

### EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a Glass of Salts If Your Back Hurts or Bladder Bothers.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from over-work, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a table-spoonful 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 flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Adv.

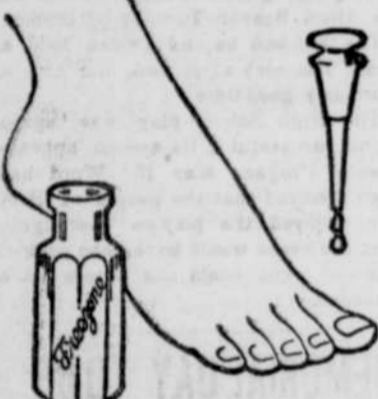
#### The Brute Again.

"Darling, I cooked dinner for you all myself, and you've never said a word about it."

"I would have, dearest, but I somehow hate to be always complaining."

### Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callous right off, root and all, without one bit of pain or soreness. Truly! No humbug!—Adv.

#### We've All Heard That.

"Have you ever heard any table rapping?"

"No, but I've heard a lot of knocking when a pieced-up supper was being served."

### "CARRY ON!"

If Constipated, Bilious or Headachy, take "Cascarets"

Feel grand! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh pills. Cascarets bring sunshine to cloudy minds and half-sick bodies. They work while you sleep. Adv.

#### The Choice.

"The fireman in the stable is looking around for a horse."

"I suppose he wants a plug."

### WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Most musicians dispense music by the measure, but the bass drummer gets rid of his by the pound.

## DADDY'S EVENING FAIRY TALE

By Mary Graham Donner

### LADY BUG'S LECTURE.

"Dear little Lady Bugs, gather around me," said Lady Bug, "for I am going to give a lecture.

"It will be a free lecture, and pray, Lady Bugs, do not think that on that account it will be poor. Too many folks have the idea that nothing is good that is free. Oh, it's very, very, wrong.

"They don't bother to find out how many nice things are free, and they don't stop to think about them. Take birds and their concerts—quite free.

"And lovely wild flowers—quite free. And the woods and lakes and rivers and ponds—practically all of them free. And many free concerts and oh, so many things that if I go on talking about them I will never have time for my lecture.

"So I will begin my lecture if all the Lady Bugs are ready and if the Lady Bug who has charge of this hall (for I must call this place where I am lecturing a hall) will kindly bring me an acorn filled with water I will be much obliged. Lecturers should always have such things by them, and oh yes, a light and a pointer to point to my maps and my pictures. But on second thoughts they won't be necessary for I have no maps and no pictures. Well, then, are we all ready?"

A little Lady Bug came hurrying up with the acorn filled with water and said in a low tone, "If you want any more I'll bring it in to you."

"Thanks," said the Lady Bug, who was about to lecture.

"Now, friends," she began, "Mrs. President, Lady Chairman, I greet you."

There was no Mrs. President and no Lady Chairman, but that didn't make any difference.

"I have something very fine to tell you. Something very fine upon a subject which strikes close to the heart of all of us."

Lady Bug, the lecturer, placed one of her legs in the direction of her heart and looked very fine indeed doing so.

In a moment or two she went on: "I have heard, and it is quite true, that we have all been paid a very great compliment. We have been paid one of the greatest of compliments.

"It has been both expensive and a bit difficult to get to Europe of late—especially has it been too expensive, and I don't believe any of the Lady Bugs have enough money in the Lady Bug's bank to use that to go to Europe.

"It's a fine bank and it is nice to go to a bank where ladies are especially looked after and all of that.

"But we haven't enough money in the bank. Dear me no, not nearly enough.

"However, those of our family who have been chosen to go weren't asked how much money they had at all. They weren't even asked if they had any money.

"They weren't even asked if they would pay for their laundry and their own food.

"They were just invited to go and were told that the work they would do would be enough thanks for the opportunity they were having to travel.

"Yes," said Lady Bug, "many, many, many Lady Bugs have been shipped to France to destroy bad insects which they're having a great time with.

"We can do the work. They had to call on us to do it. Now wasn't that an honor? To think that Lady Bugs, usually not thought so much of, have been shipped quite free of any charge to the Lady Bugs themselves to a foreign country.

"Of course, I'm not sure whether the Lady Bugs can talk French or not, but they can work anyway and make the whole Lady Bug world proud of them.

"But I think it would be interesting if we all studied a little French so that we would be able to say how-do-you-do and good-by and pleased-to-meet-you in French. In case we're called upon next. And my lecture is not only free. It is quite, quite true."

"Ah," said all the Lady Bugs when they had finished cheering the speaker, "we will all study a little French and be ready. Ah, what an honor for the Lady Bugs of this land!"

"Gorgeous," said Lady Bug, the lecturer.

#### Nutmegs.

Nutmegs are kernels of the fruit of a tree cultivated in Sumatra, Java, and the West Indies. In shape and size the fruit resembles a peach.

## YOUNG GIRLS' FROCKS FOR GRADUATING DAY



NOW that May and June are not far off, the world is full of talk about graduation dresses. It is buzzing about like the hum of bees in all the schools and in the homes that are lived by those precious but opinionated high-school girls who are about to complete one lap of their little journey in the world. To each one of them her graduation dress is the most important matter in sight, and it is an important matter from several viewpoints.

Many schools, much to their credit, prescribe definitely what their graduates shall wear, and thus avoid heart-burnings among the girls. A great many others give some general directions as to how dresses shall be made, and let it go at that; while other schools leave the matter to be decided without any restrictions. In the last case a mother is very often called upon to insist on less pretentious frocks than her daughter would select, and she may acquire a few extra gray hairs and deepened wrinkles in carrying her point. But she must carry it or else have her taste in dress discredited.

The graduation dress is to be made of some thin white fabric in a pretty but simple design, and a delightful example appears in the picture above. White voile and narrow white satin ribbon give a good account of themselves in this girlish dress, which employs nothing else (except white satin for a girldie) in its makeup. The voile is gathered into a ribbon at the bottom of the skirt and tacked to an underskirt of lining silk.

Net, organdie, batiste or georgette might be made in the same way.

Another frock employs narrow ribbon and wide rucks in its decoration. It has a full straight skirt, flared at the bottom with three rows of satin ribbon about an inch and a half wide, placed two and a half inches apart. Above them at the knee there are two tucks, three inches wide, with a four-inch space between them, and above these three rows of ribbon again. Ribbon encircles the baby waist and finishes the short sleeves, placed in three rows on them and finally forms a narrow sash with long loops and ends at the front.

## New Blouses and Smocks



SO MANY of the latest blouses, now being shown for midsummer wear, have elbow sleeves and very short peplums, that there is no room to doubt that they are proving popular. Designers have great faith in these features in midsummer styles since they are fashioning the most costly laces into them as well as the usual beautiful and refined fabrics used for blouses.

Irish lace, combined with flit and a little embroidered or pin-tucked batiste, are the rich ingredients that go to make up the most costly of these blouses for midsummer wear. Often fine voile, with drawn-work or embroidery as an embellishment, takes the place of batiste. In many blouses one or the other of these fabrics predominates, but sometimes they make way for the laces and are merely used to set them together cleverly. Among blouses that are simply lace trimmed or ornamented with needlework, voile is a favorite material.

The lovely blouse shown here, made of crepe georgette and decorated with beads, is a perfect example of the new summer blouse. Its short peplum, cut into four scallops at the bottom, is stumpy an extension of the body of the blouse. Beads in short strands form a fringe for the peplum and the loosely adjusted gorilla is made of the crepe.

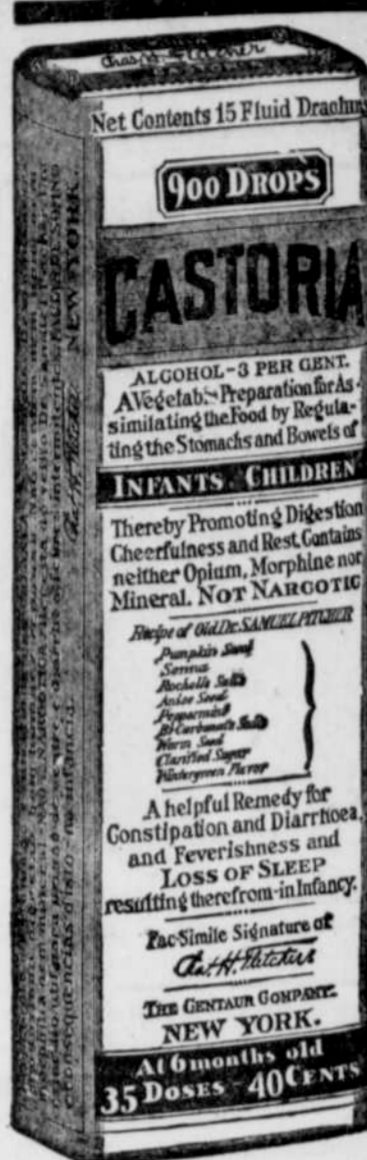
The sleeves are set in with hemstitching which continues to be the favorite way of disposing of seams in blouses.

A smock of crepe de chine shown with the blouse employs beads also for its trimming, but they are used on its skirt much more plentifully than on the body, reversing the order of things in the blouse. This is a slip-over model fastening on the shoulder and having long sleeves. In the darker colors it is very practical for general wear or for traveling. In lighter colors it makes a pretty toilet for summer afternoons worn with white skirts or with light-colored skirts to match. Many smocks have elbow sleeves, but these, not being becoming to some women, find themselves occasionally replaced by long sleeves with cuffs, like those shown in the picture.

Julia Bottomly

#### Stock Collar a Novelty.

The stock collar is such a stranger that its appearance with spring modes chokes it as a novelty. It is shown in little wrinkles with a smart tie or a jabot as a finish.



Exact Copy of Wrapper.

## CASTORIA

For Infants and Children

Mothers Know The Genuine Castoria

Always Bears the Signature of

of

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK

#### Otherwise Content.

"Dat husband' ob yours," one colored wash lady observed to another, over the dividing back fence, "he shore do seem a right contented man."

"He would be," the other responded, "Ceptin' for only two things which troubles him. He has to quit eatin' to sleep, an' he has to quit sleepin' to eat."

Some wives seem to think that husbands were made to order.

#### In 1930.

"I want to buy a battleship the lady secretary of the navy."

"Well?"

"I wonder if I could get the woman of the naval committee ested?"

"Ask her to go battleship with you."—Louisville Courier

Latin ceased to be spoken in language of the people of Italy the year 58.

## Where is Relief From Blazing Skin Diseases

### Must I Endure Forever the Torturous Itching?

The skin is fed from the blood, and upon the condition of the blood depends whether or not your skin will be healthy and free from boils, pimples, scaly irritations, red eruptions and other disfiguring and unsightly disorders. The sensible treatment that will show real results is a remedy that

will cleanse the blood through, and kill the germs that cause trouble. And for this purpose remedy ever made can compare the record of S. S. S. which cleanses the blood of the body germs, at the same time builds up the general health.

For valuable literature write Chief Medical Adviser, 100 E. Laboratory, Atlanta, Ga.

### SOME OTHER KIND OF BISCUIT

Mrs. Pimple Satisfied Cows Were Not Fed on Anything That Was Composed of Milk.

One after the other, customers had come to the shop and complained about the milk.

"What I want to know," said Mrs. Pimple, who looked almost as thin as the milk, "is what you feed your cows on?"

"Feed them on?" snapped the dairyman. "Why, I reckon we feeds them better than a good many human beings I know feed themselves"—this with a chalky stare at the thin customer. "My cows are fed on the fat of the land, and if their fodder ain't up to the mark, we give 'em the finest biscuits we can buy. And if we can't buy the biscuits, we make 'em. I stops at nothing when I wish to please my customers."

"I'm not denying it," declared Mrs. Pimple, "but I challenge you to contradict me when I declare that it ain't milk biscuits you feed 'em on."—London Tit-Bits.

#### Life's Little Problems.

"George, dear!" began the worried woman.

"Yes, wotist?" granted George, without looking up from his newspaper.

"Would you mind helping me with a little bit of arithmetic?" she pleaded.

"Not at all."

"Well, if we pay the new cook the wages she wants will we have enough money left to buy anything for her to cook?"—London Answers.

### SEEKS FOE OF JAP BEETLE

Specialist Has Been Detailed to Bring to This Country Horticultural Pest.

The Japanese beetle is going to its old enemies on its trail to this country. The United States Department of agriculture has sent a man to find those enemies who then across the ocean. The man then established in the New Jersey where the beetle gained a foothold, and they expected to aid greatly in the pest.

The agent employed in the familiar with Japanese beetles is a specialist in this kind of work. It is expected that the task will be his sojourn in Japan for two years. While something is being done to prevent the Japanese beetle from coming to this country with importations of house plants, and thus far has been comparatively free of pestilence by natural enemies.

#### Explained.

"Silence is gold."

"Perhaps that is the reason don't have as much of it put in months as they used to."

You may know some men know some people they know.

Self-esteem never lets up reaches the jumping off point.

Straight talk Separato

Nyssa Trad Nyssa, O



BEFORE buying a rator, there are things that you ought about it.

The De Laval skin delivers cream of uniformness, runs easily and little or no attention.

It is simple, so that it easily get out of order, easy to clean and lasts time.

Over 2,500,000 E users will confirm their mens about it. We'll to give you the name number of De Laval us around this town. S them formerly used se of other makes. You c ask them why they cl and what they think De Laval.

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Sooner or later you w

DE LAV

The Easiest Way. Following the line of the distance is what makes rivers crooked.—Boston Transcript.

If the mdse and service Co op Store Caldwell was good as the best with lower than the rest mail would cease to come dai all over the west. W price list today.

## Black Jo

is a black mammoth jack 13 1/2 hands high, horse m 7 years old, and has be spected by the state vet and granted a license t season of 1920. Will st my farm 1 1/2 miles we Owyhee school house at to insure colt to stand an \$10.00 for season or \$5.0 single leap. The above v come due when the colt and sucks, or mare is sold, ed or removed without m sent. Care should be tak prevent accidents. If any s occur I will not be respon D. P. PULLI Phone No. 61

We Have

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We have a g

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Corn

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Fred J.

PARM

## One Trial of Grape-Nuts

will do more than many words to convince you of the goodness of this wheat and barley food.

But it's worth saying that Grape-Nuts contains all the nutriment of the grains, is ready to eat, requires no sugar and there's no waste.

Grape-Nuts is a Builder