

If Kidneys Act Bad Take Salts

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean that you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and foggy. 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 may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of soft water.

Explaining It

"Bredieria, we must do something to remedy de status quo," said a negro preacher to his congregation. "Bruder Jones, what am de status quo?" asked a member. "Dat, my brudder," replied the preacher, "am de Latin for de mess we'se in."—The Outlook.

It's a wise woman who knows half that she would like to know about her neighbors.

1/2 PRICE INTRODUCTORY OFFER TO DIABETICS
Money Back if Not Satisfied



Raymond Smith says:—

"Now No Doctor Can Find Diabetes In My System!"

"Three years ago I was rejected by my life insurance Co. because my blood sugar test was 200—had the best medical treatment known. No help! Then a friend who was cured of Diabetes brought me the Herb Tea that helped him. This Herb Tea was the result of a

Lifetime Study of European Chemist Working in Europe

"Instant effect in my case—improvement noticeable in 1 week—big improvement in a month—my blood sugar down to 90 and I'm the picture of health! Every Diabetic should start right away to drink morning and evening—"

INGRAM'S No. 11 TROPICAL HERB TEA FOR DIABETES

"Have a Blood Test and Urine Test Now—drink the Tea twice a day for a Month—then have a new Blood and Urine Test and—Just Notice the Big Improvement! No Alcohol—No Drugs"

HALF-PRICE OFFER
Ingram's Tropical Herbs—50¢ San Francisco
Send me more information without obligation on my part—
Name _____
Address _____
City _____ State _____
SEND TODAY AND SAVE HALF

Coughs and Colds

are not only annoying, but dangerous. If not attended to at once they may develop into serious ailments.

Boschee's Syrup

is soothing and healing in such cases, and has been used for sixty years. 50¢ and 90¢ bottles. At all druggists. If you cannot get it, write to G. G. Green, Inc., Woodbury, N. J.

SCHOOL DAYS



SOMETHING TO THINK ABOUT

By F. A. WALKER

ABOUT OURSELVES

YOU read that a great European savant says that the surgical experiences of the war proved that the thinking power of a man rests, not inside of his skull, as all physiologists have thought for centuries, but is located somewhere else in the body at a point as yet undetermined. Why within the body? What is thought? Why must it have any material abiding place?

Do you ever think how little we know about ourselves and the things that constantly happen to us?

What is sleep and why does it come to us? No one knows.

Why do we become fatigued and our muscles growing tired refuse to act?

The same materials of which our bodies are made, water, iron, lime, phosphorus and the other chemical constituents, when used by themselves or in combination similar to flesh and bone and muscle, do not grow tired.

Why should they acquire fatigue simply because they, in your particular case, make up your body?

What is a dream? Where does it come from and where does it go?

Why have the animals senses of which man knows nothing?

If man is the result of evolution from the animal what became of all the faculties which the horse and the cow, the bird and the fish, the dog and the ant have, but which we do not possess?

Why can a lobster which loses a claw grow another, but a man who loses a leg remains crippled?

Why does the hair stop growing at the line of the forehead and what keeps the hair from getting tired?

There are a thousand questions that you can ask about yourself that no one can answer.

The European authority who says our thinking power is at some other place than within the convolutions of the physical brain may be right.

Wherever it is, the power of thinking is much more important than where the thinking is done.

It is the most important faculty that man has, although it is too often the one least used.

Every man and woman should devote some time each day to honest thinking about some serious subject.

There is nothing that will help you to think more than reading. READ AND THINK.

If you read you WILL think and if you think you WILL read. Do both.

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GIRLIGAGS



"I don't see why automobiles should put the street cars entirely out of business," says Meditative Meg. "A tri has to get home somehow."

Mother's Cook Book

He is happiest who hath power To gather wisdom from every flower, And wake his heart in every hour To pleasant gratitude.

—William Wordsworth.

FOOD FOR THE CHILDREN

MILK is an ideal food and drink for the growing child, but it also needs food to add bulk to the diet; foods to use and exercise the teeth upon, as well as to excite the peristaltic action of the intestines.

Cocoa is considered a good drink for children, but should not be given too often.

Hot water and milk supplies a simple hot drink which is thoroughly wholesome.

Coffee and tea should never be allowed a child. The practice of warming the milk with a little hot coffee is most pernicious. Weak coffee has a tendency to sour in the stomach and causes much trouble.

Well-cooked rice in almost any form is relished by children. It should be well cooked and thoroughly soft. Wild rice when once eaten will be much more enjoyed than the polished rice which we buy in the market. Unpolished rice is now for sale and is much more wholesome though not as attractive in appearance as the polished rice.

Rice served with hot milk makes a good meal for a child on going to bed. It is also a good breakfast dish.

The habit of using sugar on all breakfast foods is not a good one. Children will enjoy their food without it if the habit is not formed. Sugar in various pure forms is good for children, but in small quantities and after a good meal. The child's craving for sugar is best satisfied with such fruits as raisins, dates and figs, as well as prunes.

Rice baked with egg, milk and a few raisins makes a delicious dessert which may be freely given to the children.

Custards, baked or boiled, of all flavors, combined with chocolate, or caramel, are other valued foods for the child.

Baked potatoes, apples, scraped beef, milk toast, well-cooked cereals of various kinds, all are good.

A wise plan to encourage the liking for all kinds of vegetables is to begin giving them in cream soups, until they acquire the taste for and enjoyment of them.

Nellie Maxwell

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SAWS

By Viola Brothers Shore

FOR THE GOOSE—

SOME people get warm all summer for thinkin' how cold they were last winter.

Unmarried people is lonely by themselves. Married ones is lonely together.

A bad dancer never thinks she's got a good partner. And usually she ain't.

You can't be a bride, a kitten or the newest arrival forever.

FOR THE GANDER—

It ain't necessary every time you take a girl to dinner and the theater to kiss her on the way home. You oughta figure that maybe you done enough for her.

You're the master of the woman you don't desire and the slave of the one you do.

Don't always think a mean lookin' man is aimin' to do you. But don't ever trust him not to.

(Copyright.)

YOU WILL FIND PEACE

By DOUGLAS MALLOCH

PEACE you will find, but never where The heart has never found a care; For I have found the fairest flowers Not in the well-attended bowers Of hothouse gardens. On the slope Bloom bright anemones of hope Among the rocks, amid the snow. The only peace that mortals know Comes after strife. So you will find After your grief content of mind.

Love you will find, but 't will not be In words of studied flattery. For sympathy is not a thing To loudly shout or proudly sing. It has no words, yet speaks more true Than all men's flattery can do. Ah, I have seen love better said By eyes than lips. When years are fled The love you will remember best Is love that was the quietest.

Joy you will find, but not among The songs that are too lightly sung. The laugh too loud. The joy that stays Is born among life's tranquil days, The wife's embrace, the baby's kiss, The husband's arms—in things like this, The heart will find the joy more deep, The joy the heart will want to keep. In simpler things that never cease You will find love, and joy, and peace.

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The Hotel Stenographer



"I WAS to a wedding last night," said the Hotel Stenographer.

"Some guy determined to leave the land of the free and join the home of the brave crowd, eh?" asked the House Detective.

"Yeah," answered the girl. "Being a bride is no joke, no matter how much fun and old shoes they throw."

"We have spoken of the blushing bride for so long people expect a bride to look shy, just as they expect a flivver to squawk its horn in every traffic jam. Brides just have to look that way, no matter how they feel. I never saw so painful an effort to look modest and shy as was on that girl's face last night."

"She used to be Marie O'Halloran. She married a guy whose name nobody with false teeth could pronounce without loosing 'em. He is a Luzernian or something whose people came over here and made some money and educated him into a doctor."

He is a sheikish looking chap with a nice car with a green Irish cross on it. She has wanted him so bad that if he hadn't proposed when he did, I think Marie would have used violence.

"She spent every dollar she had, and every minute of her time on her clothes, till she was bankrupt and owed a lot at one of those installment department stores. At last he came through with the works and she got him. To go through all that and at the wedding try to look as though the whole thing was sprung on her by surprise and that she was almost sorry that she yielded, took more ability than a 'movie' queen has in displaying hatred when the good-looking villain kisses her against her will. Still, women have to keep up the illusion or we are gone goolings, and she did the best she could, and they say an angel can't do more."

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Would Outlaw Flannelette
Coroners of England have urged a movement to have flannelette garments outlawed by parliament because of the numerous accidents due to the inflammability of the cloth. "The number of inquests I have held on deaths in this district from this material is appalling," said Dr. W. Aymer Lewis, district coroner at Oswestry, recently.

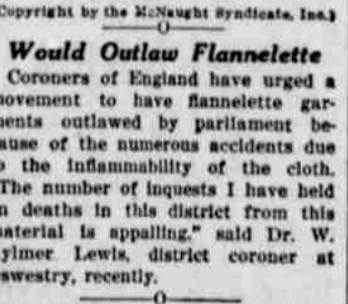
Women Give Jobs to Men
The large number of unemployed in England and in other countries of Europe has led many mercantile and other establishments to dismiss their women employees who are married and fill their positions with men.

Cuticura for Sore Hands.
Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

To manage men one ought to have a sharp mind in a velvet sheath.—George Elliot.

There are praises which reproach.

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says Mr. McGraw is a wonderful manager, but one man can't do it all, and of course the Yankees can't win the pennant every time.

(© by McClure Newspaper Syndicate.)

Popular San Diego Woman Recovers From Long Illness

Amazing Improvement in Mrs. Jester's Health Surprises Friends. Serious Ailments Caused by Nervous Breakdown Relieved and Strength Restored by Tanlac Looks and Feels Better Than Ever

"Tanlac has certainly done wonders for me; I cannot praise it enough," declares Mrs. T. D. Jester, 1268 Pennsylvania Avenue, San Diego, Calif.

"I had suffered a nervous breakdown, and for many months afterward I continued to get worse and worse, despite all the different nerve medicines I tried. Nothing seemed to help until I tried Tanlac."

"It was as near to being a complete nervous and physical wreck as I could be, without entirely collapsing. The slightest noise would make me want to scream, and after retiring it would be hours before I could sleep. I would awaken with terrible nervous headaches and the slightest exertion would tire me out so that I would be trembling. I lost weight and appetite. I tried Tanlac with little expectation of improvement."

"Before I had taken all of the first bottle, I developed a ravenous appetite, and was sleeping better. I continued to improve rapidly and felt like a different person entirely. In less than three weeks I had gained seven pounds! Later, my weight went up from 105 to 125 pounds."

If your troubles are similar to those

Canada Grows Tobacco

Tobacco is being grown for market in a valley in British Columbia which corresponds in latitude to the northern part of Newfoundland, says the Dearborn Independent.

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

Wisdom and Leadership

There is no man so ignorant that he cannot get the wisest some information he does not possess. Yet this is no reason why the wisest man should not do all in his power to relieve ignorance. The wisest men should be leaders in popular education.—Grit.

Cole's Carbolsalve Quickly Relieves and heals burning, itching and torturing skin diseases. It instantly stops the pain of burns. Heals without scars. 20¢ and 50¢. Ask your druggist, or send 50¢ to The J. W. Cole Co., 127 S. Euclid Ave., Oak Park, Ill., for a package.—Adv.

His Memory Neglected

An old-fashioned type of tombstone marks the grave of Major L'Enfant, who planned the city of Washington. Other than this, we have no memorial to him.

If Worms or Tapeworm persist in your system, use the real vermifuge, Dr. Peery's "Dead Shot." Only 15 cents at your druggist or 212 Pearl St., N. Y. Adv.

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from which Mrs. Jester suffered so keenly, get relief before it is too late! Tanlac will doubtless help you just as it helped Mrs. Jester—and as it has helped thousands of other sufferers.

Tanlac is a pure and wholesome compound, made from herbs, roots and barks, according to the famous Tanlac formula. It is a wonderful tonic medicine, for run-down and nervous conditions and for digestive disorders. All good druggists sell Tanlac—get your first bottle today! Over 40 million bottles sold.

Garfield Tea

Was Your Grandmother's Remedy



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

ITCHING RASHES

quickly relieved and often cleared away by a few applications of

Resinol EYES HURT?

For burning or sandy eyes, and to relieve inflammation and soreness, use Resinol Eye Salve, according to directions. Resinol, healing. HALL & BUCKLEY, 167 Wall Street, New York

KINKADE GARDEN TRACTOR and Power Lawnmower

A Practical Proven Power Cultivator for Gardens, Suburban Lawns, Trainers, Florida, Nurseries, Fruit Growers, Country Estates and Lawnswork. AMERICAN FARM MACHINE CO., 1200-13rd Ave. S. E., Minneapolis, Minn.



W. N. U., San Francisco, No. 46-1928.

Between Bridge Players

"Playing bridge much lately, Middle?"

"Not much. Haven't played since yesterday."

Demand

BAYER ASPIRIN

ASPIRIN

SAY "BAYER ASPIRIN"—Genuine

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over 25 years for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe → Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocarbonylchloride of Salicylic Acid