

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 salt 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.

Stormy Debate.

Chief of McIntosh Clan (indignant) to Cobby, after a dispute over the fare)—How dare you speak to me like that? Do you know I'm the McIntosh?

Cobby—You look to me more like the umbrella.—Ideas.

It May Be.

"The ancients had many patron deities."
"Um."
"Mercury was the patron of merchants. I understand."
"And Nemesis of bill collectors, I suppose."—Kansas City Journal.

A Complexion That Everyone Admires!

Don't envy a good complexion, have one. Each time you cleanse your face with Resinol Soap you give it a "beauty treatment" with the soothing, healing Resinol medication. If aided, in severe cases, by a little Resinol Ointment, this usually leaves the complexion naturally clear, fresh and free from pimples, redness, roughness and blotches. Resinol Soap for the shampoo keeps the hair live, rich, and free from dandruff.

Garfield Tea, taken regularly, will correct both liver and kidney disorders.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.

Look at the tongue, mother! If coated, y— Little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast number of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which if not eliminated every day, become food for the millions of bacteria which infect the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can't get feeling right are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

The Spur

At the ring of the doorbell, Doris jumped up, dropping her magazine to the table. She could distinguish Phillip Somers' pressure upon the push-button bell from that of anyone else who had occasion to call at the Hanson home. Hurrying through the front hallway, she patted the sides, front, and top of her neatly coiled coiffure, and she smoothed an imaginary wrinkle from her new dress. She was near the door when she slowed her steps and sought to dull the light of joyous expectancy in her eyes. When she swung open the door, she had assumed the outward appearance of perfect composure.

"Good evening, Phil!" she greeted. "Good evening, Doris!" responded the tall, lithe young man with sandy hair, who stepped into the hall.

After his topcoat and soft felt hat had been placed upon the hat tree, they proceeded into the parlor. He seated himself in the heavily built, upholstered rocker, she dropping down upon an end of the divan.

"By jingo, but it seems good to sit down and take it easy for awhile!" he exclaimed. "I've put in a mighty busy day; not without results, though. I secured the largest order for loose-leaf and manifold books today that my firm has received during the past six months."

Doris sighed inaudibly. As usual, Phil was discussing his work as city salesman for the Farnes company. Not but what she liked to hear of his business successes, and of his business tribulations, for that matter, and to sympathize with him when he confided the latter to her; but there were other subjects—subjects vitally interesting to her—on which she longed for him to speak. She had decided definitely that she preferred him above all others who sought her. Moreover, she was certain that Phil reciprocated her feeling; for, though he persisted in talking of business and prosaic matters while at her home or in her company at the theaters and other places of entertainment, she had seen his eyes express things that his tongue could seemingly not articulate. She raised her shapely hand to an arm of the divan and permitted it to rest there where he could look upon it.

"... Farnes was as pleased as a youngster with a new train of cars," he was saying. "He—" He broke off abruptly and gazed toward her hand, resting upon the arm of the divan. "Why—what—" he hesitated, his eyes intent upon the delicate gold band, set with a modest, but dazzling white stone, which graced her third finger. "Why—Doris, what—"

"Aren't you going to give me your best wishes?" she asked smilingly. She moved the ring-finger causing the stone to sparkle splendidly.

He sat there, rigid and speechless for a moment. Then his hands clinched spasmodically and an angry glint came into his eyes—a glint mingling surprise, frustration, and anger. His jaw squared truculently. "Is—is it Webber—Ellis Webber?" he demanded hoarsely.

She forced the flicker of a frown upon her forehead. "Why, Phil?" she pouted; "I presumed that at least thought enough of me to wish me well. I never expected you to act like this."

Sliding to the very edge of the great rocker and leaning forward, he grasped the hand upon which she wore the ring. He retained the small hand within his large one, despite her slight struggle to draw it away.

"Do you love him, Doris?" he asked, his voice throbbing.

"I—I—why, the very idea of asking me such a—" This time it was she who hesitated.

In an instant he was seated beside her on the divan, his arm about her and with his face close to hers. "You don't love him! You don't—you can't—you mustn't!" he exclaimed, pressing her tightly to him. "I love you, Doris! You don't know how much I love you, girl! I'll do anything—anything for you, girl, except give you up. Webber can't love you as I do! Why, only today I saw him dining with—" His teeth clinked as he broke off. "Tell me, Doris; don't you love me?" he pleaded in gentler tone. "Let me remove that ring from your finger? I'll bring you one tomorrow night to replace it. Let me, please, girl?"

Suddenly she relaxed, tipping back her head until she looked straight up into his face. His lips pressed warmly down upon hers. Hers answered the pressure acquiescently, lovingly, while he drew the ring from her finger and dropped it into her lap.

After Phillip Somers had departed homeward, Doris went into the library and took a tiny box out of the table drawer. On it was stamped in diminutive letters: "Ward's Department store," while equally exiguous printed matter, beneath the department store stamp, read:

Sparkle.
The most perfect imitation of the diamond.

Doris turned the little box over. On the bottom of it was scribbled in pen-

cil "25 cents." She removed its cover and dropped into it the ring that Phil had removed from her finger. Hardwood embers were glowing in the open fireplace, toward which she moved. Raising the little box to her lips, she kissed it.

"Good-by, little ring," she murmured. "You served your purpose well."

Then she tossed it into the fireplace among the embers, and, with the most wonderful expression upon her face that is within woman's power to radiate, watched it burn.

Let Clocks Alone.

We wish persons would cease making us and others impatient about small things. With a shortage of the tobacco crop and a threatened baseball strike we have quite enough to occupy our minds without bothering about this nonsense called the "daylight saving plan." Some European put the clocks ahead an hour over there and now a few in this country ask that the same thing be done. It will get people out of bed earlier and let them work in the cool of the morning, say these folks. What difference does it make what time it is if one is ready to get out of bed? The day begins with the rise of the sun, and all foolish persons can get up at that time by setting alarm clocks after consulting almanacs. But there are many persons who find a morning sleep good for them; wherefore, they prefer to lie abed, and putting clocks an hour ahead would not help. The sun fixes the time, anyway, and when it is six o'clock no man on earth can make it seven by merely saying it is. Neither can clocks and watches. Let well enough alone.—New York Telegraph.

Jobs for Blind Soldiers.

It is an established fact that the blind far excel in acuteness of hearing and sensitiveness of touch their fellow men who have unimpaired sight. The French, with their usual forethought, have taken this into consideration in planning for occupations for French soldiers after the war. French scientists, after careful investigation, have decided that the blind soldiers will make the best wireless operators.

In opening these positions to her blind soldiers France will not be performing any charity in the common use of that term. She will simply be fitting the best man to his job, and giving the men who fought for her their deserved opportunity. The benefit derived will be for the public as well as the individual.

HE'D BEEN MARRIED TWICE



She—Marriage is a lottery.
He—And most men draw a blank.

Barnyard Melodies.

"Well, sir, that was a new one on me," said Cousin Reuben, on his last visit to our neat city.

"How was that?" cried Mr. Suburbanite, and the rest of his family.

"I've heard of young folks leavin' the farm for the city, but city folks never even seem to care for us sons of the soil. Well, I paid \$3 for a seat at your opera house. The actin' was fairly good, but the music was what I was after. At last the band struck up a piece that sounded real good. I thought it would be named 'Dying Gladiator's Waltz,' or something like that, but I looked down on my printed program and it said: 'Pullet and Pheasant Overture.'"—Indianapolis News.

Use for Kangaroo Skins.

The latest government statistics show that there were 1,072,494 pounds of kangaroo skins imported during the eleven months ending May 31, 1916, as compared with 672,330 pounds last year and 1,225,670 pounds two years ago for the same period. The imports last year were valued at \$633,301, or an average of about 59 cents a pound. There are less of these skins received than of any other variety used in making shoe leather, but genuine kangaroo skins make excellent leather and large quantities would be tanned if the skins were available.

An Instance.

"Did you ever hear of such a thing as an appropriate affliction?"
"Why, yes. There's the case of a grass widow with hay fever."

RADIUM LACE FOR WAISTS



Pockets are becoming quite a distinctive feature of lady's frocks and dresses. The draped pocket in this gown is strikingly novel and quite pronounced. The delicate blouse is of silk radium lace and paisley georgette and the two go to make one of the most pleasing combinations seen yet. The last is of the turban style slightly remodeled and adorned with pompon.

SLIM HIPS STILL IN VOGUE

Barrel Skirt, Hung Low, Permits No Voluptuous Curves in These Models.

It has been thought that the loose hip model which is now called the barrel skirt demands a specially curved corset, but this is not true. Corsets cut according to the latest designs are more than ever snug below the waist over the hips as well as in the back and front. The backs and fronts are literally flat and even when this effect is only achieved by widening the waist three or four inches it is done in order to produce the proper outline.

Anything but a snug hip treatment would make the new skirts look decidedly frowsy, and since the draping usually begins six or eight inches below the waist, and that is set low, there must be a definite line from which to expand. Also most of the arrangements are so devised that from one angle at least a smooth, unbroken line is given. Sometimes two draped scarfs are applied to the sides of the skirt and these leave a slender hip plane plainly visible, sometimes the flare is produced by a straight piece of material drawn across the front of the skirt or shirred into a belt and then left to hang in graceful cascades at the sides. In this arrangement the back of the skirt is treated in a similar manner or is left perfectly plain. In either case the actual hip line is not obliterated nor allowed anything but the slightest curve.

Two Tones in Everything.

The season's agog with two-tone effects, lettuce green and gold, beige and wistaria, rose and silver, and among the others every now and then is black over white. It never occurs the other way, however. Some of the very prettiest blouses are of white rather heavy crepe or chiffon veiled in very thin black gauze and some women have discovered that while the one thickness transparent sleeves are very unbecoming, making their arms look unpleasantly bare, an inner lining of white tulle achieves perfection. A most becoming blouse is of white georgette veiled in black, box-plaited so that the effect is that of a stripe. The neck is cut square finished with a mitered band lightly embroidered in rhinestones and the sleeves are incredibly full, not only box-plaited but gathered as well so that they bulge at the elbows and droop at the wrist most gracefully into a wristband of embroidery.

Feminine Friveries.

Jabots are back in favor. But they are never the skimpy jabots of yesterday. They are of cascade variety, designed especially to be worn with a suit of the Incroyable order.

There are some very effective gloves for street wear of heavy cream kid, bound with brown and stitched with brown.

The paisley rage has extended to handbags. And the newest ones are made either with a metallic clasp or drawn up in a shirring of silken cords. Stencil patterns pursue us still. They have just made their way into the realm of bagdom. Bags of silk are shown in many sorts of stenciled patterns and these are usually mounted on metallic frames.

The Coat Blouse Remains.

With the predictions of the skeptics all to the contrary, it now seems as if the peplum, or perhaps it should be called the coat blouse, is here to stay for the spring and summer months, at least as far as sports wear is concerned. And certainly with separate skirts promising so well for the coming season, there is every reason for believing that this may be the case. They do give a more finished appearance to an uncoated woman, and no one can deny that they allow a great deal of freedom in athletics.

WHY?

If it takes nine tailors to make a man, why should too many cooks spoil the broth?
And if the worst is yet to come, why does every cloud have a silver lining?

Which is best, to count your chickens before they are hatched or look before you leap?

If you should look not upon the wine, how is it that a little wine for the stomach's sake is so frequently urged?

Is travel the greatest educator, or doesn't a rolling stone gather any moss?

If all things come to those who wait, why is it that nothing venture nothing have?

Of course, a patient waiter may be no loser, yet time and tide, it is said, wait for no man.

Everybody knows that a stitch in time saves nine, also that it is never too late to mend.

What goes up must go down—food prices are very much higher.

Age is a great improver, yet the good invariably die very young.

To Revive Blankets and Laces.

In the Woman's Home Companion are the following directions for cleaning fine blankets and laces:

"Blankets cleaned in the following way will be as soft as new: Put them in two warm solutions of white soap, using one pound of soap and two ounces of borax to each eight gallons of water. Follow with two warm rinsings and a warm solution of one-half ounce of oxalic acid and one-third pint of acetic acid to 15 gallons of water. If the blankets are colored omit the oxalic acid, otherwise they are cleaned just as white ones. Dry in the open air if possible. To make them look particularly well when they are dry, lay them on a table and brush the nap in one direction on both sides.

"Fine laces should be cleaned in the following way: If of silk use the dry cleaning method, if of cotton baste them on a piece of white cotton cloth and handle them repeatedly in a boiling solution of white soap, using two ounces of soap to each gallon of water. Rinse well, and put them in water to which one teaspoonful of oxalic acid to each gallon of water has been added. To give necessary body, pass them through a solution of one ounce of gum arabic to one quart of water. When nearly dry, pull into shape, lay them on a well-padded board and press them on the wrong side with a cloth over the lace."

Paper Napkin Is Passing.

The American paper napkin is rapidly passing out of existence. The paper manufacturers have threatened to stop making them altogether. During the last year they have steadily increased the price, but the cheaper restaurants have clung tenaciously to the paper napkin idea and gone on demanding them. The laundering connected with the cotton variety was considered too much of a nuisance. Now, however, one by one, each large paper firm has quietly dropped its paper napkin trade. As one firm declared last week: "We have been making 2,000,000 paper napkins a day, and even so cannot keep up with the demand. There is more money in other lines of goods, and we can no longer afford to spare the material."

Developing Alaska.

John Noon of Seward, Alaska, talking in New York the other day, declared that a vast empire is now in the making in Alaska. Gold mining is proceeding on an extended scale, he says, and many men are making fortunes. Coal deposits are being uncovered and agricultural possibilities, especially in Matanuska valley, are being exploited profitably. In this valley last year 2,000 tons of farm products were raised and sold at good prices. In 1916 potatoes brought \$47 a ton for home consumption and butter 50 cents a pound. In Tanana district the 1916 production of agricultural articles reached 7,000 tons, all sold locally.

Use for Apple Peels.

Delicious apple jelly can be made from the peelings of apples. Put the peelings into a jar, cover with cold water, and let cook slowly in the oven till the peelings are tender. Then strain, add one pound of sugar for each pint of liquid, and boil till it jellies.

Vexatious.

"I certainly would like to pick up a newspaper that wasn't full of big black headlines," said the fractious man.
"Tired of reading war news?"
"Yes. And to make matters worse, I've reached the point where I believe nearly everything I read."

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

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.
Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2M Free. ABSORBINE, JR., the antiseptic liniment for man and horse, reduces Strained, Torn Ligaments, Swollen Glands, Veins or Muscles; Heals Cuts, Sores, Ulcers, Allays pain. Price \$1.00 a bottle at druggists or delivered. Book "Absorbine" free. W. F. YOUNG, P.O.F., 403 Temple St., Springfield, Mass.

OR
Every Night For Constipation Headache, Indigestion, etc.
BRANDRETH PILLS
Safe and Sure

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 overnight if you'll get a 50-cent 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, 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, to-night 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.

The Strange Part.

Hardup—You see this half dollar?
"Yes. Why? Is there anything extraordinary about it?"
Hardup—Rather! It's mine!—Exchange.

Was All There.

Abe—Did you get the opera score?
Pandora—Yeah; they were tied in the last minute of the play.—Charral.

Those Dear Girls.

Alice—Jack told me last night that I was beautiful.
Marie—And yet you say he lacks imagination.—Boston Transcript.

The Unwritten Law.

Hewitt—When I was in Kentucky I was arrested for violation of the liquor law.
Jewett—How was that?
Hewitt—I declined to take a drink.—Exchange.

PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."

Mrs. ERMA DENNIS, Ogdensburg, Wis. Physicians undoubtedly did their best, but I with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.