IF KIDNEYS ACT BAD TAKE SALTS

Says Backache is sign you have been eating too much meat.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. 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 will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

A Complexion That Everyone Admires!

Don't envy a good complexion, have one. Each time you cleanse your face with Resinol Soap you give it a "beauty treatment" with the soothing, healing Resinol medication. If aided, in severe cases, by a little Resinol Ointment, this usually leaves the complexion naturally clear, fresh and free from pimples, redness, roughness and blotches. Resinol Soap for the shampoo keeps the hair live, rich, and free from dandruff.

Garfield Tea, taken regularly, will correct both liver and kidney disorders.

The Strange Part.

Hardup—You see this half dollar?

"Yes. Why? Is there anything extraordinary about it?"

Hardup—Rather! It's mine!—Exchange.

Was All There.

Abe—Did you get the opera score?

Pandora—Yeah; they were tied in the last minute of the play.—Charral.

Those Dear Girls.

Alice—Jack told me last night that I was beautiful.

Marie—And yet you say he lacks imagination.—Boston Transcript.

Put Him Out! Put Him Out!

The lady lecturer had got her second wind. She was going strong.

"Yes," she cried, waving her arms, "women have been wronged for ages. They have suffered in a thousand ways."

She paused to let this momentous statement sink in.

"There's one way which they have never suffered," breathed a meek little man.

The lady lecturer fixed him with a baleful eye.

"And what way is that?" she hissed.

"They have never suffered in silence."—Exchange.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little Stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast number of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

WHAT AVERAGE GIRL DOES NOT KNOW

By LAURA JEAN LIBBEY

"Experience joined with common sense
To mortals is a providence."

In how many households do young wives know how to combat the high cost of living, yet keep the family nurtured properly? In every large city, town and village it is said that girls leave the public schools around the age of fourteen and fifteen. The great majority must after that earn their own living. Immediately they go into stores, shops or factories. In a very few years they marry and start housekeeping with little or no knowledge of how to buy food in small quantity, how to care for it, or how to prepare it.

Such young women have no knowledge of the value of certain foods from the nutriment standpoint. The result is a great waste in every direction.

If a girl has not been brought up to cook, for the sake of the man she is to marry she should take a course of study in it before he is called upon to pay the bills for her ruthless waste.

The recipes in some cookbooks are often extravagant, intended for a large number of persons. More can be learned from an old-fashioned housewife who has had to count her pennies to eke out sufficient to set on her table. Her motherly heart warms to the girl about to marry, knowing nothing of the cost of housekeeping.

A young husband might eat sugar-kisses and drink poor coffee for breakfast, declaring them delicious when his bride's hands prepared them; but a severe case of indigestion would be the result. Every human being needs certain nourishing foods that will build up the system and keep up strength.

A diet of baker's rolls only will not make up for the hearty satisfaction that used to attend the thick slice of toasted whole wheat bread such as mother used to make, soft poached eggs done to a turn, good strong coffee tempered with rich hot milk half-and-half and a generous addition of a dash of good thick cream. This, together with a saucer of breakfast food similarly treated, is a breakfast fit for a king.

A man may have costlier breakfasts, but he could not enjoy them more. For his luncheons when he is out of her sight a woman cannot be accountable. If he has a sweet tooth and indulges in pie, pickles or pastries (disgruntling the inner man), she is not to blame. A good hot supper will counterbalance his indiscretion.

The old-fashioned housewife tells a bride she should have changes in food, always with an eye to their nutritive value. She should try to do her own marketing, never forgetting that a "penny saved is a penny earned." All of these things are what every girl should know about.

(Copyright, 1917.)

OPPOSITION

BY GEORGE MATTHEW ADAMS.

There is no force quite so effective as Opposition. When everything runs along smoothly and with no Opposition we lose the correctness of our vision, become careless and get off edge.

Win on your mettle.

Opposition keeps you constantly on the alert, arouses every ounce of fight in you and makes you think and plan your hardest and act beyond your normal powers.

Win on your mettle.

No one knows his own Possibilities of Efficiency and Achievement until the odds against him become desperate and he stands up and faces them and—Fights.

Win on your mettle.

You have within yourself certain abilities undreamed of by you that need but the stimulating force of Opposition to bring them out. Opposition, dodged, becomes a terrible monster—faced, it takes to its heels.

Win on your mettle.

Why One Can See Better in Moderate Than Bright Light.

An observant chauffeur, passing an automobile with glaring headlights, noted that objects at the side of the road which had been distinctly visible dropped out of sight when the bright lights were thrown upon them. Since one can see better in a little light than in no light, he wondered, why can one not see better in bright light than in moderate light?

The answer is, paradoxically, that the less light there is the better one sees, for the brighter the object the less efficient is the eyesight. If, after we have been in darkness, we suddenly turn on a bright light and look at our eyes in the mirror, we can see the pupil of the eye rapidly growing smaller. If we reduce the light the pupil dilates again. What happens is the same as in the camera when we adjust the shutter to the intensity of the light.

The colored iris of the eye corresponds to the shutter. It consists chiefly of a muscle which, as the light increases, is stimulated to contract, thus drawing the curtain and shutting out some of the superfluous light. It usually takes at few seconds for this adjustment to take place. Thus when we emerge from darkness into light we are blinded until the iris can shut out some of the light from the eyes.

What's the Use?

If you are candid they'll say you are rude.

If you are not candid they'll say you hate the truth.

If you are humorous they'll say you are silly.

If you are not they'll say you are a grouch.

If you are economical they'll say you are a miser.

If you are not they'll say you are a fool.

If you do not dance they'll say you are a wooden leg.

If you do dance they'll say your brains are in your feet.

If you don't own a car they'll say you are a has-been.

If you do own a car they'll say your house is mortgaged.

If you don't go out with your wife they'll say you are a rounder.

If you do go out with her they'll say you are hen-peck.

When Bread Was a Luxury.

In the time of King Charles the Second of England bread was so little used, in comparison with other articles of food, that it was really a luxury. The price of wheat was then so high that the average consumption of bread for each member of the family is said to have been about four and a half ounces each day; that means only one slice of bread, and not too thick a slice at that. Instead of wheaten bread, housewives provided oat cake in great quantity.

He Could Do That.

"I'm running this!" asserted Mr. Henpeck, starting the water for his morning bath.

SOME SMILES

Temporary Attraction.

"Do you find your new neighbors interesting?"

"To be frank with you, I do not," replied Mr. Dubwaite, "and I'm sure Mrs. Dubwaite will cease to find them interesting as soon as she satisfies herself whether the fur coat of the woman next door is genuine seal, or merely imitation."

Another Matter.

"Can you use the little poem I left with you the other day?" asked the poet.

"I could use it," replied the editor, "but I'm naturally kind-hearted and I don't want to hurt your feelings."

"But it wouldn't hurt my feelings in the least to have the poem published."

"You don't understand me. I meant that I could use it to light my pipe."

Expressing His Sentiments.

"Are you interested in electrical science?"

"Not particularly," answered the grouchy old bachelor at a newsstand. "I merely bought this magazine because it is the only one of 30 or 40 for sale here without a simpering girl on the cover."

Giving Him a Rest.

"Doctor, I go to pieces on the slightest provocation. I'm all unstrung."

"I see. What you need is something to quiet your nerves — I might say enforced idleness in the open air. What sort of outdoor sport would excite you least?"

"Well, I don't care much about fishing."

"You wouldn't be vexed or impatient if you sat all day without getting a single bite?"

"I don't think it would worry me at all."

"Then I'll send you on a fishing trip to the place where I went last week."

August Assembly.

"I used to think congress was the most impressive deliberative body in the world," said the traveled man.

"What caused you to change your opinion?"

"I looked in on a suffrage convention. The hall seemed to be full of female George Washingtons, Thomas Jeffersons and Abraham Lincolns."

Controlled Her Affections.

"Yes, Betty is going to marry for love."

"How foolish."

"Not at all. You see, she had sense enough to fall in love with a rich man."

John Barleycorn, Exit.

"So you wish to see the sights of the city?"

"I would be delighted to have you show me around," answered the visitor.

"First, I will take you to the city's most famous drain."

"I don't understand."

"Since prohibition has been in force here, it is estimated that several hundred thousand dollars' worth of liquor has been poured into the sewer through that particular drain."

Light Exercise.

"I hear your wife is fond of outdoor sports."

"Only in a mild way. She occasionally borrows the neighbors' baby and gives him a whirl around the block in his perambulator, but she doesn't have to wear bloomers and a sweater to do that."

Borrowed money soon begins to look like borrowed trouble.

If to be just like others is your aim, you are predestined to be inferior.

PURE WATER

By DR. SAMUEL G. DIXON,
Commisioner of Health, Pennsylvania.

"Water!—of heaven first born, ever in all ages a sacred emblem from that remote period when the earth was without form and void and darkness was upon the face of the deep and the Spirit of God moved upon the face of the waters. Alas! in these latter days more abused than is any other element."

From the settlement of America by the Spanish, the babbling brooks, up to and including the broad water highways of nations, have been used for the disposal of sewage, and this without restraint, until a few years ago when the work began under the law of 1905 to change this condition, which has resulted in reducing typhoid fever 74 per cent, as well as lessening the suffering and sorrow of thousands of human beings.

The time consumed in cleansing the streams is not for the want of sufficient legislation; that is ample. The progress has been impeded by the fact that homes and industries have grown since our first civilization very much as Topsy did, without any thought of the morrow. Having this enormity of insanitary conditions to meet, with so many lives depending upon the products of the offending producers, much financing and time must be used to eliminate the death-dealing condition.

The sewage from individual sources has largely been removed from our streams and our industries have removed their wastes gradually and continually. This, however, has been a work that of necessity moves slowly, for upon the great industrial plants our people depend for some of the necessities of living and hundreds of thousands of our people made their bread and butter for their families by working in the great manufacturing plants of the country. It would not have done to arbitrarily have ordered all these industrial wastes out, as we had a high appreciation of the distress to our people by the closing down of our factories, and therefore waited in many ways for Mother Invention to discover ways and means of disposing of industrial wastes without interfering with the great hubs of industries.

Our people during the last decade have been educated to an understanding that pure water is as essential for good health as proper food. This, however, was recognized in the time of Nero; that great and arbitrary emperor was fined for polluting the Nile.

To restore our streams to their virgin conditions will of course be somewhat expensive, yet money cannot be better spent, as the health of both man and beast depends upon improving our domestic water supplies—in fact it is a great factor in increasing the power of our nation, because this depends upon the health of our people.

Spanish Woman Does Not Lose Her Maiden Name at Marriage.

The bride's maiden name is valued in Spain and is not set aside by marriage. When a Spanish woman marries she merely adds her husband's name to her own. But never does she lose her identity by dropping her name entirely and taking over that of her husband. And to her intimates she is known more by her maiden name than her husband's.

More than that, an unmarried person is known by both the mother's and father's name, joined by the letter "y." That makes the formal name. Informally, a son, for instance, is known only by his father's name. Thus a person may be Smith y Brown, or its equivalent, the father being of one surname, and the mother in her maiden days of the other. When that person marries, to avoid complications the mother's name is dropped, and the husband's name tacked on with the aid of the prefix "de." In that way the "senorita" or "senora" is unnecessary to distinguish married from unmarried women.

HIT AND MISS

Some men never use kind words if there is a club handy.

An eccentric woman is one who prefers comfort to style.

It flatters a married man to tell him that he doesn't look it.

When fame comes to the average man it roosts upon his monument.

Never lend money to a stranger. If you must have financial transactions with him, borrow.

"Know thyself" is all right as a proverb, but some men who know themselves do not know much.

If your heart prompts you to do a good deed, do it immediately before you have heart failure.

Place to Be Avoided.

"I'm not going near that restaurant again."

"Why not?"

"Some fool took my umbrella and left his in its place."

"But you might run across him."

"I don't want to. He left the best umbrella."—London Saturday Journal.

Around the World.

The people in Holland hold the record as coffee drinkers.

The Australians are the greatest meat eaters in the world.

There are 25,471 miles of railroad in France, in which are over 60,000,000 ties.

The normal daily consumption of milk in Paris and its suburbs exceeds 1,000,000 quarts.

A tug dispatcher is employed in New York to control by telephone the movement of a line of tugs in the harbor.

Tiny electric Mazda lamps fixed in policemen's helmets serve to direct traffic in the darkened streets of London, England.

Cooked Raisins.

Raisins are desirable food for children when they are steamed or cooked. Otherwise the dry skins may be hard for them to digest.

Kilauea In Eruption

THE VOLCANO HOUSE

—Courtesy Travelogue Bureau.

THE city of Honolulu is a charmer! Beautiful houses, some of them low bungalows, others more pretentious, and in every style of architecture, surrounded by luxuriant tropical trees and shrubs of every sort, and with smooth green lawns, and gorgeous flower beds—all this close to a sparkling sea, and with picturesque and rugged mountains rising behind—forms a combination of rare attractiveness, says William Dudley Foulke, writing from the Hawaiian city.

I took passage on the "Mauna Kea," one of the little interisland steamers, for Hilo, in the Island of Hawaii, to see Kilauea, the great volcano crater. It is always active, but just now there is a particularly brilliant eruption.

We landed at Hilo, a thriving town of some 8,000 inhabitants, and started in an automobile up through the sugar fields and then through forests and endless groves of fern trees, for some thirty miles to the Volcano House at the edge of the crater. As we rode on some one in our company asked: "Where is the mountain?" for there was no evidence of any in the vicinity. It seemed rather to be one vast plain. But without noticing it we had risen gradually some 4,000 feet—now we began to see steam rising from the bushes and rocks around us, and a smell of sulphur, and then, suddenly emerging from the woods, we found ourselves at the Volcano House on the edge of the largest active crater in the world, nearly eighty miles in circumference and on an average 600 feet deep, inclosing an area of some 2,650 acres, the floor being made of hardened lava, partly smooth and partly rough, and often wrought into all sorts of grotesque shapes.

Crater Within a Crater.

But within this great crater, a little southwest of the middle, there is another one, something over 1,000 feet in diameter, filled with the boiling lava. This is called Halemaumau, "The House of Everlasting Fire." After lunch we drive thither, a ride of seven miles still in our automobile, passing on the way Kilaueiki and Keanakakoi, two extinct craters (of which there are many hereabouts), splendid natural amphitheaters with smooth, brown lava floors and verdure growing up the sides. When at last we descend to the great crater, cross it and reach the rim of the smaller one within and look over the edges of that a scene is presented which surpasses belief or description. I think nobody can quite form an idea of it who hasn't seen it.

The wall of this inside crater is generally 600 feet deep. It was that deep last May. But the lava has been gradually rising since that time till the fiery lake is now less than 100 feet below the rim, and it is rising still, though higher now than it has been for many years. In the middle of this lake is a black, rough, irregular-shaped promontory which looks like an island. The top of it is now about as high as the rim of the crater. But the proprietor of the Volcano House (a Greek who rejoices in the combined glory of the names of Demosthenes and Lycurgus) tells me that a few months ago this island was 500 feet lower than it is today, that it has gradually been pushed up by the molten mass below.

I would not like to be near when it topples over like an iceberg, which it may do soon if the lava keeps on rising. Around this island and against the circular walls of the crater the fiery flood rages and seethes, sweeping generally toward the left (while I was watching it) as it circles within this tremendous cauldron. Now there are no actual flames such as you see when a house burns down or a forest is consumed. It is not like that at all. But if you have stood near the door of a blast furnace and seen the molten metal run out and gradually become black from contact with the air and then more white and red metal follow, you can form a better idea of this molten lake.

Gorgeous Fire Display.

Yet that comparison is inadequate—you would have to multiply the furnace thousands of times and then you would not see half the things going on in this crater. The lava that floats around is dark with fringes of bright red. Then from the midst of it leaps up a great fountain of bright liquid fire and scatters in all directions, sending its gleaming spray thirty or forty feet high, then another fountain rises, and then a third; then the fountains begin to move, approaching the rim of the crater, and dash against it like waves of the ocean, and you hear a roar like the breakers on a rocky beach; then more red lava boils up, then more, then there is quiet for a few seconds, then all breaks out again. We spent the whole afternoon here at the crater, and then stayed on into the night. If it be terrible in the daytime, it is doubly overwhelming at night, when all you can see is the fiery embroidery of the black floating mass, then the outbreaks, the fountains of fire and the great waves dashing on the circle of rocks around the pit.

ABYSS OF THE BURNING LAKE

—Courtesy Travelogue Bureau.

Source of Nux Vomica.

With the exception of Ceylon, which exports a limited quantity of nux vomica, British India is said to supply the world. Nux vomica seeds and pickings are obtained from the plumlike fruits of the tree. The fruit is collected and the seeds washed out and dried in the sun, or the seeds are simply gathered from the ground, but in the latter case they have little commercial value. In the forests of Nellore, where the tree is common, the seeds are washed out by a forest tribe, the Yanadis, and a good price is obtained for them. Cochin nux vomica is collected in the dry deciduous forests at the foot of the Travancore hills and is sold at a low figure to small native dealers, who send it to the merchants.

Motor Torpedo Boats.

According to Edward F. Chandler, engineer inventor, there is no reason why the high-powered motor boat should not be employed to carry and discharge torpedoes. To accomplish this Mr. Chandler has devised a special type of motor boat to which torpedoes may be attached to the hull, one along each side of the keel. Thus supported the torpedoes neither add nor subtract from the weight of the vessel; for the torpedoes have neither positive nor negative buoyancy. The motor boat need only be pointed at its target to be fired accurately. Imagine, then, a fleet of these motor torpedo boats collected at intervals of about 100 miles along our coast, each station harboring from 10 to 15 boats. And then imagine a veritable swarm of these tiny boats sent out to attack the enemy's battleships and troop transports. A dozen boats are sent against a single battleship; one at least will strike a telling blow. What chance has a big ship against a swarm of these lowlying motor torpedo boats?—Popular Science Monthly.

Attar of Roses.

Attar of roses, which is an oil, is obtained from three species of wild roses: Rosa centifolia, R. moschata, and R. damascena. The rose gardens at Ghazipur, India, have long been famous for their output of oil of roses. All these roses thrive with little care in California.

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SAGE TEA DANDERINE TO DARKEN HAIR
It's Grandmother's Recipe to Bring Back Color and Lustre to Hair.
You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50-cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist because it darkens the hair so naturally and evenly that no one can tell it has been applied.
Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after only two applications the gray hair disappears and your locks become luxuriantly dark and beautiful.
This is the age of youth. Dull, faded, unattractive folks aren't wanted around, so get busy with "Wyeth's Sage and Sulphur Compound" tonight and you'll be delighted with your darker, handsome hair and your youthful appearance within a few days.
This preparation is a toilet requisite and is not intended for the cure, mitigation or prevention of disease.

PAINS SHARP AND STABBING
Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.
Ogdensburg, Wis.—"I suffered from female troubles which caused severe pains like a knife through my side. I lost all my strength so I had to go to bed. The doctor advised an operation but I did not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought relief and six bottles have entirely cured me. All women who have any trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."—Mrs. ETTA DORION, Ogdensburg, Wis.
Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.
If any complication exists it may be well to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

Never Again.

A recruiting sergeant stationed in the south of Ireland met Pat and asked him to join the army. The latter refused, whereupon the sergeant asked his reason for refusing.

"Aren't the king and the royal cousins?" asked Pat.

"Yes," said the recruiting sergeant.

"Well," said Pat, "begorra, I've interfered in a family squabble and I'm not going to do so again."

Logical Conclusion.

"He is not out of the woods yet."

"That is why they think they can catch him."—Baltimore American.

Safe.

A few days ago a well-dressed and very charming young lady hailed a four wheeler, there being no other in sight. Just as she was getting in I noticed that the horse seemed inclined to be frisky.

He was jumping about and switching his tail in a way that alarmed her; she was a timid little thing.

So she addressed a few words to the ancient Jehu:

"I hope," she said, smiling blandly, "you will not run away with me."

The cabby sighed mournfully.

"No, mum," he replied, "I have a wife and seven kids at 'ome already."

The Unwitten Law.

Hewitt—When I was in Kentucky I was arrested for violation of the unwritten law.

Jewett—How was that?

Hewett—I declined to take a drink.—Exchange.