

IF BACKACHY OR KIDNEYS BOTHER

Eat less meat also take glass of Salts before eating breakfast.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist 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 clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

The Reason.

He—Why do those football men wear spikes in their shoes?

It—Why—er—they are the new Coast defense. (Deep stuff.)—Widow.

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

Gas.

"I hear Jones died from a single blow."

"What hit him?"
"No one. He blew out the gas."—Illinois Siren.

Hurrah! How's This

Cincinnati authority says corns dry up and lift out with fingers.

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 American 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.

Getting at the Facts.

"Did I understand you to say that your friend Pennibbs was engaged in literary pursuits," she queried.
"Well, I hope not," replied the knowing young man. "I merely stated that he wrote alleged stories and poems for the magazines."—Exchange.

A Compensation.

"Geraldine, this is a bad habit of yours getting a new dress every week."

"Yes, ma, and see how easily this bad habit fastens on me."—Baltimore American.

Was Up Against It.

Going into a telegraph office one day Snapper Garrison, the jockey, saw an old sporting friend engaged in writing a telegram.

"Garrison," he said, "I'm sending a telegram to my wife, and I'm broke. Be a good fellow and prepay it for me."

Garrison took the message and glanced at it. It read:

"Cook up everything you've got in the house today. I'm coming home tomorrow to hock the stove."

Garrison sent the message.

Evident.

Officer (who has "lost touch" with the troops on field-training)—I say, sergeant, where have all the blithering fools of the company gone to?

Sergeant—Shure, an' I don't know, sorr; it seems we're the only two left.—Tit Bits.

Heart Throb.

When hearts are trumps

And I would fain

Cut out the chumps

Around Elaine,

I get my bumps

And hold chicane.

—Louisville Courier-Journal.

Not To Be Helped.

"That man has more money than he knows what to do with."

"I heard that and was trying to help him out by showing him several things in which he might invest money. And still I couldn't interest him."—Louisville Courier-Journal.

An Incidental Consideration.

"Would you marry a man for his money?"

"No," replied Miss Cayenne, "I'd merely insist that he have a lovely disposition. But I'd take into consideration the fact that a man without money is very likely to be worried and ill-natured."—Washington Star.

A Concession.

"After looking at the postal stamps of other countries I have come to the conclusion that you can't beat ours."

"Maybe not, but all the same, it gets lots of lickings."—Baltimore American.

An Improvement.

Editor—Your story lacks originality. You employ the old hackneyed expressions. Take this line, for example: "With the low cry she sank to the floor."

Author—Well, then, we'll have her sink to the ceiling.—Boston Transcript.

Blamed Again.

Guest—Good gracious, waiter! Nine and nine make 18, not 19!

Waiter—Ah, but monsieur must remember that everything has been augmented by the war.—Southern Woman's Magazine.

Scientific Comparison.

"Do you regard the Darwinian theory as proved?"

"No," replied the stubborn citizen, "In my opinion it's one of those things that kept being investigated so long that everybody decided there wasn't any answer and lost interest."—Washington Star.

With Plenty to Eat.

The announcement that an explorer who is going to try to get close to the north pole is planning to take with him food to last six years will probably result in a great rush of applicants to join the party.—Baltimore Star.

The Reason.

"If I stand on my head, the blood all rushes to my head, doesn't it?"

No one ventured to contradict him.

"Now," he continued triumphantly, "when I stand on my feet, why doesn't the blood all rush into my feet?"

"Because," replied Hostetter McGinnes, "your feet are not empty."—Ram's Horn.

A Cynical Parent.

Daughter—Oh, but men are so dreadfully lacking in self-control.

Mother—Don't get excited about it, dear. If they weren't most girls would die old maids.—Boston Transcript.

His Second Childhood.

"The idea of her marrying a man in the evening of life like old Grumley."

"The evening of life? He's further along than that; I should say early in the next morning."—Boston Transcript.

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.

Where Are They?

The man who had made a huge fortune was speaking a few words to a number of students at a business class. Of course, the main theme of his address was himself.

"All my success in life, all my tremendous financial prestige," he said proudly, "I owe to one thing alone—pluck, pluck, pluck!"

He made an impressive pause here, but the effect was ruined by one student, who asked impressively:

"Yes, sir; but how are we to find the right people to pluck?"—Philadelphia Ledger.

Whenever there is a tendency to constipation, sick-headache, or biliousness, take a cup of Garfield Tea. All druggists.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

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

If you care for heavy hair that glistens 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.

A Motorist's Resentment.

"Have you studied economy in the home?"

"Yes," replied Mr. Chuggins. "I'm tired of paying out all this money to keep up a cooking range, instead of spending it for gasoline."—Washington Star.

HELPFUL HEALTH TINTS

Choose an agreeable diet.

Keep the digestion normal.

See that the liver is active, and

The bowels always regular.


Should weakness develop, TRY **HOSTETTER'S Stomach Bitters**

Resinol will stop that itch

Sore Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free Ask Druggists or Murine Eye Remedy Co., Chicago

For KOW-KURE Health



For almost a quarter-century Kow-Kure has guarded the health of thousands of the best dairies in the country. It is the one cow medicine that can be depended upon in any case of Abortion, Barrenness, Retained Afterbirth, Milk Fever, Scouring, Bunches, and other cow ailments which are likely to result from a run-down condition of the digestive or genital organs.

Keep your cow healthy; it pays. Kow-Kure will do it. Buy a package and follow the simple directions. 50c and \$1.00 from your druggist or feed dealer. Valuable book, "The Home Cow Doctor," free by writing.

DAIRY ASSOCIATION COMPANY
Lyndonville, Vt.

A Good Way to Find Out.
Student—How much board do I owe you?
Landlady—How long have you been in college?—Brunonian.

Beware.
Many a captivating co-ed has lost a perfectly good stand-in by guessing the wrong name over a telephone.—Minnehaha.

WOMEN OF MIDDLE AGE

Mrs. Quinn's Experience Ought to Help You Over the Critical Period.

Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

Other warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness.

If you need special advice, write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.