

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...

And Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink and belongs in every home...



SUFFERING ELIMINATED

15-year success in treating Rectal and Colon troubles by the Dr. C. J. Dean

Headache, bilious, constipated? Take NR - NATURE'S REMEDY - tonight. This mild, safe, vegetable remedy will have you feeling fine by morning.

NR TO-NIGHT TOMORROW ALRIGHT

One Means, Anyway "Pa," said the kid, "what do they mean by 'fair means'?"

Coughing STOPS

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

Wood's Many Uses The greatest use of wood in this country is as fuel. The next in importance is lumber, then come fencing, railroad ties, pulpwood wood and mine timbers.



Makes Life Sweeter

Too much to eat—too rich a diet—or too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid.

PHILLIPS Milk of Magnesia

Black Sheep's Gold

By Beatrice Grimshaw Illustrations by Irvin Myers

Men have gone down to the South Sea, stayed a few months or a year or two and have come back and written novels of varying degrees of accuracy...

During nearly a quarter of a century she has lived in that romantic district and has written its novels for about the same length of time. She has sailed the sapphire and turquoise-tinted waters and visited the spice-scented, tropic-laden, coral-built islets...

Beatrice Grimshaw is an authority on the South Sea. She draws with a sure hand whether she be depicting world vagabonds and beach-combers, natives, traders, sailors, gold hunters...

CHAPTER I

The cigar was unwontedly good; it had made me peaceful and dreamy—that, or the reaction after the fuss of getting aboard and away. At all events, I leaned back in the cushioned smoke-room chair, and gave myself up to enjoyment...

I had the sum of one hundred and seventy-two solid pounds, mine since yesterday, in the care of the ship's maitre d'hotel.

Then I saw what made me leap across the deck, tear off my jacket and fling myself over the rail of the "Catacra," down thirty feet into the sea.

In the excitement of winning, the red-haired girl had let go her hold of the chief officer's forehead, waded her arms, and lost balance completely.

We came to a well in the rear; when I had grabbed the girl, and got the water and my own half out of my eyes, I could see the steamer's immensely tall stern already hundreds of yards away, and tearing as if it nobody had seen us go overboard.

Of course they had, they were getting a boat out, and taking the way of the ship, as quickly as might be—but if ever you have been left in the midst of the inhospitable ocean by a liner running at full speed you will realize that I had plenty of time to grasp the situation; plenty of time, too, to wonder if we weren't both likely to be drowned before help could reach us.

She was plucky; no one could have been pluckier. She gasped a good bit, but did not cling; she did as I told her, put her hands on my shoulders, and let her legs swing out to support her.

They would have it, I was fairly mobbed. I could hardly get to my cabin for a change of clothes without being carried on the shoulders of the crowd. But that I was determined against; I slipped down a steward's companion, and got away.

I dropped on the lounge; it was some time before I even thought of dragging off my wet shoes and shedding my wet clothing. I had not touched the chief officer's flask, or accepted the champagne that others had been anxious to uncork for me.

It didn't need a long way off—to know that the boat she had lowered stood no chance in that life and death race. I knew what a shark could do in the way of speed, when once it scented food. This shark was only cruising so I thought, but if it made

contact with Robert Stephenson in the London and Birmingham—afterward the London and North Western railway—and was a founder of the Electric Telegraph company and president of the Institution of Civil Engineers. Among his best-known works are the Victoria docks.

Uses for Poppy Seed Ancient Greece used poppy seed for season bread. Perilous sprinkled the seed over their rice, and in India it is still used as a food and a sweetener. In France the seed is used in making a hand oil often substituted for olive oil. Many nations use poppy seed to season breads and pastries. It is also used for a bird seed.

Power of Calculation in Infants' Instinct?

Andre Lenoir, a Belgian boy is stated to be able, at the age of two years, to multiply any two five-figure numbers accurately and without hesitation. Whether this is an exaggeration or not I am unable to say, but every now and then the phenomenon of the "calculating boy" crops up and astonishes the world. The feats of these wonder children appear to be done by a sort of instinct and sometimes the apparently magical power is lost as soon as a real knowledge of mathematics is gained.

A well known calculating boy was George Parker Bidder, who was born in 1802, and was exhibited in his childhood as an arithmetical marvel. He became an engineer and was as

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Hard to Surprise Bonny Rabbits, crunched in their forms in the snow, need not have two faces to see in every direction. Their eyes are placed on the sides of their heads, so that they can see in practically all directions.

The KITCHEN CABINET

65, 1221, Western Newspaper Union.

Laugh and the world laughs with you; Weep and you weep alone. For this sad old earth has need of your mirth. It has sorrow enough of its own. —Ella W. Wilcox.

A TROPICAL LUNCHEON

This type of luncheon will be much more appreciated where snow covers the ground than it will in the summer. As our markets furnish nearly everything grown in the tropics, one, if the purse is large enough, may go any length as to menu.

Yellow and green are the tropical colors, and the table may be decorated in these colors; fruit will form a most appropriate center. Pineapples cut into wedge shapes to the core (which is the way the Hawaiians serve it), bananas, grapes, melons, will add their note of color to the fruit centerpiece. The citrus fruits are always in the market as well as many other tropical fruits. A lei or wreath of paper flowers may be hung for each guest on the back of the chair; this gives a most festive air to a simple feast.

The food should be appropriate to the occasion. Apricot loaf, pineapple salad or avocado pear, served with french dressing and sliced cucumber alternating with slices of ripe tomato. Grapefruit punch, banana whip with fresh grated coconut, or salmon with coconut, pickles, and all good dressing, makes a most tasty salad, served in nests of head lettuce.

Chicken With Spinach and Coconut. Fry one large chicken cut into serving-sized pieces; when nicely browned cover with the water from two coconuts and simmer over a low flame. Remove the chicken to a warm place and make a sauce, using butter and flour and any of the broth left in the pan. Add a half-cupful of grated coconut and more coconut liquid if needed. Serve with freshly cooked spinach that has been well seasoned with grated coconut and butter.

Molded Fish.—Butter a fish mold, lay in a strip of fish that has been boned, then a layer of well-seasoned stuffing with the water from two coconuts and simmer over a low flame. Remove the chicken to a warm place and make a sauce, using butter and flour and any of the broth left in the pan. Add a half-cupful of grated coconut and more coconut liquid if needed. Serve with freshly cooked spinach that has been well seasoned with grated coconut and butter.

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FIVE minutes after you rub on Musterole your throat should begin to feel less sore! Continue the treatment once every hour for five hours and you'll be astonished at the relief.

Working like the trained hands of a masseur, this famous blend of oil of mustard, camphor, menthol and other ingredients brings relief naturally. It penetrates and stimulates blood circulation and helps to draw out infection and pain. Used by millions for 20 years. Recommended by doctors and nurses. Keep Musterole handy—jar and tubes.

To Mothers—Musterole is also made in milder forms for babies and small children. Ask for Children's Musterole.



GARFIELD Tea Was Your Grandmother's Remedy

For every stomach and intestinal ailment. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system is in even greater favor as a daily medicine than in your grandmother's day.

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

The Try-Out Visitor—I suppose you are very careful about what you feed your lovely Persian cat?

Mrs. — Oh, yes, indeed! I always have my husband taste everything before I offer it her!—Exchange.

This Little Girl Got Well Quick

"Just after her third birthday, my little daughter, Connie, had a serious attack of intestinal flu," says Mrs. H. W. Turnage, 217 Cadwalder St., San Antonio, Texas. "It left her very weak and pale. Her bowels wouldn't act right, she had no appetite and nothing agreed with her."

"Our physician told us to give her some California Fig Syrup. It made her pick up right away, and now she is as robust and happy as any child in our neighborhood. I give California Fig Syrup full credit for her wonderful condition. It is a great thing for children."

Children like the rich, fruity taste of California Fig Syrup, and you can give it to them as often as they need it, because it is purely vegetable. For over 50 years leading physicians have recommended it, and its overwhelming sales record of over four million bottles a year shows it gives satisfaction. Nothing compares with it as a gentle but certain laxative, and it goes further than this. It regulates the stomach and bowels and gives tone and strength to these organs so they continue to act normally, of their own accord.

There are many imitations of California Fig Syrup, so look for the name "California" on the carton to be sure you get the genuine.

Sonstruck Ma—What's the matter, dear—sketch Pa (waving telegram)—Just a slight touch of the son.

Some Do "Can your girl friend keep a secret?" "Well, she likes to have lots of help."

What this Doctor did for Humanity

As a young man the late Dr. R. V. Pierce, practiced medicine in Pennsylvania and was known far and near for his great success in alleviating disease. Finally he moved to Buffalo, N. Y., and put up in ready-to-use form his GOLDEN MEDICAL DISCOVERY. The well known tonic for the blood. This strength builder is made from a formula which Dr. Pierce found most effective when in private practice.

It aids digestion, acts as a tonic and enriches the blood—clears away pimples and annoying eruptions and tends to keep the complexion fresh and clear. All druggists. Tablets or liquid.

CHICKS Queen Hatcher's Hushies for Poultry Profits

R. I. Reda, Barrad Rocks, White Lighthorns—all from carefully supervised flocks of large birds and mature breeders, including world's record strain. Also W. L. pullets, yearling hens and day-old turkeys. Write for prices at once as everything points to greatly increased demand. Prompt 100% live delivery guaranteed. 20 years' reputation your safeguard. (Jay Todd) QUEEN HATCHERY 2420 1st Ave. Seattle, Wash.

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