

Clean Kidneys By Drinking Lots of Water

Take Salts to Flush Kidneys if
Bladder Bothers or
Back Hurts

Eating too much rich food may produce kidney trouble in some form, says a well-known authority, because the acids created excite the kidneys. Then they become overworked, get sluggish, clog up and cause all sorts of distress, particularly backache and misery in the kidney region, rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, begin drinking lots of good water and also get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to flush clogged kidneys and stimulate them to activity; also to neutralize the acids in the system so that they no longer irritate, thus often relieving bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to help keep the kidneys and urinary organs clean, thus often avoiding serious kidney disorders.

To Cool a Burn Use HANFORD'S Balsam of Myrrh

All dealers are authorized to refund your money for the first bottle if not used.

Paradise at North Pole

Persistent Eskimo stories of the existence of a tropical paradise near the North pole are about to be investigated by a scientific expedition which will endeavor to locate the spot if it exists. It is said that there is a green valley beyond the Bering strait which is rich with vegetation and the habits of some of the migrating birds indicate that there is a possibility that such places exist.



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!

Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

Pastime of Great Men

In virtually every phase of history, chess appears. Monarchs like Charlemagne, Tamerlane, Charles XII, Frederick the Great, Haroun al Raschid and Napoleon I, along with philosophers and thinkers like Voltaire, Rousseau and Franklin, spent many hours in the delightful pursuit.

COLDS COST MONEY

It is estimated that
sufferers from colds
lose three days
time from work in
a year.

FORTIFY
YOURSELF
AGAINST
COLDS,
GRIPPE

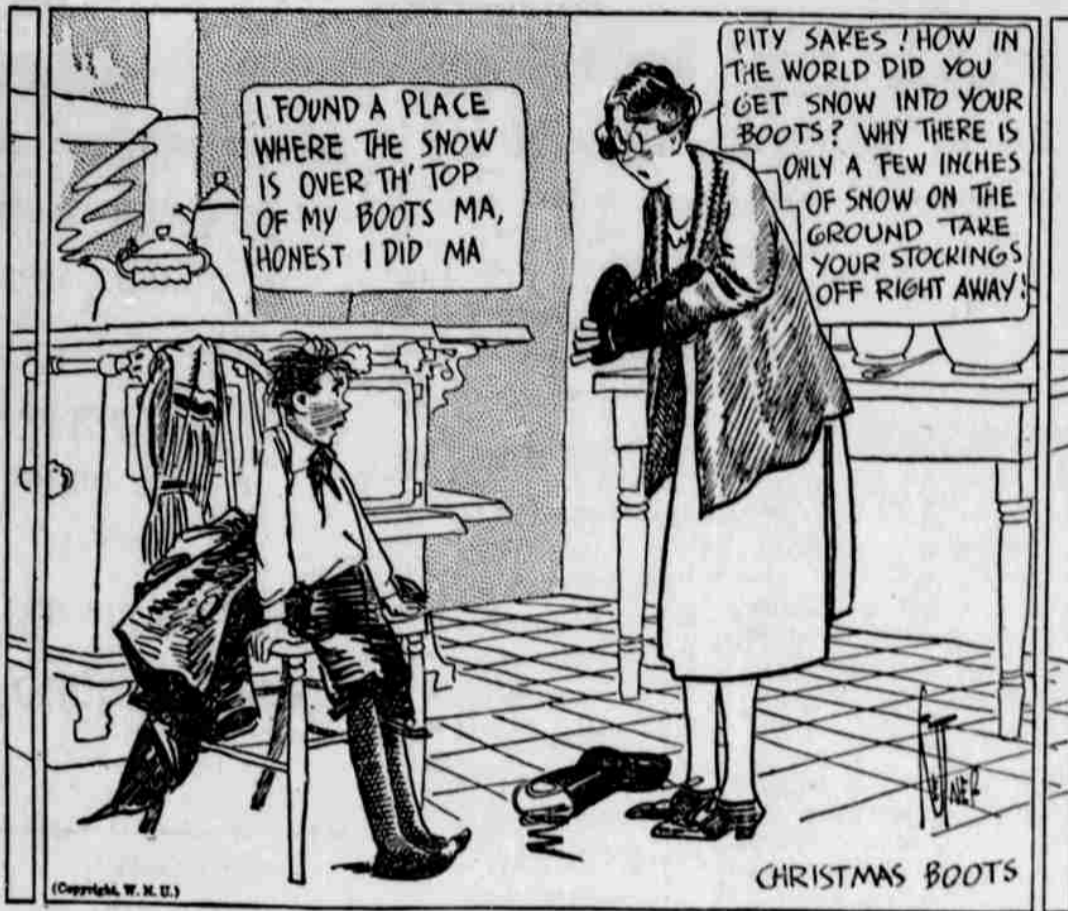
Tune up
your body
with

DR. PIERCE'S
GOLDEN MEDICAL
DISCOVERY

All Dealers, Liquid or Tablets.

OUR COMIC SECTION

Events in the Lives of Little Men



FINNEY OF THE FORCE

A Bird Gag to Swallow



THE FEATHERHEADS

Fanny Has to Put Up With This



Any COLD

That cold may lead to something serious, if neglected. The time to do something for it is now. Don't wait until it develops into bronchitis. Take two or three tablets of Bayer Aspirin as soon as you feel a cold coming on. Or as soon as possible after it starts. Bayer Aspirin will head off or relieve the aching and feverish feeling—will stop the headache. And if your throat is affected, dissolve two or three tablets in a quarter-glassful of warm water, and gargle. This quickly soothes a sore throat and reduces inflammation and infection. Read proven directions for neuralgia, for rheumatism and other aches and pains. Genuine Bayer Aspirin is harmless to the heart.

BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacturers of Monrovia, California of Salsbury, Ind.

Many a politician has been short-crested while engaged in wire-pulling. To receive the keys to the city, one has to make a speech. Nothing in the world is free.

How A College Athlete Keeps Himself Well

Bob Deming of Colgate, claims that a sensible method of health has really made life a pleasure for him. Mr. Deming writes that at first he could not believe this simple thing was the cause of his buoyant spirits. Finally, however, he had to admit that it was Nujol which was keeping him well, besides giving him, as he says, "five times the vitality."



Robert O. Deming
Nujol diver on Colgate University Swimming Team.

"Believe me," he says "having free and regular bodily elimination makes all the difference in the world to a diver as well as to any other athlete. I can't afford to be nervous, sluggish, or depressed while diving. It just isn't done! I would like to urge any one, whether they think they are in good health or not, to give Nujol a try-out. It certainly can't do any harm, and I'll bet it would make them feel a hundred percent better. It's worth trying!"

Mr. Deming has just about told

the whole story. He is right in believing that Nujol contains no drugs, no medicines of any kind. It is tasteless and colorless as pure water. It is simply harmless internal lubrication, which your body needs as much as any other machine. Regularly as clock work, Nujol cleans out of your body those poisons which we all have, and which make us low in our minds, tired, headachy, and below par.

The way for you to find out how much better Nujol will make you feel is to try it for a few days. You can get a bottle in a sealed package at any drug store. It costs only a few cents, but it makes you feel like a million dollars. Do you know how many thousands of people keep themselves well and happy just by using Nujol? Why shouldn't you feel well all the time? You can! Get yourself a bottle of Nujol today!

"Interesting if True"
A "master wireless clock," capable of controlling watches by wireless, has been patented in Russia.

Railroads in United States
Counting all sidings, yards and multiple tracks, there are approximately 375,000 miles.—New York Telegram.

The upsets of Children



All children are subject to little upsets. They come at unexpected times. They seem twice as serious in the dead of night. But there's one form of comfort on which a mother can always rely; good old Castoria. This pure vegetable preparation can't harm the tiniest infant. Yet mild as it is, it soothes a restless, fretful baby like nothing else. Its quick relief soon sees the youngster comfortable once more, back to sleep. Even an attack of

colic, or diarrhea, yields to the soothing influence of Castoria. Keep Castoria in mind, and keep a bottle in the house—always. Give a few drops to any child whose tongue is coated, or whose breath is bad. Continue with Castoria until the child is grown! Every druggist has Castoria; the genuine has Chas. H. Fletcher's signature on the wrapper.

Acknowledged as a
protection against
Skin Troubles

CLEANSING
SOOTHING
ANTISEPTIC

Cuticura SOAP



Price 15c. Proprietors: Fetter Drug & Chemical Corporation, Rahden, Mass.