If Back Hurts Flush Kidneys

Drink Plenty of Water and Take Glass of Saits Before Breakfast Occasionally

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing with a mild, harmless salts which helps to remove the body's urinous waste and stimulate them to their normal activity.

The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the

Drink lots of good water-you can't drink too much; also get from any pharmacist about four ounces of Jud Take a tablespoonful in to glass of water before breakfast each morning for a few days and your kidneys may then act fine. This famous saits is made from the acid of grapes and lemon Juice, combined with lithin, and has been used for years to help clean and stimulate clogged kidneys; also to neutralize the acids in the system so they are no longer a source irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive; connot injure; makes a delightful effervescent lithin-water drink which everyone should take now and then to belp keep their kidneys clean and active. Try this; also keep up the water-drinking, and no doubt you will wonder what became of your kidney trouble and backache.

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The Doom **Trail**

Arthur D. Howden Smith Author of PORTO BELLO GOLD, Etc.

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CHAPTER V-Continued

-11-Ta-wan-ne-ars is your friend, Gaen-gwa-ra-go. He is not the friend of Onontitio (the French governor general of Canada, regardless of identity). who rules at Quebec. Most of the white people are not well-wishers to the Indian. I am come here with Corlaer to prove my friendship. On the frontier 'tis said Joncaire, the French-man who governs the trading post by the falls of Jagara (Ningara) is about

to begin the building of a stone fort."
"A fort!" protested the governor. "Sure, 'tis impossible! 'Twould be a di rect violation of the Pence of Utrecht."

"Idt is true." spoke up Cortaer. His voice was high and squeaky, and sounded ridiculous coming from such

a giant, "Math the building begun?" de manded the governor.

"I think nodt. Ta-wan-ne-ars broughdt me der wordt at Onondaga. We comedt to you as fast as we

"Ta-wan ne ars came because it was parily the fault of his people that the French are settled by Jagara," said "Yes," replied the governor, "Onon-

tio and Joncuire first made the Onel das drunk, and then bargained with them to sell the Senecas' land." "They had no right to do so," as

sented Ta-wan-ne-ara somberly. now will you believe that Ta-wan-ne ars is your friend?"

"I believe," said the governor, "But I pray you tell me why you feel for us this friendship? When I came to New York to govern the province my predecessor told me that the experiment of having you educated by the missionaries had falled, that you had returned to the forest, closer wedded than ever to Indian ways."

The Indian's face lighted up again with that grave smile which showed itself with scarcely a contraction of

"Yes, Ga-en-gwa-ra-go, it falled to his people. Those ways are best for the Indian. But Ta-wan-ne-ars learned that of the two white races the English were the kindest to the Ho-de-sau-nee. (The People of the Long House-Indian name for Iroquots.) The French always have fought with us. The English have aided us. The French pay little for our furs; the English pay

"Ga-en-gwa-ra-go, I think the white man can never be an honest friend to the Indian, for he wants what the Indian has; but Ta-wan-ne-ars prefers the Englishman to the Frenchman, whatever may be the laune.

("I have finished.")

I can give no adequate conception speech was delivered by a savage speaking in a tongue strange to him. Every word rang in my ears.

"Who is this man?" I whispered to Colden as he finished.

'He is one of the two war-chiefs of the Iroquois league, both of whom are Senecus. His name, which signifies Needle-Breaker,' is actually a form of title which goes with the office. Moreover, he is a nephew of the Roy an-ch Do-ne-ho-ga-web, who is Guardian of the Western Door of the Long House. He was taken as a youth and given to the missionaries-with the result that

He broke off, for the governor was addressing me.

"Have you any objection. Master Ormerod, to my acquainting the chief and Corlaer with what we have been discussing?"

I shook my head.

He turned to the Indian. "The letter which you hold in your hand, Ta-wan-ne-ars, is from Master Robert Juggins of London, who was

some time in the province when you were a lad." "I remember Master Juggins," interrupted Ta-wan-ne ars. "He sent me my first musket. Is this Englishman his friend?"

"Yes," said the governor. "He comes direct from Master Juggins, recom mended to me for use in the plight I find myself in."

"I will help the Englishman," agreed Ta-wan-ne-ars eagerly.
"But you know nothing of the cause

am enlisting you in," protested the overnor.
"That matters little," said Ta-wan-

ne are composedly. "If you and this Englishman and Colden are in it, it is an honest cause. What any you, Cor-

"It vill pe goodt enough for me," de-clared the Dutchman solemniy. The governor laughed.

"My friends and I do thank you for the compliment you do us, Ta-wan-nears. But I must lay our case before you, for we seek your counsel. Do you know that Andrew Murray hath secured the consent of the lords of trade in London to the suspension of the law against exporting trade-goods to Canada? Murray landed this morning, tosether with a French officer, the Chevelles de Veulle, who-

He stopped at sight of the passion the Seneca's face. But 'twas Corlaer who snoke first

"That is fery stranche news, gofer-nor, for on der frontier there is talk that an enfoy is coming to deliver a message to der tribes at Jagara from der king of France. Joncaire is call ing a grandt council to meedt in der mer. All der Indians from beyondt der lakes and der west vill come."

"Strange news!" repeated the gover por. "You may well say so! Murray overrides our law! Jonesire sets out to build a stone fort upon our soil at Jagara; the French king sends an offi cer, experienced on the frontier, with a special message for a grand council

"All these three events come simultaneously. The impossible that accident so disposed them. Here we have the first indication of the culmination of the plot. Aye, 'tis graver than I had supposed."

Ta-wan-ne-ars laid down the opened letter from Juggins upon the

"Let some other read this," he said "But it serves no purpose. This Enc lishman and Ta-wan-pe-ars are broth Corlaer, too, will take the Englishman into his friendship-not cause he carried this writing across the sea, but because he is a man to he trusted. So much is to be read in his face. And now Ga-en-gwa-ra-go, I would ask that Ta-wan ne ars may re-tire. What you have fold me has clouded my heart with hatred, and I may not think straight."

His right arm swept up in the ges ture of farewell, and the door closed upon his bronzed back.

"What hath happened to lek him so?" Inquired the governor in surprise. "Idt was this De Veulle who ran away with der dotter of his uncle Do-ne-ho-ga-weh," replied Coriner,

stirred again from his habitual silence "I remember." Interposed Colden "Twas some four years ago. I re-member having seen the maid at a council at Albany. She was called Ga-ha-no (Hanging Flower), a pretty child and wondrous dainty for an indian.

""Tis a sad story," commented the governor. "Is it certain De Veulle, took her?"

"He didt not take her. She run away with him."

"I wonder what became of her." I ""Tis only some three years since De Veulle appeared in Paris."

Coriner shrugged his shoulders. Suppose you findt der Doom Trail andt come to La Vierge du Bois. May-

be then you know." "That is exactly what we wish to do, Corlaer!" exclaimed the governor. "Do you think it can be done?"

Corlaer reflected, ponderous as a sleepy moose. "It will take much time andt money

andt then all depends upon der In-

"What Indians?"

Trall."

"Der Six Nations. If we findt der Trail, gofernor, what then. We haf der Keepers. They are a strong bandt. We must fight them. You cannot send soldiers. That would be war. We must fight them with Indians. Andt troquois?"

"Can we get the Iroquois?" "I do not know," confessed Coriner. "But if you get them, you smash der

"I see," said the governor. "Yes. there is every reason why the Iroquois should Join us. Look you, Corlaer, this is the obvious plan of the French With Murray's aid they will cram their magazines with trade goods this summer. They will push ahead the buildis finished, they will have a curb on the necks of the Iroquois. They will be able to hold up the fleets of fur canoes from the upper lakes that now pass down to our post at Oswego on the Onondaga's river. In two seasons they will have wrested the trade entirely from our hands, and then if they are ready they can strike with musket and scalping knife.

"And who, think you, will bear the brunt of the first blow? Who but the Iroquois, whom the French have dreaded since Champlain's day?"

"True," murmured Colden. "Yes," assented Corlaer; "you hat der right of it, gofernor. What is your plan?

"I shall send this young man"-he laid his hand on my arm-"with you and Ta-wan-ne-ars to spy out the ground at Jagara, to search the wilder ness for signs of the Trail, to work upon the Iroquois in our interest. Master Ormerod hath had experience with the French and he knows De Veulle of old."

"When do we start?" replied Cor-

"Within the week you must leave

for Albany. You need spare no e. pense, Peter. My own funds are pledged to this, and Master Juggins too, is offering his aid."

Corlaer deliberately donned his cap "It will not be money, but friend-ship andt hate will serfe your turn,

gofernor." he said. "You have not yet read the letter from Juggins," I reminded him as he

walked toward the door. "So I haf not," he edmitted, and took the letter from me and alipped it

"Will you have it read?" asked Col-"No, der young man is all right.

inside his leather shirt.

Ta-wan-ne-ars has chudged him."
With that he was gone, and a sense of bewilderment stole over me. It seemed incredible that either of the two odd characters of the wilderness with whom I had talked could really have existed.

But Governor Burnet lost no time in doubts. He paced the room, rub-bing his hands together with satis-

"We have done well, Colden. We could not have done better. Master Ormerod, you were indeed fortunate in going to the help of the Seneca. You earned, not only his friendship. but that of Peter as well. You are to be congratulated. But I must ask you to excuse me. I have much work to Pray grant me the pleasure of your company for dinner tomorrow. Colden, will you show Master Ormerod out?"

It was dusk in the streets, a soft purple dusk that became velvet darkness under the trees; and I felt to no humor to return to the drab company which the tavern offered. So I wandered at hazard until I found my self in an alley leading down to the waterfront-and heard of a sudden the thud of flying feet. I spun around in time to see a monstrous bulk come sailing through the air, knife and tomahnwk whirling in either hand.

"I'll kill yer, varmint," howled an ugly voice. "I'll cut yer heart out and skin yer and take yer scalp!"

I dodged the knife and grappled the wrist which swing the tomahawk. twisting myself behind him so as to binder bis attack. But he was far stronger than I and slung me back in front of him as if I were a sack of chaffed wheat. I still clung to his tomahawk hand and contrived to knock up another blow of his knife but he must have disemboweled me in

the next vicious sweep of the blade. "Hah-yah-egee-eee-ee-e !" The feroclous yell made my blood

run cold. It startled my assailant even more. His muscles slackened just long enough for me to leap clear of him.
"-- !" he snarled. He drew one arm back to hurl his

knife at me, but something whirred past my shoulder and his head jerked violently to one side. There was a sharp clang, and he fled precipitately, shouting curses.

Against the nearby house wall . small, bright object glimmered through the shadows, and I stooped to snatch what indians couldt you get but der it up-only to leap instantly erect as a voice spoke at my elbow. "My brother was in danger," said the voice quietly, "Ta-wan-ne-ars

saw the Red Death follow Ormerod from the Governor's house, so Ta-wan-ne-ars followed him."

The tail figure of the Seneca was scarcely discernible in the gloom, "Was it Bolling?" I asked.

He raised the shining object trom the ground. It was his tomnhawk, and curled about the blade was a lock of greasy red hair. He pointed to it. "That time Ta-wan-ne-ars missed," be said grimly. "Some day the light

not miss." "Although you missed, you saved my life," I answered warmly. "'Tis an obligation I shall not forget."

will be better-and Ta-wan-ne-ars will

He laid his fingers to his lips. "Hark," he said.

I listened, and from the water front came the thunderous voice of

"Half-after-eight-o'clock, and a fine night with a southwest breeze. And his excellency the governor is pleased to proclaim that whereas divers per sons have mocked, assalled or sought to humiliate visitors to the city, the governor has made a rule that such persons, upon apprehension, shall be set in the stocks for twelve hours the first time and upon the second offense shall be publicly whipped at the cart's

tall along the Broad-Way." Ta-wan-ne-ars replaced his toma

"There is no talk of obligations between brothers," he said. "Come, we will walk together to your tavern."
(TO BE CONTINUED.)

Many Firmly Believe in Influence of Moon

A supposed influence of the moon on plants and animals is found mixed with the religious ideas of nearly all primitive peoples. The moon, too, is blamed for interfering in the affairs of men, and such beliefs persist today in folklore and superstitions.

If we get into touch with primitive peoples, or even, nearer home, if we take country folk saids and ask them in confidence what they think of the sonality of the moon and of its influence, many will give this sort of answer. They will tell us that the on, wife or sister of the sun, shares with the latter the duty of lighting the world. Perhaps we shall hear further that for misconduct it has been banished to the night. One is said to see in the full moon the face of a man in penitence or others say, the image of a hare. And we shall be told that the moon affects inagmerable activities of man from the fellow wants to get some sleep

most important, such as agriculture, to the most trivial, as cutting the nails or hair.—H. Munro Fox in the Forum.

Modern Mother and Child A woman who is so fashionable that

she is almost a stranger to her little son decided that it was about time she became acquainted with him. She rend old books about the things mothers used to do, such as singing

luliables and rocking to sleep. And then, one night, she sent her nurse out and stayed at home, just for She crept into her little son's bed-room, and began to croop, as she pushed the bed about. "Hush-a-bye,

baby, on the tree-top."

The child turned a wondering eye on her, and then said, sleepily: "I say, cut that stuff out, mother. A

Albert Rooke Makes His Comeback

Wins six-year fight for health. Now well and strong at 60. Husky as ever, he praises Tanlac

At 1830 West 39th Place, Los Angeles, lives Albert A. Rooke, a respected citizen with 28 years of active railroad experience. He tells of a very interesting experience.

"About seven years ago," says Mr. Rooke, "my stomach and liver went back on me. It was a most distressing experience. Nothing seemed to agree with me; I lost all desire for food. A sound night's sleep was out of the question, so I rose each morning tired and pepless. Then constipation developed and made life a continuous misery. I lost weight and could hardly drag myself around a good deal of the time. After six years of that I was all in. Along came the 'flu' when I had no resistance left. That was about the last straw. Nothing seemed to helpme. "On a friend's advice I tried Tanlac, and that certainly did help. I soon

"On a friend's advice I tried Tanlac, and that certainly did help. I soon began to get refreshing sleep again, to eat with old-time rest. The distressing stomach and liver troubles disappeared. Briefly, Tanlac put me on my feet, with all my old-time vigor and enjoyment of life. I put on weight and after five bottles was as well as

Figure of Speech

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The dinner gong and the dinner

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"What's the baby crying for?"

know why we rope him."

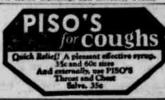
ever in my life. That was a year ago.
I'm still in fine shape, as you see. Few
men of 60 are as well as I am, thanks
to Tanlae."

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and barks by the famous Tanlae formula. Try a bottle—it may do for you
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Opportunity "He gives his orders with an fron and." "Do you mean he uses the sign "Dear, shall we see a show to-night?" "Yes, I've lots of things to tell you."



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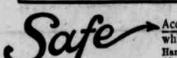
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