

If Back Hurts Begin on Salts

Flush Your Kidneys Occasionally
by Drinking Quarts of
Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and 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 help flush clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, which everyone can take now and then to help keep the kidneys clean and the blood pure, thereby often preventing serious kidney complications.

MADE HANFORD'S
SINCE 1846 **Balsam of Myrrh**
IT MUST BE GOOD
Try it for Cuts, Bruises, Sores, etc.
All dealers are authorized to refund your money for the first bottle if not suited.

Bilious
Bilious, constipated? Take **MR. NATURE'S REMEDY**—tonic laxative. You'll feel fine in the morning. Empty and pleasantly rid the system of the bowel poisons that cause headaches—25c.
TO-NIGHT TO-MORROW ALRIGHT
For Sale at All Druggists

Chinese Fond of Poultry
While cattle, hogs, sheep and fish provide part of the meat diet in China, probably the most common of all meat food is poultry. Many varieties of chickens, ducks and geese are raised and eaten.

Worth Knowing When Winter Cold Comes!

Did you ever hear of a five-hour remedy for colds? There is one, and it really does bring you out of it completely. Even if it's gripe, this method works, only takes longer. Pape's Cold Compound is in tablet form. Pleasant-tasting, but it surely has the "authority"—Adv.

At seventeen you do not blush at your smart-aleck performances, but at thirty, looking back to them, you do.

Are You Ready



When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

**Fletcher's
CASTORIA**

JUST A VILLAGE WOMAN

(By D. J. Walsh.)

NELLY WARD pinned on her simple black hat that Kate Collins, her longtime milliner, had fashioned for her and peeped into the glass with a critical frown upon her gentle brow. Did she look nice enough? She patted down her coat collar, brushed a bit of lint from her skirt and took up the small bag purchased a few days previous at Johnson's store. From top to toe she looked neat, quiet, ladylike. She loved that word—ladylike. All her life she had tried to conform to its suggestion as her mother and grandmother had done before her. In that way, as in many others, she was as old fashioned as they.

Her husband was waiting for her in the newest car—a black, long-nosed brute built for climbing the mountain between their village and the large adjoining town where his business interests were located. He was a stout, elderly man with a square chin, quick gray eyes, the most forceful type of the successful go-getter. As she climbed in beside him Nelly looked back at her home with its look of plain, practical comfort. Against the spring green of grass and foliage it looked as white as snow. She admired any white house; she loved her own, and she sighed at leaving it because she might be about to leave it forever.

From windows and doorways her neighbors waved her farewell. Mrs. Eckert flapped her check apron. Mrs. Cowan flitted a dust-rag. Letty Dimmick signaled with a handkerchief crisp and scented, as Nelly Ward knew, with rose leaves. A little child shouted to her and old Tim Green, limping toward the grocery for news, swung his battered hat at her. She responded cheerfully, but her lips trembled.

The great car ate up the road. Hosea did not talk much; he was reviewing the speech he was to make at the big dinner that was to follow; Nelly sat holding the bag, thinking deep, grave thoughts.

Over the mountain they went and down the other side into the sparkling town where Hosea's big factory belched black smoke. Yet, in spite of the smoke, Weston was a beautiful place with its fine residences, smooth streets and glittering business section.

There was a flock of cars before the Weston house, and Hosea maneuvered the black brute into its place among them. His manager was there and his directors, the president of the bank, prominent club men and women, representatives of all the big firms in town, all gathered to do Hosea honor—an honor in which his wife was to share.

Nelly knew only two persons besides her husband, and during the splendid banquet that followed she felt lonely and a little shy. The food, too, puzzled her. She liked simple home cooking, and these extravagances of food aroused in her a faint distrust. Although she was essentially healthy, she wondered if such a mixture as lobster, alligator pears and strawberry ice could possibly set well.

The banquet lasted for hours, and Nelly was heartily glad when it was over. Hosea's speech had made her more nervous than it had him. A good man, Hosea, her husband for thirty-five years and the father of six children, who were all either married or away from home with affairs of their own.

"Well, Nelly," Hosea said as he helped her into the black car. "That's that. Now I'm going to show you the house I've picked out for you."

It was a splendid house, vast, towering, set in the midst of beautiful grounds. A millionaire had built it and only a millionaire could live in it. It had garage room for Hosea's four cars, a rose pergola, a fountain and a drawing room that could hold seventy people.

"If you want this house it's yours, Nelly," Hosea said proudly. "And you can go the limit in buying stuff for it."

"It's grand, dear," Nelly said. "But—what's that building on the right?" "That's the Weston Memorial library. A beauty, eh?"

"And this place on the left—who owns it?"

"Summer people. It's opened for only two or three months during the year."

She got into the black car and they returned homeward, Hosea talking gaily all the way of his vast new plans. Nelly silent and self-absorbed.

A shell of food greeted them as they entered the house. Sarah, middle-aged and beaming, for many years more of a housemate than a servant to Nelly Ward, stuck her head in at the door.

"Supper's ready when you are," she said.

In the pretty dining room, lighted with sunset gold, they sat down to homemade bread, green onions, thin slices of corned beef, sponge cake and tart plum preserves in a stemmed glass dish. Tulips filled an old fashioned blue bowl that had belonged to Nelly's mother.

"I didn't think I could eat any thing," Hosea remarked as they left the table. "I will say for Sarah that she knows how to assemble food."

Nelly cleared her throat.

"If we move to Weston Sarah won't go with us," she said.

"Why not?" Hosea struck a match on the heel of his shoe and lit his after-supper cigar.

"She won't leave her daughter and grandchildren. I don't blame her. But—I wouldn't know how to keep house without Sarah."

They sat down on the porch, Hosea smoked and Nelly crocheted. A catbird poured out his native imitations from a nearby syringe.

"Say, you'll miss all this when we get to Weston," Hosea said. He turned and looked at his wife. Her face was averted, but she put up her hand to her cheek.

"Nelly! If you don't want to go tell me so," he said tenderly.

"It isn't a question of what I want, dear. It's a question of how I can help you most," she replied.

They sat in long silence. Suddenly Hosea slapped the arms of his chair with his palms.

"I see how it is. You've lived here all your life," he said.

Her hands trembled as she attempted to take a stitch with her crochet-needle. He did understand more than she had ever dreamed he could—that it would be tearing her heart out to leave her home, her old neighbors.

Mrs. Eckert came running across the lawn with an offering of flowers. "I want you to have some of my black tulips, Nelly," she said. Then anxiously stating the real errand: "Did you decide today about going to Weston to live?"

Nelly didn't answer, but Hosea did. "She's going to stay here," he said. "I'm going to stay here, too, all the time I don't have to be attending to business in Weston."

"I'm so glad!" Mrs. Eckert replied. "I've been just about sick all day for fear Nelly would go."

"Hosea is giving in to me," Nelly said, shakily. "I hate to say it, Helen, but even if I am Hosea Ward's wife I'm just a village woman who loves her neighbors—" she could get no farther.

For Hosea had quietly risen, gone to her and kissed her.

Immense Variety of Colors in the Stars

Poets write of the silver moon, but as a rule the moon's light is as nearly white as it can be.

There was a scare at Bombay when the moon appeared a Cambridge blue color, and later turned vivid green. This freakish color was not due to anything in the moon itself, but to moisture in the atmosphere previous to the breaking of the monsoon or rainy season.

Sometimes at sunset in winter, when it is quite clear and freezing hard, the western sky opposite the sunset will show a beautiful pale green instead of blue. When you see this you can be sure the frost will break within twenty-four hours and be followed by heavy rain.

The sun seen through a fog often appears a dull crimson hue. In the Arctic region a halo is sometimes seen around the sun, with three or four mock suns in the halo. This phenomenon has been noticed even in England, and was seen by observers at Tonbridge one winter day twenty-six years ago. Over one mock sun was an inverted rainbow, while all three mock suns were of an intense white.

The real color of the sun is blue. Our atmosphere makes it appear yellow or golden. If you could rise above the earth's atmosphere the sky would appear black and the sun a blazing blue.

Few people except astronomers have ever noticed the amazing variety of colors in the stars. Most of us are aware that Mars is red—it may be that the vegetation of the planet is of that color—but there are other stars much redder. One of the constellations Cepheus has been called the Garnet star, and is almost the color of a ruby.

While the majority of stars shine with a pure white light, there are no fewer than eighty-five of those visible to the naked eye which have tints of red, blue and even lilac.—London "Tit-Bits."

Saws Without Teeth

Many persons unfamiliar with industrial advance will be unable to understand that there is such a thing as a toothless saw, but nevertheless smooth-edged metal disks are used extensively for cutting materials which could not be severed by the usual toothed saw. These saws are coming into greater use every day, being made possible by the high speeds which are attained by the use of electricity. One of these saws, revolving at a low rate of speed, would be shattered instantly when applied to a piece of hard metal, but revolving at a very high speed it cuts through steel like a kitchen knife going through a piece of cheese.

Herbal Remedies

Some people still use old herbal remedies. I was talking to a field worker whom I knew very well writes "Looker-On" in the London Daily Chronicle. He said his liver was inclined to be sluggish. "I know what to do," he said. "I shall dig up a root of burdock, scrape it, add a leaf or two of coltsfoot, and put the lot into a cup of tea. That's never failed me yet." "Burdock is often called 'dock.' It grows everywhere. Coltsfoot, too. As my friend says, 'It's cheaper than doctor's stuff.'"

Renovating.

His Wife—We ought to have a new car. This one looks disreputable. Hardy Upton—Can't afford it. But I'll fix up this old bus—wash it up and put a fresh mortgage on it.

PARTY FROCK OF PRINTED RAYON; TUCK-IN BLOUSE IS APPROVED

MOST any time a telegram is apt to arrive from daughter away at school, which will perhaps read something as follows: "Please send me right away, special delivery, a new party dress." This picture of a charming dance frock for a young girl is offered as "first aid" to mother in her dilemma when she receives the above S. O. S. call from the coed whose slightest wish is her command.

There is nothing prettier for youth

It has been threatening to come this many a day—the tuck-in blouse. True to its promise, it has arrived. Quite a few of the new ensembles and suits announce their advance styling in that they boast the tuck-in rather than the overblouse.

Good news, no doubt, to the youthfully slender, but to others not so good, that is, if the blouse be tucked in at the normal waistline. However, certain clever designers are making a



A Beautiful Party Frock.

than crisp flowered taffeta and there is nothing smarter at the moment than flower-printed taffeta—newer than printed velvet. In fact taffeta, moire and like stiff fabrics are the last word for evening. The new rayon taffetas are adorably designful, especially those which scatter roses and daisies and other quaint garden posies over a tinted background, as does the silk which fashions this lovely gown.

One of the delights of taffeta and kindred stiff fabrics which are so chic just now is that they do not require a whole lot of fussy dressmaking to show them up to advantage. Just the opposite is true of these now-so-fashionable crisp, sprightly silks. That's the beauty of the frock shown here—it can, so to speak, be made in a "jiffy" and at home, too, by mother or a by-the-day seamstress. The pattern is simplicity itself—a slender bodice with a very full skirt. The younger generation like this bouffant silhouette better than the formal princess lines. Scallops around the bottom of the skirt add attractiveness, while the big bow and sash streamers at the side impart a finishing style touch.

It would not be a bad idea to slip into the box with the dainty frock to daughter one of the large georgette

play on the theme so as to give the impression of a low graceful waistline. That is, they manipulate the skirt with a loose or rather free edge at the top, fastening the blouse in with concealed clips or buttons. The belt is worn at the hipline, leaving a frill of the skirt above, and thus a low waistline is simulated.

In other instances the skirt is made with a yoke which fits snugly to the blouse adding to its beauty and emphasizing a very definite and somewhat drawn-in waistline.

Sports frocks of gay print for Southern resort wear are especially featuring the tailored washable tuck-in blouse. The model in the picture declares quite a few outstanding style points. One is that the hemline fullness is achieved by plits stitched flat from the waistline. Another is the buttoning of the skirt down the front. The outlook is for a season of many buttons used both in a practical and a trimming way.

As to the short-jacket suit, it is presented in every phase this season, especially in print cottons, linens, rayons and silks for sports and informal wear. Fabric plays an important part or, rather, the combination of fabrics, in the designing of the short-jacket suits or costumes. Much interest is



A Tuck-in Blouse.

dance handkerchiefs which are such a fad at present. A lace-bordered one would be lovely, although printed ones are just as modish. One corner of these huge filmy squares is caught in the bracelet or even under the finger ring in such a way as to float out with that grace which adds to the picture. Silver slippers and nude hosiery are the answer to "what's what" in proper footwear to accompany this frock.

shown in suits made of heavy linen with striking design, the blouse being of the sheerest of sheer handkerchief linen.

New, also, but a vogue which is destined to be widespread is the use of twin prints, the same patterning applied to a sheer and an opaque fabric, the two used together.

JULIA BOTTOMLEY.

(By 1923 Western Newspaper Union.)

DAIRY FACTS

WATER SUPPLY IS
IMPORTANT ITEM

Cow Must Have It to Aid in
Digesting Food for Milk.

(By G. A. Williams, Purdue University)

The importance of a liberal supply of pure fresh water for the dairy herd during the winter season should be given careful consideration on every farm. Many herds are undersupplied at this time.

There are more than eight gallons of water in each 100 pounds of milk. The cow must have water to assist in digesting the food which makes the milk. Then the body gives off moisture in addition to the other needs. It requires nearly seven pounds of water for each quart of milk which a cow produces.

This must come from the feed or the water trough. During the winter season a large part of the ration consumed is dry roughage. This necessitates the drinking of larger amounts of water than if pasture were a part of the daily feed. When the water consumed is insufficient the effect is not long in reaching the milk pail.

Watering the milking herd once daily is not often enough. Such a practice forces the cow to consume five, eight or perhaps ten gallons at one time. Although the stomach of the cow is larger than that of any other of our farm animals, taking this large quantity of liquid into the stomach at one time tends to interfere with the digestion of the feed. This is especially true if the temperature of the water is near the freezing point.

Water at a low temperature must be raised to approximately body temperature before it can be assimilated by the tissues. Heat must be absorbed from the body to accomplish this. Inasmuch as part of the feed which an animal eats goes for the production of heat and energy, the consumption of large amounts of cold water tends to increase the food supply used for this purpose.

Dairy cattle in milk should be supplied with water not colder than 50 degrees Fahrenheit. Even in winter water pumped from the well will not be colder, but as it stands in the trough on a cold day the temperature approaches the freezing point. Many dairymen are finding the tank heater a very profitable investment for the dairy herd where a water system is not installed in the barn.

The expense for fuel required to heat the water consumed by the stock is almost negligible. Some dairymen use corn cobs for the purpose. It is poor policy to use a well balanced ration to increase the milk flow when the herd is not receiving enough water. The water supply is an important item on the dairy farm in winter.

Buckwheat Has Feeding Value for Dairy Cows

Buckwheat has a fair feeding value for cattle. The woody hulls of the buckwheat kernels have little feeding value themselves, but may be used to add bulk to a ration of other grains. Buckwheat middlings, which are separated from the hull in milling, contain 28 per cent crude protein and a fair amount of fat. Buckwheat bran is, of course, less valuable than buckwheat middlings, and when the bran does not contain more than half hulls it is regarded as about four-fifths as valuable as wheat bran. Such bran has about 16 per cent protein and 24 per cent fiber. Buckwheat products help to produce a large flow of milk when fed intelligently to dairy cows. If buckwheat is not given in excessive amounts it is not injurious to the quality of the butter produced by a herd.

Dairy Facts

It costs money to grow feeds for cows.

For washing and rinsing utensils, a clean, safe water supply is absolutely necessary.

The dishcloth may be justly charged with being responsible for a lot of the unclean utensils now being used to handle milk and cream.

The main essentials in housing dairy cows in winter are to keep them dry, out of the wind and drafts and to provide plenty of fresh air and sunlight.

With good breeding to produce cows of high production, never hesitate to give an individual all the feed she can efficiently convert into milk and butterfat.

Milk that has curdled will separate with difficulty. Previous to separating, such milk should be thoroughly mixed by pouring from one can to another, breaking up the curd as finely as possible, so as not to clog the machine.

Do not neglect cooling your milk and cream even though the weather is cold. Since cold water will cool your milk or cream 21 times as fast as air, it is important to always set your milk in cold water regardless of the temperature of the air.



Acidity

The common cause of digestive difficulties is excess acid. Soda cannot alter this condition, and it burns the stomach. Something that will neutralize the acidity is the sensible thing to take. That is why physicians tell the public to use Phillips Milk of Magnesia.

One spoonful of this delightful preparation can neutralize many times its volume in acid. It acts instantly; relief is quick, and very apparent. All gas is dispelled; all sourness is soon gone; the whole system is sweetened. Do try this perfect anti-acid, and remember it is just as good for children, too, and pleasant for them to take.

Any drug store has the genuine, prescription product.

PHILLIPS Milk of Magnesia

A Plausible Excuse

The Exchange Manager—You're late this morning.

Carrie Coma, the Telephone Operator—Yes, I overslept. Y' see, I was dreamin' a guy was tryin' to get a number off'n me and I just couldn't wake up.

Large, Generous Sample Old Time Remedy Sent Free to Every Reader of This Article

More than forty years ago, good old Pastor Koenig began the manufacture of Pastor Koenig's Nervine, a remedy recommended for the relief of nervousness, epilepsy, sleeplessness and kindred ailments. The remedy was made after the formula of old German doctors. The sales soon increased, and another factory was added. Today there are Koenig factories in the old world and Pastor Koenig's Nervine is sold in every land and clime.

Try it and be convinced. It will only cost you a postal to write for the large, generous sample.

Address: Koenig Medicine Co., 1045 No. Wells St., Chicago, Illinois. Kindly mention your local paper.

Uncle Eben

"Tain't no use tryin' to lead a lazy life," said Uncle Eben. "When a man ain't got anything to do, he goes fishin' an' gits tired an' worried jes' de same." —Washington Star.

Within the Reach

of every woman—health and strength. They're brought to you by Doctor Pierce's Favorite Prescription, which is sold by druggists. It will build up, strengthen and invigorate the "run-down," nervous, or delicate woman.

One who has used it remarked: "When I was a young girl I worked as a stenographer for a large wholesale house where I was obliged to run up and down stairs a good many times a day, which is known to be very injurious to a woman. In a very short time I had functional disturbances. I took the Prescription and it strengthened me and regulated my system."

"My mother took the 'Prescription' during middle life and was never down in bed a day during the whole time."—Mrs. M. E. Kennedy, 435 E. Ash St., Portland, Ore.

CHILD'S COLD MAY BE FLU



Careful Mothers Take No Chances

Five hours is too long for a child to have a cough or cold without taking steps to stop it. The sooner you start with Glessco, the quicker the cold will go.

Break a child's cold with Glessco and you know it's one cold that won't develop into flu. Even doctors and trained nurses cannot distinguish the start of flu from a bad cold. So don't take chances. Treat every cold, quick, especially at this season of the year. Remember that Glessco, taken in time, will improve a cough in fifteen minutes and break a cold almost overnight. And without the use of opiates!

All drug stores and most general stores have Glessco.

**DR. DRAKE'S
GLESSCO**
Cough and Croup Remedy