

### If Back Hurts Flush Kidneys

Drink Plenty of Water and Take Glass of Salts Before Breakfast Occasionally

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you clean your bowels clean, by flushing them with a mild, harmless salts which helps to remove the body's urinous waste and stimulate them to their normal activity.

The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of good water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast each morning 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 clean and stimulate clogged kidneys; also to neutralize the acids in the system so they are no longer a source of irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to help keep their kidneys clean and active. Try this; also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

#### Gun Gave Fire Alarm

Returning from a hunt, Charles Maul, Milford, Del., hung up his gun on the kitchen wall thinking it wasn't loaded, but in this case it was lucky he was mistaken. That night the family was aroused when they heard the gun go off. A fire had broken out in the kitchen and reaching the gun, discharged it. The fire was put out before it spread farther.—Capper's Weekly.

Russ Ball Blue delights the housewife. Makes clothes whiter than snow. At your Grocer's.—Adv.

#### Paris Bars Policewomen

The Paris police authorities, who recently sent a commission to London to study the potentialities of women police, strongly recommended against their introduction in Paris on the ground that there is "no analogy between English and French manners and morals."

#### Denver Mother Tells Story

Nature controls all the functions of our digestive organs except one. We have control over that, and it's the function that causes the most trouble.

See that your children form regular bowel habits, and at the first sign of bad breath, coated tongue, biliousness or constipation give them a little California Fig Syrup. It regulates the bowels and stomach and gives these organs tone and strength so they continue to act as Nature intends them to. It helps build up and strengthen pale, listless, underweight children. Children love its rich, fruity taste and it's purely vegetable, so you can give it as often as your child's appetite lags or he seems feverish, cross or fretful.

Leading physicians have endorsed it for 50 years, and its overwhelming sales record of over four million bottles a year shows how mothers depend on it. A Western mother, Mrs. R. W. Stewart, 412 Larimer St., Denver, Colorado, says: "Raymond was terribly pulled down by constipation. He got weak, fretful and cross, had no appetite or energy and food seemed to sour in his stomach. California Fig Syrup had him romping and playing again in just a few days, and soon he was back to normal weight, looking better than he had looked in months."

Protect your child from imitations of California Fig Syrup. The mark of the genuine is the word "California" on the carton.

#### Periscopes for Trainers

Trainers on an electric line in England are to use periscopes to view the track ahead and behind. Heretofore the men have looked out through sights projecting from the side of the car, but with the enlargement of the cars recently, this practice became dangerous in going through tunnels, and the periscope has been substituted for the sights.

### FIRST BOTTLE HELPED HER

Keeps On Taking Lydia E. Pinkham's Vegetable Compound

Philadelphia, Pa.—"I always use Lydia E. Pinkham's Vegetable Compound before and after childbirth. I am a mother of three children—two little girls and a baby boy. I would get run-down, nervous, dizzy and weak sometimes so I had to lie in bed. I would take the Vegetable Compound as a tonic and I always saw an improvement after taking the first bottle. I found it to be a good tonic. I always recommend your medicines to my friends and I cannot speak too highly of them."—Mrs. ANNA LUTHE-BACK, 1607 E. Front Street, Philadelphia, Pa.

### PLAN TASTY MENU AND SERVE IT NEATLY



Cooking Club Girls Learn to Set Dinner Table.

(Prepared by the United States Department of Agriculture.)

One of the outward and visible signs of progress in the field of home making, as 4-H club girls learn their various phases, is the ability to plan a good menu, from the health standpoint, cook it palatably, and serve it gracefully. Part of this last aspect of meal preparation is learning to set a table in the accepted way. These club girls in Albemarle county, Va., are all at the age when they help their mothers constantly with the different household tasks. They usually have ideas on what is attractive or up-to-date in the appearance of their homes, and are especially interested in the details that are concerned with hospitality of entertaining the friends of the family. The home demonstration agent is showing this group how a dinner table ought to be set for six persons. She has demonstrated the use of a low flower centerpiece on a round embossed doily of white linen, and has begun to place the "covers" or individual sets of flat silver in the proper positions—forks to the left, knives and spoons to the right, napkin neatly folded at the left. Next, at the tip of the knives, the wa-

ter glasses will be placed, and salts and peppers if used. Bread and butter plates with spreaders will go above the napkin, on the left. She shows how platters and other containers should be set squarely in front of the person who is to serve, not diagonally or in bit or miss fashion as such dishes sometimes appear on the table. No doubt a count will be made of the number of serving spoons that are needed and the position of the carving knife and fork indicated.

Instruction about unobtrusive crumbing and clearing away is part of the general subject of table usage. As in many homes, no rug is used on this dining-room floor, for experience has shown that this is the hardest floor covering in the house to keep clean. One of the charms of this dining room is its freedom from articles that do not belong in it or add in any way to its appearance. Farm girls who live far from neighbors have fewer opportunities than city girls to go into other people's homes and observe how surroundings may be made attractive. The co-operative extension work takes this into consideration in planning what to include in its club projects.

### CONFECTIONS FOR JOYOUS OCCASION

#### Unusual Confections Are Made From Grapefruit Peel.

(Prepared by the United States Department of Agriculture.)

Try these two unusual confections the next time you need something to mark a festive occasion. Both can be made at home from materials readily obtainable. The bureau of home economics gives the directions for making them. Be sure to get the kind of chocolate especially intended for dipping, and take care that it does not become hot when melting it in the double boiler, as that will cause the candy to be streaked when cold.

#### Jellied Grapefruit Peel Dipped in Chocolate.

Prepare the grapefruit peel several hours before you dip it, so that it will dry off somewhat.

- 10 ounces grapefruit peel 1 1/2 cups water
- 2 cups (14 ounces) sugar enough to cover
- 1/4 tsp. salt 1/2 cup chocolate for dipping

Thick, soft, unblemished peel from smooth grapefruit should be selected. Strip the peel from the fruit in quarter sections, including all the white part possible, and cut into strips one-half inch wide. Do not trim off either the outer rind or white pith; use the peel. Parboil the peel three times. Add 2 quarts of cold water each time, bring to the boil, cook for half an hour, and discard the water after each cooking. The strips should then be tender and must be handled gently to prevent breaking. Place the water, salt and sugar in a saucepan about 8 inches in diameter and stir until the sugar is dissolved; then add

the strip of peel arranging them carefully, skin side up, so that they lie parallel to each other to prevent their being broken when turned. Cook rapidly for about 40 minutes, then reduce the heat and continue to boil gently for about 30 to 40 minutes longer, or until all the sirup is absorbed. Great care must be taken at this point that the sirup does not scorch, and the strips of peel must be lifted or turned frequently with a fork so that all are equally penetrated by the

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### SAUSAGE, CABBAGE AND APPLES IN CASSEROLE

With boiled or fried hominy grits, rice or baked or mashed potatoes, this dish, from the bureau of home economics, will make the main course of a meal.

- 1 pound sausage 4 tart apples
- 1 quart shredded cabbage 1/2 lb. taraxagon
- 1/2 cup vinegar 1/2 tsp. salt

Make the sausage into flat cakes and fry until crisp on both sides. Put a layer of the shredded raw cabbage into a lightly greased baking dish, and add a layer of sliced apples, another of cabbage, and so on. Continue until all the cabbage and apples are used. Salt each layer as it is put in and have apples as the top layer. Lay the cakes of fried sausage over the top. Wash out the sausage pan with the vinegar and pour over the contents of the baking dish. Cover and cook until the cabbage and apples are tender. Serve from the dish in which cooked.

### Large Canned Peaches Utilized for "Melba"

Some of your large canned peaches may be utilized for a "Melba" dessert—which means fruit filled with vanilla ice cream. The bureau of home economics suggests that the sirup will be good and look extra appealing if it is slightly colored and used as a sauce. Here's the complete recipe:

- 6 halves large 1/2 cup finely chopped nuts
- 1 quart vanilla ice cream 1/2 cup fruit sirup
- 1/2 cup cream Coloring

Drain the peaches from the sirup. Cook down the sirup until fairly thick, add enough red coloring to give it a pinkish tinge, and allow to cool. Place the halved peaches with the kernel side up on plates for serving, and fill the hollows with the ice cream. Pour over the ice cream some of the cold sirup and sprinkle the nuts over the top.

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## FLASH The Lead Dog

By George Marsh

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### SYNOPSIS

Up the wild waters of the unknown Yellow-Log, on a winter's hunt, Journey Brock McCain and Gaspard Leroux, his French-Cree comrade, with Flash, Brock's puppy and their dog team. Brock's father had warned him of the danger of his trip. After several battles with the stormy waters they arrive at a fork in the Yellow-Log. Brock is severely injured in making a portage and Flash leads Gaspard to the unconscious youth. The trappers race desperately to reach their destination before winter sets in. Flash engages in a desperate fight with a wolf and kills him. Gaspard tells Brock of his determination to find out who killed his father.

### CHAPTER IV—Continued

But the feeling of isolation, the momentary desire to see the faces of those he loved, soon left the boy who had inherited from a line of hardy, adventurous forebears a superb body and a fighting spirit. From Kaptin to Starving river there were no better game shots than Gaspard and himself. If these strange hunters should attempt openly to drive the partners from Starving river out of the country, they had a surprise awaiting them.

In the morning the two scouts worked over the ridges to the eastward, with the purpose of crossing the outlet of the great lake and so returning to their home camp. By noon, they had put many miles of forest and barren behind them without crossing a trail.

"Gaspard, I don't believe they're in this—that in thunder do you see?" suddenly demanded Brock, his narrowed eyes fixed on a small jack pine.

Pointing with mitted hand at the tree, Gaspard quietly said: "Ax work De trail ees snowed over."

"By golly, you're right!" agreed the surprised Brock, shuffling to the pine and inspecting the gouge in the trunk. "Not many weeks old, either."

"Now, what you say?" grimly demanded the half-breed.

Brock shook his head. The joke was on him. "Oh, you're right—as usual," he admitted, with a twisted smile. "They're here, these people; but they don't seem to hunt near the lake."

Shortly the scouts reached the edge of a wide barren, and in order to learn whether anyone had entered it since the last fall of snow, agreed to separate, and, following the scrub, meet on the farther side.

Putting the skin case of his rifle into his shoulder pack, Brock pumped a shell from the magazine into the barrel of the 30-30, loosened his knife in its sheath on his belt, and started. The wind from his recent exertion, his startled blue eyes watching, his new enemies as he backed away from the circling white man. If only Flash and Yellow-Eye were with him now! Brock threw a wistful glance at his rifle. It was out of reach. He kept edging away, his fists clenched, but with a rush, the Cree closed in, to meet a smashing swing which bowled him into the snow. Then the white man reached Brock from the side.

Blocking the blow aimed at his face Brock hunched fiercely into the law of the other as they clinched and rolled in the snow.

Then the son of Andrew McCain proved the stuff of which he was made. Fighting like a demon, Brock blocked with chin lashed on chest the fingers straining for a grip on his throat, while he wrenched an arm free to drive his fist into the other's jaw. Strong as he was, the bearded stranger could not reach the mad dened boy's thick throat, nor turn him on his back.

Again, over the other's shoulder Brock's hard fist hooked into the jaw; once more the fist crashed Brock felt the grip of his foe's arms weaken, and with a supreme effort freed himself free. Again his elbow lifted but the same instant two knees drove into his back, while the horn handle of a knife smashed into his head.

Twice, three times the Cree hammered the head of the defenseless lad. The knotted face of the man in Brock's arms, blurred—the snow went black; then all consciousness faded. (TO BE CONTINUED.)

### Let Indians Believe He Cast Out Witches

Early in 1890, Dr. Benjamin Denton, just graduated from the medical department of the University of Tennessee, went to southeastern Oklahoma and opened a practice among the Choctaw Indians. The Indians, however, would come to him only when they were sick, and he had to be called by the name of "Dr. Denton." He was called "Dr. Denton" by the Indians, and he was called "Dr. Denton" by the Indians.

He disgusted me to hear about dinner and radio speakers praising themselves. Praise our country, but in the name of all that is decent, don't praise our selves. We have about ruined the appearance of this beautiful continent for we have been the most inartistic people on earth, next to the Tibetans.—G. H. Cowan, in Forest and Stream Magazine.

Food for Thought We often wonder what a center of population that hasn't any village president emeritus residing in its midst does when it needs a chairman of the committee engaged in the promotion of any given worthy cause.—Ohio State Journal.

purchase of solid ground beneath him, while he floundered, straining for a grip on the unseen floor on his back, through Brock's dazed brain flashed the realization that his assailant had not knifed him as he leaped—that he was trying to take him alive. Then the blood of the fighting McCain's surged through the veins of the desperate boy. No Cree would take him! A McCain, in a hand-to-hand fight! His groping right hand found the fingers which gripped his belt. Closing on the wrist above them, like the snap of a wolf trap, with a fierce thrust he straightened his thick arm—"Makka!" The cry of pain blossomed into Brock's ear spurred him on. With a wrench at the wrist he held, he broke the grip on his belt, and with a twist of his body, turned, to catch from the fall of his eye, the swart face of an Indian, gray with pain.

Then facing his enemy, as they thrashed in the snow, the superb strength of the boy was unshaken. With his legs gripping the other's, the Cree strained to bury his teeth in the corded neck exposed by Brock's tortuous. But the fighting rage of the furious youth, confident in his strength, would not be denied. Slowly he forced the writhing Indian beneath him, then reached grimly for the knife in the sheath at his back—but the sheath was empty.

Lifting his head as the Cree's left hand desperately groped for his throat Brock drove a smashing uppercut into the chin of the man beneath him.

Then the Blood of the Fighting McCain Surged Through the Veins of the Desperate Boy.

Again the hard fist crashed into the exposed jaw. With a shiver, the Indian lay limp on the snow. Then as the joy of triumph surged through him, and Brock's heart beat high, he heard the click of snowshoes.

"All right, Gaspard," cried Brock getting to his feet. "He jumped me from behind, but I got him!" Then the heart of the victorious boy and deny faltered—his smile faded as he faced two advancing strangers, an Indian and a bearded white man.

"Get him!" roared the latter, as he circled around the body of the unconscious Cree to Brock's rear, while the Indian ran straight at the surprised boy, panting from his recent exertion, his startled blue eyes watching, his new enemies as he backed away from the circling white man. If only Flash and Yellow-Eye were with him now! Brock threw a wistful glance at his rifle. It was out of reach. He kept edging away, his fists clenched, but with a rush, the Cree closed in, to meet a smashing swing which bowled him into the snow. Then the white man reached Brock from the side.

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Backs Terms Call money is borrowed money, secured by collateral, which must be returned on the demand or call of the lender of the money. The borrower of the money, too, may at any time pay the loan and take up the collateral.

Children Not Bored I love children. They do not prattle of yesterday; their interests are all of today and the tomorrows—I love children.—Mansfield.

The history of mankind is an immense volume of errors.

YOU have undoubtedly used Bayer Aspirin for headaches and know how promptly and completely these tablets relieve the pain. They are even more wonderful in the relief of such serious suffering as sciatica; lumbago; rheumatism and those aches and pains that are bone deep. They don't affect the heart, and they do dispel the pain. There is nothing quite like genuine Bayer Aspirin, but see that you get the genuine. It has Bayer on the box and inside are proven directions for many important uses it is well to know.

ASPIRIN

ASPIRIN

ASPIRIN

ASPIRIN

ASPIRIN

ASPIRIN

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ASPIRIN

## YOU CAN'T DYE with Good Intentions

You can get results—after a fashion—with any old dye; but to do work you are proud of takes real aniline. That's why we put them in Diamond Dyes. They contain from three to five times more than other dyes on the market! Cost more to make? Surely. But you get them for the same price as other dyes.

Next time you want to dye, try them. See how easy it is to use them. Then compare the results. Note the absence of that red-dyed look; of streaking or spotting. See that they take none of the life out of the cloth. Observe how the colors keep their brilliance through wear and washing. Your dealer will refund your money if you don't agree Diamond Dyes are better dyes.

The white package of Diamond Dyes is the original "all-purpose" dye for any and every kind of material. It will dye or fast silk, wool, cotton, linen, rayon or any mixture of materials. The blue package is a special dye for silks or wool only. With it you can dye your valuable articles of silk or wool with results equal to the finest professional work. When you buy—remember this. The blue package dyes silk or wool only. The white package will dye every grade of goods, including silk and wool. Your dealer has both packages.

## Diamond Dyes

Easy to use Perfect results AT ALL DRUG STORES

No Mental Handicap in Defective Speech Many educators have held that stuttering is an evidence of psychopathic traits in the mental make-up, and that the child who stutters is handicapped in his educational progress. But according to recent tests made by Dr. Elizabeth D. McDowell of Columbia University, the fault of stuttering in a pupil carries with it no lessening of ability.

Doctor McDowell experimented with 7,138 school children, making tests to indicate the comparative standing in intelligence of stutters and non-stutterers, school achievement, emotional adjustment, physical fitness, and various speech defects.

She found that the stuttering pupil had as high intellectual capacities as the normal child, that his vocabulary is just as good, and that physically he is better off. It was even found that a stuttering child could rattle off as many words in a three-minute period as anyone else.

Diplomacy Not Small Girl's Strong Point The time was an autumn afternoon, the place was at an East side drug store and the characters were two women and a little girl.

The conversation which was being carried on over their soda glasses had drifted to the fact that Rev. Mr. Blank had been at the home of Mrs. Jones the day before for lunch. The conversation ran thus:

"I would sure hate to be the wife of a minister," exclaimed Mrs. Smith.

"Don't s'pose I'd like it, either," said Mrs. Jones.

"Do you think a minister would have me for a wife?" asked Mrs. Smith, turning to the child, who was Mrs. Jones' little daughter.

"I expect he would," replied the little girl. "The ministers aren't supposed to pick the pretty ones."—Indianapolis News.

If you wish beautiful clear white clothes, use Russ Ball Blue. Large package at Grocers.—Adv.

One Way Bobby and Billy were playing with the new kitten. Their mother heard the poor little thing meowing pitifully so she investigated. She found Bobby holding the front paws and Billy the back paws, each boy pulling as hard as he could. Mother stopped this and questioned the boys.

"Well, mother, we were just trying to make a cat out of it," said Bobby.

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