us. The manual laborer who did beautiful work in the past is only a machine minder today. And it's the same with education."

"Our Mamie's musical education is unique," a Nob Hill mother said. "Yeh? said another mother. "Yeh. Give her the name of any record, I don't care what it is, and she'll tell you right off the bat what's on the other side."

**Fur Farming**  
It has always been the practice of fur trappers to keep foxes caught in the warm weather alive, when possible, until the winter season, for then the fur is prime and consequently much more valuable. From this custom has arisen the modern industry of fur farming. Several other animals are being raised in captivity, notably the mink, raccoon, skunk, marten, fisher, beaver and muskrat, but more important than all of the rest combined is the silver fox.

**Hog Had the Key**  
A key lost for two months by Clarence Grant, junior high school student at Redding, Calif., was found by Jercia Garcia, neighbor of the Grants, in the stomach of a hog he had slaughtered. Garcia returned the key to its owner. It was the key of Grant's locker at school.

**That's Plenty**  
Wife—What did you ever do that benefited any fellow man?  
Hubby—I married you, didn't I?—Judge.

**Highest Helpfulness**  
Who helps a child helps humanity with a distinctness, with an immediateness, which no other help gives to human creatures in any other stage of human life can possibly give again.—Phillips Brooks.



**DR. CALDWELL'S**  
**THREE RULES**

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of most importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation is a mild vegetable compound. It can not harm the most delicate system and is not habit forming.

The Doctor never did approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. Use Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crampy stomach, bad breath, no appetite, headache, and to break up fevers and colds. Get a bottle today, at any drugstore and observe these three rules of health: Keep the head cool, the feet warm, the bowels open. For a free trial bottle, just write "Syrup Pepsin," Dept. BB, Monticello, Illinois.

**Fate of Poor Louise**  
**Touched Girl's Heart**  
Breakfast was late and the household was not moving along as smoothly as usual. The mistress walked into the kitchen and found the maid literally sobbing her eyes out.

The mistress, regardless of the tardiness of breakfast, sought to discover the meaning of the tears and to comfort the girl if possible. The only response she could get for a time was the wail: "Poor Louise, poor Louise." Assuring the maid that she wished to know more about the cause of the deep sorrow, the mistress was informed: "I've been reading a story and they're going to kill Louise."

Explaining further, the maid said that she had been worrying about Louise all night. That explained the late breakfast.—Boston Globe.

**COULD NOT SLEEP NIGHTS**  
**Helped By Lydia E. Pinkham's Vegetable Compound**

Fairhaven, Mass.—"I am writing Lydia E. Pinkham's Vegetable Compound during the change of life and I think it is a wonderful medicine. I was so nervous and run-down my husband gets me a bottle right away. It is a great help to me and I think that if other people would only take it when they feel all run-down and take it as the directions say, they would find it a great benefit. My worst symptoms were nervousness and tired feelings. I could not sleep nights and I did not care about my work. I was so nervous I would cry if anyone looked at me."—Mrs. Ada Bessie, 195 Washington Street, Fairhaven, Mass.

W. N. U., PORTLAND, NO. 5-1929.

**New Use**  
Fond Father—Well, my son, what do you intend to do with the sheepskin you obtain at college?  
Youth—I was thinking of using it to strain the gasoline from my car. You know how poor the quality of gasoline is these days.

**Highest Helpfulness**  
Who helps a child helps humanity with a distinctness, with an immediateness, which no other help gives to human creatures in any other stage of human life can possibly give again.—Phillips Brooks.

**FOR COLDS**

**ASPIRIN**

To break a cold harmlessly and in a hurry try a Bayer Aspirin tablet. And for headache. The action of Aspirin is very efficient, too, in cases of neuralgia, neuritis, even rheumatism and lumbago! And there's no after effect; doctors give Aspirin to children—often infants. Whenever there's pain, think of Aspirin. The genuine Bayer Aspirin has Bayer on the box and on every tablet. All druggists, with proven directions.

**Physicians prescribe Bayer Aspirin; it does NOT affect the heart**

Aspirin is the trade mark of Bayer Manufacturer of Monocristallized of Salicylic Acid