

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 salt 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 Feed Stores, 5¢ and 10¢. DAIRY ASSOCIATION CO., Loudonville, Va.

MUST HAVE STUNG

MERITED REBUKE GIVEN ILL-MANNERED CASHIER.

Unwarranted Brusqueness to Poor Old Lady Unused to Banking Ways Aroused the Ire of Another in the Line.

If one wants to study human nature it is not necessary to go farther than the nearest savings bank, says a writer in the New York Sun. I had just joined the line at one cashier's window when a woman turned to me.

"I've got to be careful," she said. "I've got to be careful not to lose it." Then I saw that she was pinning a little roll of money into a pocket in her petticoat with a rusty safety pin.

"I hate to draw it," she went on. "I had saved it cent by cent—put it away in my stocking—but with everything so high as it is, what is a poor creature to do?"

Another woman a few feet away looked up understandingly. She was sitting on a bench, putting some money she had evidently just drawn into an old tin strongbox. Like the first woman, she knew she had "got to be careful," and did not want to lose her money on the way home. Undoubtedly she too "hated to draw it."

As I found myself third from the cashier's window I noticed just ahead of me a self-reliant looking woman, with a richly fur-trimmed coat and a jewel flashing on the ungloved hand that held her bank book. The book held several bills of large denomination. Evidently she had come to deposit, not to draw on her account. In front of her and facing the cashier was a delicate-looking little woman in the dingy black that told its double tale of grief and poverty.

"How will you have it?" the bank clerk was asking.

Evidently the woman did not know what he meant.

"How will you have it?" the dapper young man looked at her with steely blue eyes and his thin lips set after he repeated his formula.

The woman's distress was apparent. "I—I—don't know," she faltered.

"How—will—you—have—it?" The question was rapped out like a series of blows and the woman covered under them.

The well-dressed woman put her hand lightly on the arm of the other. "He means do you want your money in one or in five or ten-dollar bills," she explained softly, and the woman gave her a look of gratitude as she turned to the clerk and said:

"In fives, please, sir. I hope you'll pardon me, sir; I didn't understand." As the woman in furs took her place before the sleek young clerk, who leaned forward deferentially to do her bidding, she looked him over much as she might have studied any other strange animal behind bars.

"You don't know how you surprised me," she said, smiling, as she handed him her book to have her deposit credited. "It did not seem strange to me at all that a poor woman did not understand your jargon, but it did surprise me very much that a young man supposed to be capable of filling your position was not quick-witted enough to see that the poor thing did not understand."

Heating Water by Electricity. Water in a kitchen tank may be heated in the summer time without starting a fire in the range, provided there is electricity in the house. A rod about an inch and a quarter thick and about fifty inches long filled with an insulating, nonoxidizing fluid in which a resistance coil is submerged is connected with electric wires and inserted in the tank. When the current is turned on all the energy supplied to the rod is dissipated in the water in the form of heat.

Popular Education in Russia. The information included in the following was obtained from official sources in Petrograd by Bassett Digby, one of the Daily News' staff of foreign correspondents:

Almost all Russian villages that have a sufficient number of children possess one or more schools. During the last ten years the number of schools under the ministry of national education increased 71 per cent.

In 1916 that ministry introduced into the duma a bill providing for compulsory attendance at village schools for all children. Fifty-one per cent of those between the ages of eight and eleven years attend the schools. For the last ten years the number of persons who know how to read and write increased by 8 per cent. The war has stimulated the interest of the population in newspapers and schools.

As a rule the children who attend school are from eight to eleven years old. Generally they stay at school 24 hours a week. They are taught religion, the Slavonian and Russian languages, arithmetic and calligraphy. They prepare their lessons at school. The elder pupils study at home.

Allcock PLASTERS
The World's Greatest External Remedy.
Backache, Rheumatism, Lumbago, Any Local Pain.
Insist on Having ALLCOCK'S.

Day of Heavy, Expensive Automobile is Gone

Fred W. Vogler, president of the Northwest Auto Co., in Portland, Oregon, is recognizing and co-operating with the business efficiency that has reached a high standard among small town and rural community men.

"The average city man goes to work at eight or nine in the morning and thinks he is working overtime when he has to take a crowded street car at six o'clock to get home to his dinner," said Mr. Vogler, "but the small town man and the young man on the farm have realized that success comes with effort and that using the ideas of other men adds to it. For that reason I am encouraging energetic men to introduce our Dort car in their communities and many a man who is driving a Dort of his own has not only paid for it through his own efforts, but is enjoying a satisfactory income in cash above his initial earnings in the car.

"The Dort, because of its extraordinary strength and its splendid engineering and designing, as well as its Westinghouse system of electric starting and lighting, is the ideal small town and rural car. After two years of investigation and watching the thousands in use I am confident and sure that this car is as near 'fool-proof' as can be made. Any child or delicate woman can run it; but very few big cars can get away from it on the ordinary road, while it will cover roads that big cars stick into and have to be pulled out with teams or block and tackle. Experience has proven that the day of the heavy, expensive car has gone. This is the era of light, durable cars that will take the grief and get through regardless of going. The Dort is doing this in a remarkable manner for thousands and the proof and demonstrations are so convincing that once shown—it is the car that is bound to be selected.

"The Dort factory at Flint has been doubled in size each year for the past three years and is still behind in orders."

Best Hand Picked Joke.

A small boy appeared at the back door of a neighbor's house, in Huntington Park avenue, a day or so ago and said to the matron who opened the door:

"Good morning."

"Good morning," the housewife returned somewhat curiously.

"I came over to tell you something."

"Well, what is it?"

"Last evening my papa was angry because the water boiled out of the steamer under the rolled oats."

"Is that so?"

"Yes. And then he made up his mind to fix the steamer so that it couldn't happen again."

"What did he do?"

"He put some water in the steamer and soldered it all up."

"Is that what you came over to tell me?"

"Yes, and to borrow your step ladder."

"What do you want with the step ladder?"

"I want it so father can scrape all the rolled oats off the ceiling this morning."—Philadelphia Ledger.

Over The Fence.

Over the garden fence the conversation had suddenly turned acrimonious.

"An' if yore boy 'Erbert ties any more cans to our pore dog's tail," said Mrs. Morgins' stern ultimatum, "ell 'ear about it, that's all. Oh, an' per'aps yove come wiv that saucepan wot yu borrowed last Monday."

"'Erbert," asked Mrs. Grubb, shrilly, "wot 'ave yu bin doin' to Mrs. Morgins' dog?"

"Nothin', ma," replied the small boy.

"There!" said his mother, triumphantly. "An' yu returned 'er saucepan yesterday, didn't yu, dearie?"

"Sent it back by 'er dog," said Herbert, calmly.—English.

Two Groups.

Some fellows divide their friends into assets and liabilities.—Pittsburgh Post.

OR

Every Night For Constipation Headache, Indigestion, etc.

BRANDRETH PILLS

Safe and Sure

HISTORY OF ALFALFA PLANT

Records Show It Was Carried Into California From Chile in 1854—Spreading Eastward.

Alfalfa is a very old plant. It was taken from Persia to Greece by Xerxes and his army, 500 B. C. Three hundred and fifty years later the Romans carried it from Greece to Rome. Pliny, the Roman naturalist, who lived the first century after Christ, tells of its value.

It was probably taken from Rome to Carthage and the surrounding territory, and from there to Spain about 700 A. D. From Spain it was carried to France, to Belgium and England. It was esteemed in England when Columbus discovered America. Cortez brought it to Mexico, others took it to Peru and Chile, and to New England.

In 1854, we have a record of it being carried to California from Chile, but at that time it had been grown



Size of Alfalfa Plant.

in some of the valleys of southern California for a hundred years. Just when or how it spread over the West is not clearly established, but it gained a foothold in Utah, Montana, Idaho, Colorado and the semi-arid states, and from there is spreading eastward.

Some farms in the Carolinas, New York and Pennsylvania have grown it ever since these sections were settled, and its value is known there, so that it is strange its cultivation has not become more general, but there is very little grown in the eastern states.

AVOID LIFTING HEAVY LOADS

Practical Plan Outlined for Putting Weighty Implements on Wagon by One or Two Men.

When putting a heavy hay rack, water or grain tank, wagonbox or manure spreader, etc., on a wagon, it can easily be put on without any heavy lifting if the two wheels are taken off on one side where the tank, or whatever it might be, is to be lifted on.

After the wheels are off the tank can be lifted on and the axle can be raised up with a long pole (one at a time) and the wheels put on. Where there are only one or two men it can easily be taken off in the same way.

MAKING TOOLS RUST-PROOF

Solution of Benzine and Paraffin Oil Will Prove Quite Efficacious on Steel Articles.

Make a solution of 200 parts of benzine and one part of paraffin oil. Dip the article in the solution and allow to dry in heated air or in a dry room so that the benzine may evaporate. Any steel articles may be made rust-proof in this manner.

GOOD ROADS ASSIST FARMER

Striking Example Shown in Spotsylvania County, Virginia—Big Increase Made in Shipments.

The value of good roads to the farmer is strikingly shown in the experience of Spotsylvania county, Virginia, from an investment of \$100,000 to improve 40 miles of road. Two years after completing this road the railroad shipped from Fredericksburg, the county seat, during a period of 12 months, 71,000 tons of products of the soil, hauled over the improved highway to that town. Before the improvement had been made the total was only 29,000 tons annually.

Results equally startling were shown in the quantity of dairy products. In 1909 these amounted to 114,815 pounds; in 1911 they had risen to 253,028 pounds—an increase of practically 140 per cent in two years.

Noise Means Wear. When farm machinery makes a noise there is something wrong. Noise means wear.

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

SCOTT'S EMULSION

to start them growing and keep them going. Children relish SCOTT'S and it carries rare nutritive qualities to their blood streams and gives them flesh-food, bone-food and strength-food. Nothing harmful in SCOTT'S.

Scott & Bowne, Bloomfield, N. J.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

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

If you care for heavy hair that glitters with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf 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 famish, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.

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

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

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 your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's 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 constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

Garfield Tea, by purifying the blood, eradicates 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. "It do beat all how some folks hold on to office, don't it?"—Boston Transcript.

"ANURIC!" THE NEWEST DISCOVERY IN CHEMISTRY

This is a recent discovery of Doctor Pierce, who is head of the Invalids' Hotel and Surgical Institute at Buffalo, N. Y. Experiments at Doctor Pierce's Hospital for several years proved that there is no other eliminator of uric acid that can be compared to it. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts. The best of results are always obtained in cases of acute rheumatism in the joints, in gravel and gout, and invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric," manufactured by Dr. Pierce, or send 10 cents to Dr. Pierce for a large trial package. If you suspect kidney or bladder trouble, send him a sample of your water and describe symptoms. Doctor Pierce's chemist will examine it, then Dr. Pierce will report to you, without fee or charge.

NOTE:—French scientists affirm that "Anuric" is thirty-seven times more active than lithia in eliminating uric acid, and is a harmless but reliable chemical compound that may be safely given to children, but should be used only by grown-ups who actually wish to restore their kidneys to perfect health, by conscientiously using one box—or more in extreme cases—as "Anuric" (thanks to Doctor Pierce's achievement) is by far the most perfect kidney and bladder corrector obtainable.

Dr. Pierce's Pellets are the original little Liver Pills. One Little Pellet for a laxative—three for a cathartic.