

Salts Fine for Aching Kidneys

When Back Hurts Flush Your Kidneys as You Clean Your Bowels

Most folks forget that the kidneys, like the bowels, sometimes get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean and the moment you feel an ache or pain in the kidney region begin drinking lots of water. Also get about four ounces of Jad Salts from any good drug store here, 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 is intended to flush clogged kidneys and help stimulate them to activity. It also helps neutralize the acids in the urine so they no longer irritate, thus helping to relieve bladder disorders.

Jad Salts is inexpensive; makes a delightful effervescent lithia water drink which everybody should take now and then to help keep their kidneys clean.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in trying to correct kidney trouble while it is only trouble.

NERVOUSNESS
Helpfully treated with this famous Ad.

If your nerves are shaky and every little thing or irregularity annoys you—YOU NEED KOENIG'S NERVINE. The world-famous, tried and tested medicinal oil has successfully proved its great beneficial value in the treatment of Nervousness, Nervous Indigestion and Nervous Irritability. AT ALL DRUG STORES.

Get your FREE Sample Bottle sent on Request. Koenig's Medicines Co., Dept. 11, 1843 No. Wella St., Chicago, Ill.

Formerly "Famous Koenig's Nervine"

KOENIG'S NERVINE

Plea for Cosmetics

Madame Ganna Walska said at a dinner party in Chicago:

"Cosmetics serve a good purpose, for, like statuary and pictures and so on, they beautify. How much more beautiful a roomful of young women is nowadays than in the days of Queen Victoria!

"On that account I am in sympathy with the young woman whose grandmother said to her:

"Helen, Helen, why do you insist on using makeup?"

"And Helen very modestly and truthfully answered:

"Because, grandma, I haven't the face to go without it."

Millions now use Russ Ball Blue. Makes clothes snowy white. Get the genuine.—Adv.

Town Criers in Philippines

Employment of town criers in the smaller barrios of the Philippines has been authorized by the executive bureau. The criers will be used to inform the people about laws concerning which they would otherwise be ignorant, due to poor methods of communication.

"If at First—"

"I didn't marry until I got the right man," said the old-fashioned woman.

"Well," replied the modern one, "I'm going to keep on marrying until I get him, too."



Makes Life Sweeter

Too much to eat—too rich a diet—too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

Phillips is always ready to relieve distress from over-eating; to check all acidity; or neutralize nicotine. Remember this for your own comfort; for the sake of those around you. Endorsed by physicians, but they always say Phillips. Don't buy something else and expect the same results!

PHILLIPS Milk of Magnesia

Ginger Ella

by Ethel Hueston

Illustrations by Irwin Myers

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STORY FROM THE START

In the usually quiet home of Rev. Mr. Tolliver of Red Thrush, Iowa, his motherless daughters, Helen, Miriam and Ella—"Ginger Ella"—are busy "grooming" their sister Marjory for participation in the "beauty pageant" that evening. With Eddy Jackson, prosperous young farmer, her escort, Marjory leaves for the anticipated triumph. Overwork has affected Mr. Tolliver's eyes to the point of threatened blindness. Marjory wins the beauty prize, \$50.00. She gives the money to her father to consult Chicago specialists. Mr. Tolliver leaves for Chicago with Miriam. Ginger meets Alexander Murdoch. Mr. Tolliver returns, the doctors give him little hope. Ginger gets an idea for a "Parsonage Home for the Blind" and solicits funds. She gets results at once. Helen is married and leaves the parsonage.

CHAPTER V

When Miriam went to Chicago with her father, Miss Jenkins moved across to the parsonage to remain with the two girls. Miss Jenkins was glad to do this. The girls felt it was for that she had followed them about through a series of three changes, that now and then, in emergencies, she could step largely into the household and assist in its management.

Still came discouraging reports from the city. Mr. Tolliver was "run down," on a high nervous tension, mentally strained. Orders were more peremptory than ever. The doctors could not offer any possible hope for the ultimate recovery of his sight unless he followed their regime, which called for absolute rest, an abundance of fresh air, good wholesome food, and complete mental freedom. The girls at home, in conference with Miss Jenkins, considered this bitterly.

"How can a man rest when he has to support a family, and keep peace in a whole church?" wondered Marjory.

"Of course, later on, I shall be able to take care of him," said Ginger, "but he seems to need taking care of now."

The girls were so well used to Ginger's largeness of expectations that her remark called forth no discussion of ways and means. Besides, they were far too depressed for argument. A growing horror preyed upon their thoughts—permanent blindness—a horror which they tried to kill by ignoring.

When Eddy Jackson called on the telephone, it was a welcome diversion.

"I thought perhaps you would like to go alone with me in the car," he offered, "and tell me all your secrets, and ask my advice about investing this fortune of yours."

Eddy Jackson had been her only confidant concerning her hoped-for fortune.

Ginger promptly accepted the invitation, delicately passing over the hint as to her confidence.

"Now you are not invited, Marjory," she said firmly, when Marjory offered to join them. "I want to talk business with Eddy Jackson, and you know what chance I have to talk business when you and your complexion are around."

Fearful that she slight of the car would drive her sister to more open desire, she was waiting at the curb when Eddy drove up. And in a moment they were rolling off to the country.

"You see, it is a long time since you bought those bonds," he said, "and I thought you might need help in clipping the coupons."

"If you are trying to be funny," she said, "I don't mind telling you that my business—is off to a very good start. Unfortunately, the first returns are not large ones. And right now is when I want it most." She sighed a little.

"What's the matter? Bad news from your father? What do the doctors say?"

"Just what they have been saying for five months. He is worn out, nervous and weak. His eyes can't get well until the rest of him is stronger. A nervous shock may make him blind—forever. Oh, Eddy, I'm going to give him everything he needs—time to play, the best things in the world to eat, and fresh air, and mountain towns, and seashores—everything, after while. But he needs it now!"

"How soon do you expect to be able to do these things?"

Ginger figured, painfully, counting on her fingers, her lips moving. "Well—I'm afraid—I couldn't do very much—not so very much—for maybe six months. Maybe longer. I don't exactly know. And he may be entirely blind by then."

They drove for a while in silence.

"Ginger, your inspiration is catching. I have a good idea myself. A quiet atmosphere, fresh air, good country food, pure milk. Well, what's the matter with Pay Dirt?"

Ginger did not understand.

"Why, send him out to Pay Dirt for a rest. He won't have any salt air, but he'll have complete quiet and a rest. He won't have any mountain breezes, but he'll have undisturbed Iowa. He won't have any French menus but plenty of fresh eggs and good milk, and chicken three times a day if he wants it. And if he won't come to him, you can come along, to read to him, and walk with him, and

sort of jolly him along. You can have the right wing—two little bedrooms, and a bath. He shall rest until he is sick of resting. He shall just lie around in the sun, and lounge in the hammock, and eat and sleep—and you can make him laugh."

"But Eddy—the church!"

"Oh, hang the church. Give 'em a vacation—do 'em good. The best way to make some people appreciate their religion is to take it away from 'em for a while. But anyhow, if we can't go to such extremes, and I dare say your father would object, we can get a student preacher to fill in for a month or six weeks. Best thing all



And in a Moment They Were Rolling Off to the Country.

the way round. I'm a member myself, and I'll go to old Jop this very day, and get things started. We'd better have it all fixed before your father comes back, for he just might have an objection or so. Now you be ready to come out with him—"

"Miriam will have to go with father. Remember—I have my own personal business to look after at home."

"Oh, is that the way of it? Well, Miriam then—anybody. And the rest of you must come out and visit very often to keep him from getting lonesome. I wonder we didn't think of this before. Why, it is just the thing all the way around. It will tickle mother to have some one around for her to make a fuss over, and your father—You see, Ginger, when he is at home, he can't rest. He lives every minute five times over, once for himself, and once for each of you girls. Oh, there are only three of you now. But there's Jenky. And when you want things he can't suffer—, it simply makes him sick. And when the bills come in, and he hasn't the money! Rest! How could any man rest! Get him away from it, that's the ticket."

"Oh, Eddy!" Ginger was spellbound at the depth of his understanding. "Isn't it too bad you haven't got a family of your own? Why you'd be perfectly wonderful with children—just like father."

So Eddy, with some reluctance, turned the car back from the pleasant lanes, and went into consultation with Marjory and Miss Jenkins.

"I asked Ginger to come out with her father," he said frankly, "for she looks pale and tired, and I thought the change might do her good. But she says Miriam. Ginger has affairs of her own which require her continued presence in the city—at least she says so, though she did not take me into her confidence. At any rate, I shall make arrangements for Miriam and your father at Pay Dirt."

"And Ginger—and the rest of us—will come and visit," promised Marjory, with a sly smile for the young man. But she added, with great seriousness, "Eddy, I think you are a dear good boy. You are so sympathetic and so generous it simply isn't fair, it leads us to expect too much of human nature."

"And it will be the best thing in the world for father," interpolated Ginger proudly. "And something we can well afford—since it doesn't cost anything."

"Eddy, believe me," added Miss Jenkins almost tearfully, "you shall have your reward for the good you are doing."

"Well," he said facetiously, "I hope the reward happens to be the thing I want. The worst thing about rewards is that they are usually just what you want least."

"What do you want especially?" demanded Ginger, her thoughts flying to the future affluence attendant upon her home for the blind.

"Something that I dare say will disagree with me if I ever get it," he replied, laughing. "But I want it."

"Don't eat anything that will give you indigestion," she continued. "I had it after the strawberry festival. It's terrible."

Quietly then they made their plans for their father's return. Eddy promised to go that same day to Joplin Westbury, treasurer of the official board of the Methodist Episcopal church at Red Thrush, trustee, steward, and vice chairman, to ask for a month's vacation for Mr. Tolliver, to take effect the following Saturday. This would allow a full month after his return for winding up affairs in the old church before the formal dedication of the new.

When Eddy broached the subject to Joplin Westbury, that influential man acquiesced with an alacrity which rather disconcerted than pleased him. He was prepared for arguments, expostulations, complaints about expenses. Instead of this Joplin Westbury listened gravely, with his shrewd eyes reflectively narrowed, nodding his head in tacit agreement. Indeed, there was something very much akin to relief in his manner.

Only one minor detail he wished altered. Mr. Tolliver needed more than a mere four weeks of rest, he must have eight weeks—his vacation must continue until the formal dedication of the church.

"We've got things well in hand now, and what's left can wait until we've moved over. If a little rest will do him good, a big rest will do more. And that will bring us up nearly to the fall conference, and if he is well, why, good. And if not—why, there's no harm done."

A somewhat cryptic remark, but when Eddy Jackson asked for explanation, Joplin Westbury was non-committal.

"Oh, nothing—nothing at all. But it's good to be prepared for any possible emergencies—both in the church—and out."

Joplin Westbury was as good as his word. He had the district superintendent on the long-distance telephone by nine o'clock the next morning, and upon statement of their needs, was gratified by a piece of rare good fortune. The superintendent had at his disposal a brilliant young minister, a graduate of Drew Theological seminary, who had just returned from a year's special study in England, and was even now awaiting the convening of the conference for his assignment. The practice in active ministry would be a very fine thing for him, and he could be secured at a nominal figure.

In the meantime, Mrs. Westbury had telephoned the members of the board, announcing a special meeting to be held that evening, which was a mere matter of routine to legalize the arrangement, for Joplin Westbury had already sent a telegram to Hiram Buckworth, stating the details of his proposition, and had received an acceptance that very afternoon. Hiram Buckworth promised to arrive in Red Thrush on the afternoon train, on Saturday, ready to officiate on the Sabbath, and requested them to arrange for his room and board in Red Thrush, with the parsonage family, if possible.

Joplin Westbury considered this a particularly lucky stroke, and reported his success to Eddy Jackson with great gusto. Eddy hastened to announce his progress to the girls at the parsonage.

"You see, by boarding this Buckworth chap, you can pay all of your expenses in the parsonage. Mr. Tolliver and Miriam are company at Pay Dirt, so that you can save the whole two months' salary to pay for his treatments in Chicago."

(TO BE CONTINUED)

Poisoned Food Vainly Set Out to Kill Rats

Recently a well-known school teacher in a Lewis (Helvides) public school told the following rat story: "Last spring a family of rats invaded his barn. To get rid of the undesirable visitors, he got a supply of a rat poison and spread it one night on the floor of the outhouse, thereafter locking the door to prevent any of his domestic animals entering and eating the food. Next morning, he found, to his amazement, the untouched food, covered over with a layer of chaff which was lying in a heap near at hand. He asked his wife if she had been to the barn, but was answered in the negative. However, on the following night he first removed the heap of chaff and put down the poisoned food as before. On the following morning he was further mystified to find the food

still untouched, but on this occasion it was covered with a piece of old sack which was lying in a corner of the premises. Next night the rats took their departure.

Owa "Dailies" to War

The Civil war revolutionized the habits of the people, writes Warren F. Spaulding in the Boston Transcript. All their movements, mental and physical, were quickened. Having had the news of the war day by day, they never returned to the old ways. The daily newspaper was the child of the Civil war. People became accustomed to having news every day. They found that other things were interesting, and they must have the news about everything every day; the daily newspaper had become indispensable.

Community Building

Modernization of Home Worth Outlay Involved

Practically every woman would refuse emphatically to dress in the garments that were stylish ten years ago. And the average man would look with scorn at the thought of owning an automobile that was built back in 1918.

Yet both complacently live in a house that has the architectural designs of Spanish-American war days and think nothing of it. Both put up with the inconveniences that go with such a dwelling and are satisfied with the old home.

Only recently has the home-owner begun to realize that it is no longer necessary to live in odd-appearing houses simply because that was the way they were originally built. During the past year or so it has been brought to the attention of the property owner that houses clothed in out-of-date lines show as poor taste as dressing in clothes with the lines of yesterday. Both may have utility—but how unnecessary the old lines are!

The home owner who lives in an out-of-date house often hesitates to improve his dwelling because he has a mistaken idea of the costs of modernizing. These costs are usually moderate. A surprising range of improvements can be made for a few thousand dollars.—Exchange.

Co-Operation to Bring About Highway Beauty

The program of the state highway commission for putting the rights of way along the highways in order and to some extent beautifying them with trees and shrubs, will have more than the immediate effect indicated. If the people of Missouri are to have pride in their fine roads, and if the people of the towns and cities and farms are to be interested in co-operating for more attractive drives, then the first essential is to put the rights of way in order. The power of example is recognized. If the chambers of commerce in the cities and towns and the associations of farmers in the country can be enlisted to help in the planting program, in the adoption of uniform mail boxes and roadside racks, and if the owners of stands can be induced to make their places attractive, then there will be hope that more of the outdoor advertising concerns will abandon such billing as interferes with this program. Also when progress in these directions has been made, the state or local authorities will have better moral ground for any legal proceedings that might be necessary and helpful in the way of regulation.—Kansas City Times.

Types of Hedges

Ordinarily we think and speak of a hedge as being a row of plants closely together to effect a solid mass of foliage. In the formal hedge, the plants are trained in geometric outline by periodic trimming. The informal hedge is trimmed to gain compactness, but the plant is allowed to develop more or less naturally.

In landscape design, the formal hedge is almost indispensable. Its uses are legion. That is why most every home grounds can use hedge treatments to advantage. The formal hedge can be used to bound and screen the architectural garden. It can be developed higher than one's head, or by using certain plants, it can be kept less than a foot high. Within the formal garden one often finds these low hedges bounding the flower beds and garden paths. In the simplest garden, hedges may be used to establish the lines and pattern of the design.

Children Set Out Trees

Approximately 400,000 pine trees were planted in New Hampshire this year by boys and girls. The trees were distributed through the co-operative efforts of the New Hampshire Forest nursery, the South Hughes vocational agricultural teachers and the Extension service.

The Society for the Protection of New Hampshire Forests gives books as prizes to the boys and girls under sixteen who do the best tree planting job. Everyone planting trees is eligible to membership in the American Tree association under a special provision of the association.

Determine to Own Home

The ownership of a home is an ambition to which every one should aspire. Have you, Mr. Tenant, this ambition and hope? Have you determined to accomplish the purchase of your own home? If not, do so at once. It is a step in the right direction. It makes for better citizenship. It supplies a new interest in life, and the benefits that accrue are worth many times any sacrifice that may be made.—Exchange.

Interest in Schools

When you have sent your child to school, don't let your interest stop there; go to the schools and lend the weight of your presence to the teacher.—Alexander City (Ore.) Outlook.

Unnecessary Fire Losses

Careless and cheap construction without proper supervision is responsible for fire losses in the United States, aggregating \$70,000,000 in a year.

Dorothy's Mother Proves Claim



Children don't ordinarily take to medicines but here's one that all of them love. Perhaps it shouldn't be called a medicine at all. It's more like a rich, concentrated food. It's pure,

wholesome, sweet to the taste and sweet in your child's little stomach. It builds up and strengthens weak, puny, underweight children, makes them eat heartily, brings the roses back to their cheeks, makes them playful, energetic, full of life. And no bilious, headachy, constipated, feverish, fretful baby or child ever failed to respond to the gentle influence of California Fig Syrup on their little bowels. It starts lazy bowels quick, cleans them out thoroughly, tones and strengthens them so they continue to act normally, of their own accord.

Millions of mothers know about California Fig Syrup from experience. A Western mother, Mrs. J. G. Moore, 119 Cliff Ave., San Antonio, Texas, says: "California Fig Syrup is certainly all that's claimed for it. I have proved that with my little Dorothy. She was a bottle baby and very delicate. Her bowels were weak. I started her on Fig Syrup when she was a few months old and it regulated her, quick. I have used it with her ever since for colds and every little set-back and her wonderful condition tells better than words how it helps."

Don't be imposed on. See that the Fig Syrup you buy bears the name, "California" so you'll get the genuine, famous for 50 years.

Entitled to Honor

Any person who has served in the army, navy or marine corps, and, if no longer connected, has an honorable discharge, is entitled to burial at Arlington.

Where Credit Was Due

"I'll give Reginald credit for getting me a nice engagement ring." "I expect that's what the Jeweler gave him, too."—Stray Stories.

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.

ASTHMA

FREE TRIAL PACKAGE of Dr. J. H. Guild's Green Mountain Asthma Compound sent on request. Originated in 1897 by Dr. Guild, specialist in respiratory diseases. Its pleasant smoke vapor quickly soothes and relieves asthma—also catarrh. Standard remedy at drug stores, 25 cents, 50 cents and \$1.00 per package. Send for FREE TRIAL package of 4 cigarettes. J. H. Guild Co., Dept. X-2, Rupert, Va.

Dr. Guild's GREEN MOUNTAIN ASTHMA COMPOUND

PISO'S for COUGHS

PISO'S gives quick, effective relief. Pleasant, soothing and healing. Excellent for children—contains no opiates. Successfully used for 65 years. 35c and 60c sizes.

PARKER'S HAIR BALM

Restores Color and Beauty to Gray and Faded Hair. Cleanses and softens. 25c and 50c at drug stores. Hileco Chemical Works, Fallston, Md.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balm. Makes the hair soft and fluffy. 50 cents by mail or at drug stores. Hileco Chemical Works, Fallston, Md.

Faith Nonsterilism is a tiny place, but Jesus' power heals here. Send 10c for 7 Divine healing requirements explained. Prayer tree. MABEL SMITH, Rt. 1, Hollister, Calif.

Colds/ NR

At first sign of a cold, take NATURE'S REMEDY—the best active that thoroughly cleans your intestines. It is the one quick way to get relief and guard your health. Mild, safe, purely vegetable. TO-MORROW ALRIGHT For Sale at All Druggists



RECTAL COLON

WELL OR MONEY BACK. Every Pile eliminated. Free refund—In the WRITTEN ASSURANCE we give in administering the Dr. C. J. Dean famous non-surgical method of treatment. (Used by us exclusively). Remarkable success also with other Rectal Colon ailments. Send TODAY for FREE 100-page book giving details and hundreds of testimonials.

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