# IF KIDNEYS ACT BAD TAKE SALTS

### Says Backache is sign you have been eating too much meat.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

**His Favorite Dish.**

"No wonder women go into politics," ventured Mistress Malloch; "men are such brutes and devoid of sentiment. The other night I asked Will, in my sweetest way, what his favorite dish was, and he said, 'The ash-tray.'"

## Laugh When People Step On Your Feet

**Try this yourself then pass it along to others. It works!**

**Ouch ! ?! ?!! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn or hardened callous stops soreness at once, and soon the corn or callous dries up and lifts right off without pain.**

**He says freezone dries immediately and never inflames or even irritates the surrounding skin. A small bottle of freezone will cost very little at any drug store, but will positively remove every hard or soft corn or callous from one's feet. Millions of America's women will welcome this announcement since the inauguration of the high heels. If your druggist doesn't have freezone tell him to order a small bottle for you.—Adv.**

**Something They Didn't Want.**

Some of these numerous and vociferous folk who are always crying for justice may some day get it. Then what will they say?—Milwaukee News.





**Origin of Cotton Boll.**

The pink boll worm, the worst enemy known to the cotton crop of India, probably originated there. Later it was found in Burma, Ceylon, Egypt and in almost every other cotton district on the globe.

**"Spoonerisms."**

A "spoonerism" is a turned-around word. For instance, a clergyman recently told his congregation that he owed them a "deep grat of debtitude," and at a wedding a young man asked if it was "kisatomary to cuss the bride."

**The State and Liberty.**

The design of the state is not to transform men into animals or automata from reasonable beings, but rather that citizens may develop their minds and bodies in security. . . . The true design of the state, then, is liberty.—Spinoza.

**Soft, Clear Skins.**

Night and morning bathe the face with Cuticura Soap and hot water. If there are pimples first smear them with Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

**Daily Thought.**

Where there is no hope there can be no endeavor.—Samuel Johnson.

**Optimistic Thought.**

The greatest scholars are not always the wisest.

# SAGE TEA DANDY TO DARKEN HAIR

### It's Grandmother's Recipe to Bring Back Color and Lustre to Hair.

You can turn gray, faded hair beautifully dark and lustrous almost over night if you'll get a bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur Compound tonight and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

This preparation is a toilet requisite and is not intended for the cure, mitigation or prevention of disease.

**Have Faith in Yourself.**

Be on good terms with yourself. Believe in yourself and so live as to deserve this belief. No matter what the world may think of you, it matters little in the end, so long as you, yourself, know that you are right.

# HOW TO AVOID BACKACHE AND NERVOUSNESS

### Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINE B. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

# GOOD ROADS

## WARTIME POLICY DESCRIBED

### Head of Department That Administers Federal Aid Act Tells of Highway Problem.

(Prepared by the United States Department of Agriculture.)

Governmental agencies dealing with highway problems fully recognize the vital military and economic importance of the country's roads, according to a letter from Secretary of Agriculture Houston to Arthur H. Fleming, chief of the state councils section, council of national defense.

The secretary, whose department administers the federal aid road act, stated also that the government recognizes that it is necessary to construct, reconstruct or maintain roads essential for military and vital economic purposes and to defer action on roads not of this class; and that it is desirable, wherever possible, to use local materials for road building and maintenance in order to relieve railroad traffic.

Important highways, as described in the secretary's letter, include only those utilized, or to be utilized, by the military establishment, those which carry a considerable volume of materials and supplies essential to war industries, and those which have a bearing on the production and distribution of food supplies, connecting population and shipping centers with surrounding agricultural areas.

Attention is called to the formation of the United States highways council. This body was suggested by the secretary to co-ordinate federal agencies interested in highway problems. The council is made up of a representative each from the department of agriculture, the war department, the railroad administration, the fuel administration and the war industries boards. It will form a unified agency for dealing, on behalf of the federal government, with highway construction, maintenance and policies. It will, of course, through the office of public roads and rural engineering of the department, continue the close contact already established, both formally by law and informally by practice, with the state highway commission in each state.

The office of public roads and rural engineering and the highways council will actively consider the supply, for highway purposes, of road oils, asphalts and other bituminous road materials controlled by the fuel administration, and the matter of priority production for highway materials controlled by the war industries board. They will also, in contact with the railroad administration, aid in securing, so far as practicable, facilities for the transportation of road materials and supplies. Furthermore, the office of public roads and rural engineering will act as the medium for furnishing information and assistance on highway problems, especially to state highway authorities in meeting the various difficulties which they encounter.

Making Needed Repairs.

When the United States entered the war the work of planning state highway systems, so that, as far as necessary and feasible, they would connect with the systems of other states, was well under way. This resulted from efforts to administer the federal aid road act, so that the roads of vital importance for economic, military and other purposes should first be dealt with. The federal aid road act—involving an aggregate five-year expenditure, directly and from state and local funds, of $160,000,000 in addition to at least $200,000,000 spent independently each year by the states—provides that the states must maintain the roads and that before any money can be expended the roads must be selected and approved and plans, specifications and contracts submitted.

The secretary also calls attention to the fact that road engineers have been provided by the department for each of the army cantonments and for work on roads elsewhere in which military authorities were interested.

**Her Coming Out, As it Were.**

Wee Mary was in the room when the telephone rang and her sister Elizabeth, aged eleven, was being invited to go skating. Mary in great excitement ran to her mother, saying: "What do you think, mamma, Elizabeth has her first attempt with a boy."

**Just as He Dictated It.**

"See here, Miss Pounders," said Mr. Gruffington. "Why have you put exclamation marks after every sentence in this letter?" "You dictated it to me in explosive tones," replied the stenographer, quietly.—Birmingham Age-Herald.

**To Remove Rust.**

Steel needles which had been put away in a box for some time had a number of rusty spots on them, so were wiped first with kerosene, then pumice stone and rubbed with it a few times and they were as smooth as when new—no trace of the rust was left.



**Telltale Count.**

"I know I was not drunk," said a woman charged at Brentford. "I counted 13 buttons on the policeman's tunic." As the constable was wearing in court the identical garment, which bore eight buttons, she was fined.—Lloyd's News, London.

**On Life's Pathway.**

Do today's duty, fight today's temptations, and do not weaken and distract yourself by looking forward to things which you cannot see, and could not understand if you saw them.—Charles Kingsley.

**Optimistic Thought.**

The greatest saints have their time of faintness.



## Hopes Women Will Adopt This Habit As Well As Men

**Glass of hot water each morning helps us look and feel clean, sweet, fresh.**

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation.

**When Chimpanzee "Comes Out."**

A chimpanzee "comes of age" at about fifteen years.

**Daily Thought.**

Light is the task when many share the toil.—Homer.