

## If Back Hurts Flush Kidneys

Drink Plenty of Water and Take Glass of Salts 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 them 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 kidneys active.

Drink lots of good water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast each morning 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 clogged kidneys; also to neutralize the acids in the system so they are no longer a source of irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to help 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 headache.

### No Rest

Mrs. Knagg—You promised to love me for the rest of my life.

Mr. Knagg—Yes, but I didn't realize what little rest there'd be.

Russ Ball Blue delights the housewife. Makes clothes whiter than snow. At your Grocer's.—Adv.

### Method in It

Diner—Goodness, what tiny plates!  
Walter—That's so that the portion will look bigger.

## Denver Mother Tells Story

Nature controls all the functions of our digestive organs except one. We have control over that, and it's the function that causes the most trouble.



See that your children form regular bowel habits, and at the first sign of bad breath, coated tongue, biliousness or constipation give them a little California Fig Syrup. It regulates the bowels and stomach and gives these organs tone and strength so they continue to act as Nature intends them to. It helps build up and strengthen pale, listless, underweight children. Children love its rich, fruity taste and it's as often as your child's appetite lags or he seems feverish, cross or fretful.

Leading physicians have endorsed it for 50 years, and its overwhelming sales record of over four million bottles a year shows how mothers depend on it. A Western mother, Mrs. R. W. Stewart, 4112 Baritan St., Denver, Colorado, says: "Raymond was terribly pulled down by constipation. He got weak, fretful and cross, had no appetite or energy and food seemed to sour in his stomach. California Fig Syrup had him romping and playing again in just a few days, and soon he was back to normal weight, looking better than he had looked in months."

Protect your child from imitations of California Fig Syrup. The mark of the genuine is the word "California" on the carton.

### Theatrical, Yes, Burlesque

Ethel—And would you say his proposal was theatrical in a way, my dear?

Mabel—Well, I suppose I could say it was theatrical in a way—it was burlesque, you know.

## FIRST BOTTLE HELPED HER

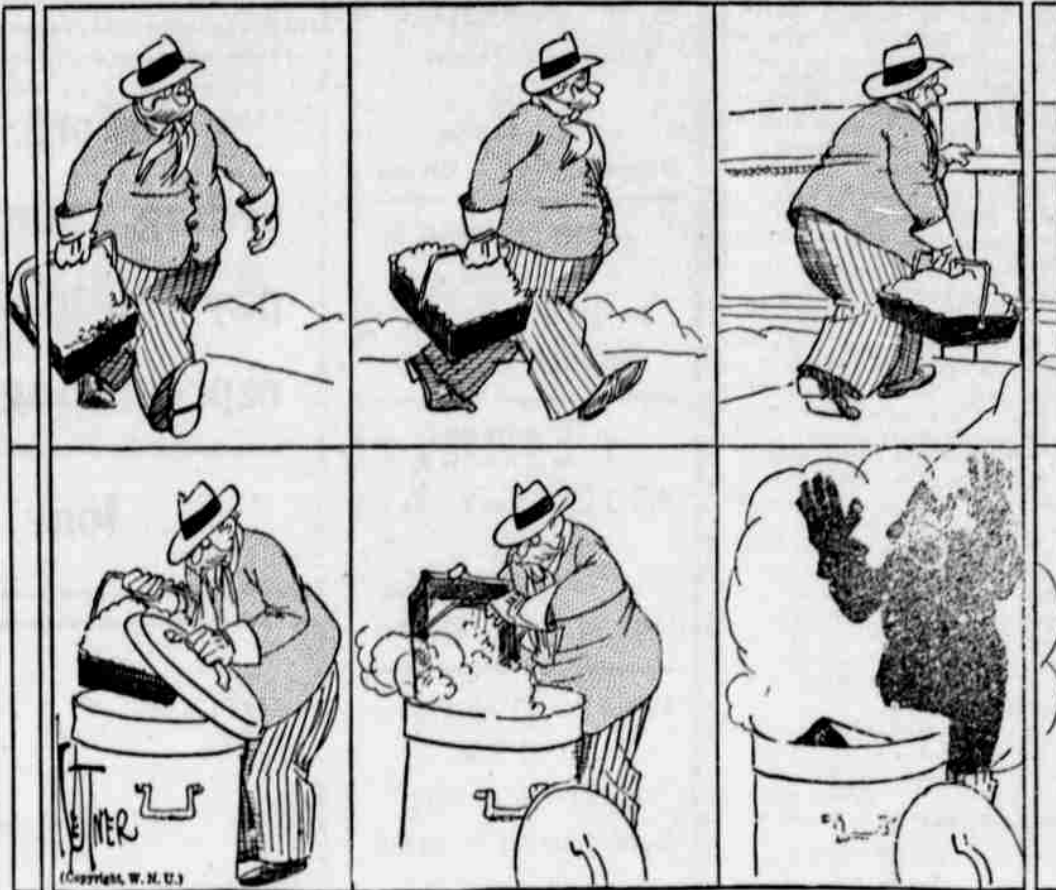
Keeps On Taking Lydia E. Pinkham's Vegetable Compound

Philadelphia, Pa.—"I always use Lydia E. Pinkham's Vegetable Compound before and after childbirth. I am a mother of three children—two little girls and a baby boy. I would get run-down, nervous, dizzy and weak sometimes so I had to lie in bed. I would take the Vegetable Compound as a tonic and I always saw an improvement after taking the first bottle. I found it to be a good tonic. I always recommend your medicines to my friends and I cannot speak too highly of them."—Mrs. ANNA LOUENACK, 1607 S. Front Street, Phila., Pa.



# OUR COMIC SECTION

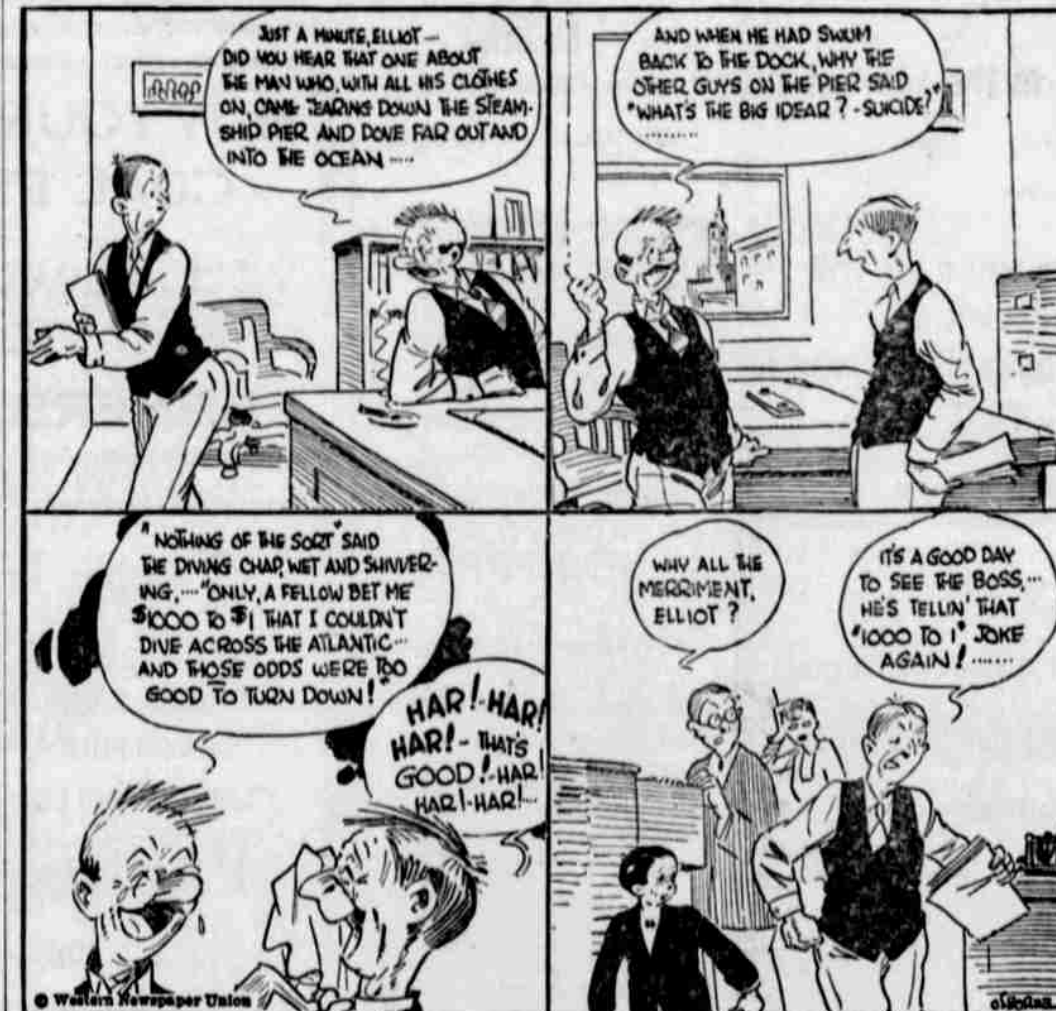
## Our Pet Peeve



## FINNEY OF THE FORCE



## THE FEATHERHEADS



## Is That Nice!

# Adrift With Humor

### HOT DOGS!

For over half an hour a small boy had been persistently whistling outside the butcher's shop. Finally the butcher could stand it no longer. He rushed out into the street. "Stop making that confounded noise, you little wretch!" he shouted. "I've lost me dog," said the boy. "Well, do you think I've got your dog, then?" "I dunno," muttered the boy. "But every time I whistle those sausages of yours move."

### ICEBERG, OF COURSE



"What kind of a berg is the capital of Iceland?"  
"An iceberg, I'd say."

### Poetic Pun

Adam never would of et  
That there little apple on a bet  
If this little rib and he  
Hadn't shared the self-same tree.  
—Judge.

### A Truthful Kid

"What is your mamma doing these days?" asked the friend of little Bobbie.  
"She isn't doing what she is, but is trying awfully hard," replied the kid.  
"And what is that?" smiled the friend.  
"Reducing," said the kid.

### Preferred Prompt Pay

The Aberdonian pulled a brother Scot from the water just before he went down for the third time.  
"I'll remember ye in ma will for this," exclaimed the rescued one.  
"But, mon," said the other, "would ye no prefer to cut me off wi a shul 'in' noo?"

### Hurray!

Brown—What's he smiling so much about these days; stocks go up?  
Green—Nope. Solved the high cost of living. Wrote to a thousand tailors for samples for a blue suit and got enough patches to make a suit.

### Might Do

Mrs. A. (at fish counter)—Oh, dear, I don't know! I'd like some fish for dinner, but my husband wants fowl.  
"Perk—Why not compromise on a chicken lobster, madam?"

### FREEDOM'S CALL



Bird—I get plenty to eat and drink and am well taken care of, but oh how I envy that fellow outside!

### Question

"If all the world were apple pie—  
Thus runs an ancient wheeze,  
What if it were, I ask, would I  
Rate as a hunk of cheese?"

### What Condemned It?

Miss Anne Teak—I'd like to see the huge picturesque ruff of the Sixteenth century revived.  
Miss Cora Coddington—I wouldn't. They'd be horribly inconvenient for engaged couples to wear.

### Guarding Her Health

Her Mother—I should think you'd be frightfully cold in that low-cut waist.  
Fanny Philippe—Why, no. Don't you see I'm wearing my winter heads?

### Good Reason for It

Innocent Bystander—What's all the excitement about? Gee! Some crowd is gathering.  
Copper—Oh, only a doctor fainted. He met one of his patients on the street and the patient paid his bill.

### Served Its Purpose

The Assistant—I saw you sold that new Park model suit. I didn't think it so awfully fetching.  
The Modiste—I think it was. It fetched \$375.

## It May Be Urgent



## When your Children Cry for It

Castoria is a comfort when Baby is fretful. No sooner taken than the little one is at ease. If restless, a few drops soon bring contentment. No harm done, for Castoria is a baby remedy, meant for babies. Perfectly safe to give the youngest infant; you have the doctors' word for that! It is a vegetable product and you could use it every day. But it's in an emergency that Castoria means most. Some night when constipation must be relieved—or colic pains—or other suffering. Never be without it; some mothers keep an extra bottle, unopened, to make sure there will always be Castoria in the house. It is effective for older children, too; read the book that comes with it.

## Fletcher's CASTORIA

**SPECIAL LIMITED OFFER**  
500 boys 40 acres oil lease state land in SE New Mexico if bought now. 20 major oil Co's. have spent millions for leases and development. January gushers in two new fields skyrocketed prices nearby leases. Lease owners have made large profits here. Send \$5 today and become a lease owner. FORD & CO., ROSWELL, NEW MEXICO.

### Still Married

Gerald—I tender you my hand.  
Geraldine—It isn't legal tender. You are not divorced yet.



### The Very Best Time

to take Dr. Pierce's Golden Medical Discovery is now. This herbal alterative extract makes the blood redder—improves and repairs your system, rouses organs into healthy action and builds up needed flesh and strength. Read this:

Mrs. Myrtle Delaney, of 237 Summit Ave., Everett, Wash., said: "Dr. Pierce's medicine has proved very beneficial to me, and I am glad to recommend them. I have taken the 'Golden Medical Discovery' with the very best results. When I am run-down, weak and nervous or suffering in any way I take the 'Prescription' and the 'Discovery.' The 'Favorite Prescription' acts on the nerves and the 'Discovery' acts as a blood purifier."

Ask your nearest druggist for Dr. Pierce's Discovery, in tablets or liquid or send 10c for trial package of tablets to Dr. Pierce's Clinic, Buffalo, N. Y. Write for free medical advice.

Wrecked—1,000 Automobiles, all makes, parts for older models socially, cheapest prices. Free list. Talk with Crumpton, Union Auto-Wreckers, Cherokee Lane, Stockton, Calif.

### No Longer Hick Town

If you and a walking stick can stroll down street and inspire no guffaws, it is no longer a hick town.—St. Paul Dispatch



## When Food Sours

Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal.

Phillips does away with all that sourness and gas right after meals. It prevents the distress so apt to occur two hours after eating. What a pleasant preparation to take! And how good it is for the system! Unlike a burning dose of soda—which is but temporary relief at best—Phillips Milk of Magnesia neutralizes many lines its volume in acid.  
Next time a hearty meal, or too rich a diet has brought on the least discomfort, try—

## PHILLIPS Milk of Magnesia

W. N. U., PORTLAND, NO 13-1929.