

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 overwork, 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.

In 1930. "I want to buy a battleship," said the lady secretary of the navy.

"Well?" "I wonder if I could get the chairwoman of the naval committee interested?"

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

"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.

Sad Confession.

"The officer says you were not parking parallel."
"I—I—"
"Don't you know?"
"I can't be sure."
"What is your business?"
"I am a professor of geometry."—Louisville Courier-Journal.

USES OF ASPIRIN

Bayer Company, who introduced Aspirin 18 years ago, give advice.

Aspirin created a sensation when introduced by Bayer over eighteen years ago. Physicians at once proved its wonderful efficiency in the relief of pain. The genuine, world-famous Aspirin, in "Bayer Tablets of Aspirin" is safely taken by millions for Colds, Headache, Rheumatism, Neuralgia, Earache, Toothache, Aching Joints, Neuritis, and Pain generally.

Be sure the "Bayer Cross," which is the mark of true "Bayer Tablets of Aspirin," is on each genuine package and each genuine tablet.

Boxes of 12 tablets cost but a few cents and contain proper directions. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monocetate—ester of Salicylic acid.—Adv.

Might Help.

"Good many scraps in the house these days," remarked the parliamentarian.
"What of it?"
"I was just thinking I'd better post up a little bit on prize fight rules."—Louisville Courier-Journal.

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.

The Choice.

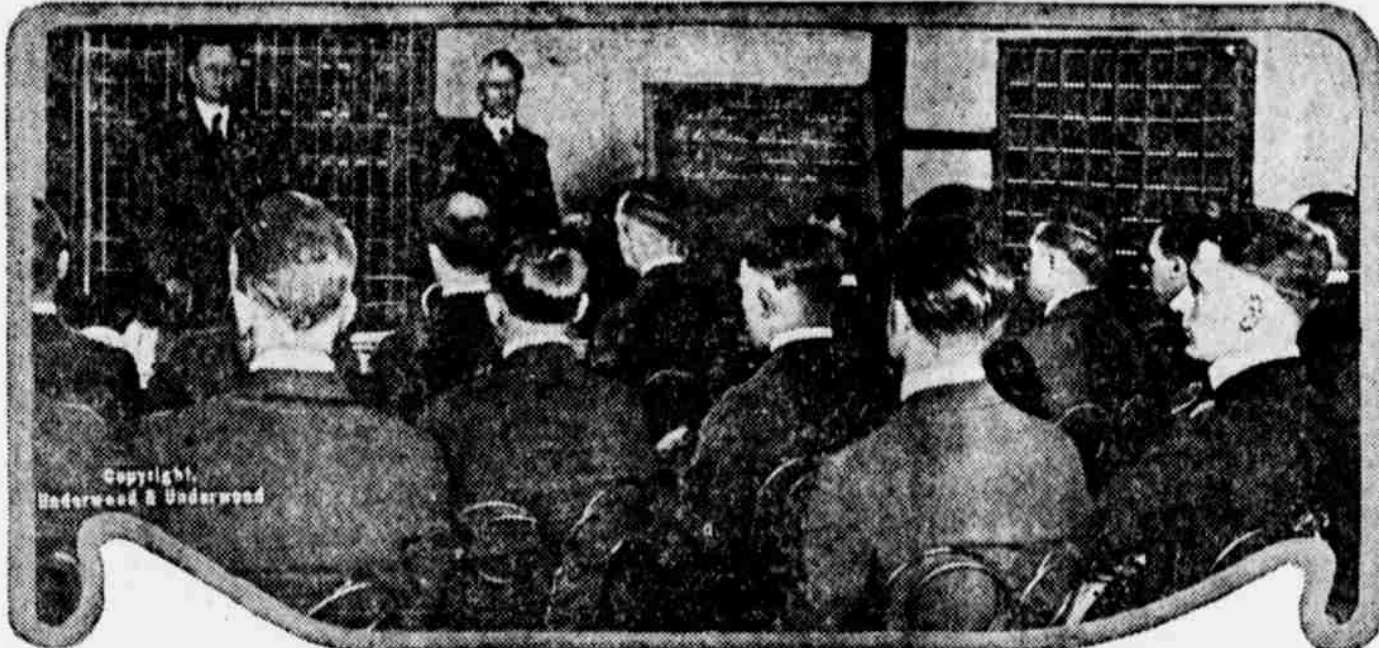
"The fireman in the stable is looking around for a horse."
"I suppose he wants a plug."

BROTHERHOOD CHIEFS FIGHT RAIL STRIKE



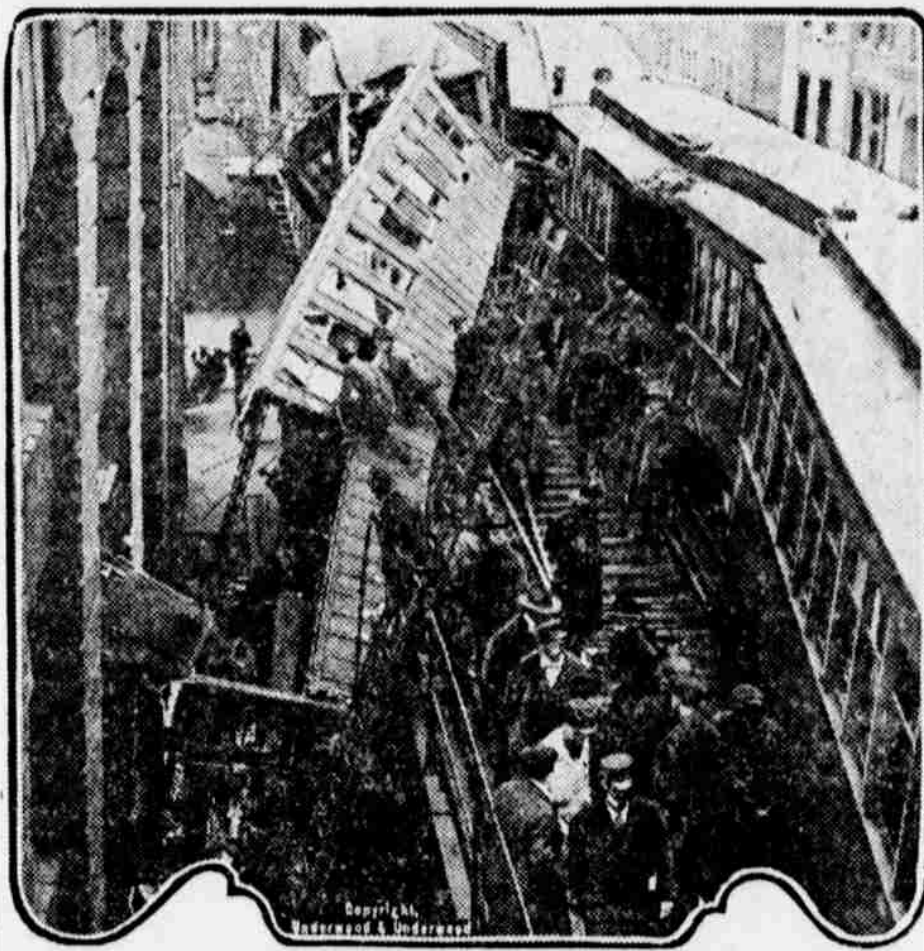
With 198,000 members throughout the country loyal to the brotherhood, their chiefs, who are fighting the "insurgent" strike of switchmen, say they cannot lose. Sitting at the table are John Hannon, St. Louis; A. F. Whitney, Chicago, and J. A. Farquharson, Muskogee, Okla., all vice-presidents of the brotherhood. Inset, John Grunau, chief of the "insurgent" switchmen, who with 22 other leaders in the strike, was arrested in Chicago under orders from Attorney General Palmer in Washington. They are charged with interfering with the movement of the mails and violation of the provisions of the Lever act, and interfering with interstate commerce.

TRAINING SCHOOL FOR POSTAL EMPLOYEES



First pupils in the Washington City Post Office's Training School for Postal Employees. The classes will cover all kinds of postal work. At left is City Postmaster Merritt O. Chance, while Superintendent Fred B. Sillers, who has charge of the training school, is at the right.

ELEVATED TRAINS IN COLLISION



View of the wreck on the Ninth Avenue elevated in New York, when an express train ran through an open switch into the local track and collided with a local train. One car of the local train was hurled into the street. Fortunately few were injured. The accident took place at Rector street.

GOBS AT RIFLE PRACTICE



A view of the rifle practice at Guantanamo, Cuba, showing just how Uncle Sam's sailors are given their practice in rifle and small arms shooting. Guantanamo is only one of the numerous places visited by the happy "gob" who selects Uncle Sam as an employer, and he'll always be found a just and fair one, willing to advance his honest helpers.

IMPORT TEMPLE PORTICO

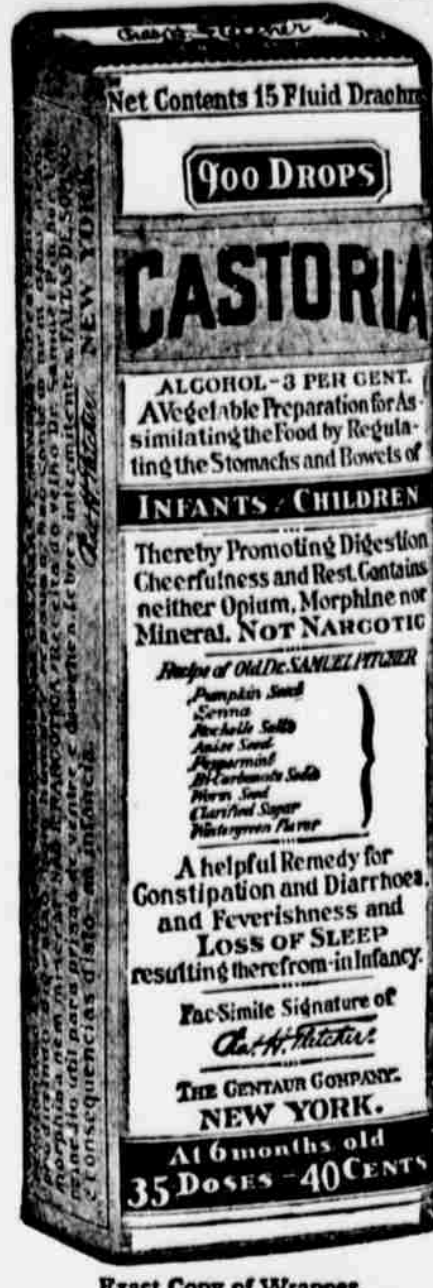


A complete Hindu temple portico has been brought intact from India and will be set up as a memorial to Adeline Pepper Gibson, who died abroad, while in the service of her country. The picture shows one of the figures in a praying position.

STARTS SECOND CENTURY



Miss Sarah Anna McGuinness started on the second century of her life attending a little celebration given by friends in her honor at the Bronx Home for the Aged.



CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Hatcher* In Use For Over Thirty Years **CASTORIA**
THE CENTAUR COMPANY, NEW YORK CITY.



Spohn's Distemper Compound
DON'T LET THAT COUGH CONTINUE!
will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for a quarter of a century. 50 cents and \$1.15 per bottle at all drug stores. SPOHN MEDICAL COMPANY, Goshen, Ind.

SEEKS FOE OF JAP BEETLE

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

The Japanese beetle is going to have its old enemies on its trail in this country. The United States department of agriculture has sent a man to Japan to find those enemies and send them across the ocean. They will then be established in the sections of New Jersey where the beetle has gained a foothold, and they are expected to aid greatly in the control of the pest.

The agent employed in Japan is familiar with Japanese conditions and is a specialist in this kind of work. It is expected that the task will require his sojourn in Japan for two or three years. While something is known of the parasites of the Japanese beetle a great deal is still to be learned only under field conditions where the beetle lives with all the enemies that prey upon it. The beetle reached this country with importations of greenhouse plants, and thus far apparently has been comparatively free from molestations by natural enemies.

Easily Remedied.
"Whom have we here?" said the king of the Cannibal islands as a prisoner in soldier's uniform was dragged before him.
"He appears to be a raw recruit," answered the prime minister.
"Very well, cook him."

No Longer.
"How long do you suppose a young married couple could live on love?"
"As long as it lasts, I imagine."

GOT MARK TWAIN STIRRED UP

Humorist, Tired of Listening to Series of Remarkable Stories, Rose to the Occasion.

A naval officer said at a banquet in New York:
"Some of the war stories that I hear remind me of Mark Twain. Mark, you know, once sat in the smoking room of a steamer and listened for an hour or two to some remarkable lies. Then he drawled:

"Boys, these feats of yours that you've been telling about recall an adventure of my own in Hannibal. There was a fire in Hannibal one night, and old man Hankinson got caught in the fourth story of the burning house. It looked as if he was a goner. None of the ladders was long enough to reach him. The crowd stared at one another with awed eyes. Nobody could think of anything to do. Then all of a sudden, boys, an idea occurred to me. "Fetch me a rope!" I yelled. Somebody fetched a rope, and with great presence of mind I flung the end of it up to the old man. "Tie her round your waist!" I yelled. Old man Hankinson did so and I pulled him down."

Had Enough.
"What's the fuss at the fountain? Cholly has been drinking there all day."
"Yes, and the druggist has refused to sell him any more ice-cream soda."
—Louisville Courier-Journal.

The average man doesn't care to pose as a hero when nobody's looking. Self-esteem never lets up until it reaches the jumping off place.

Health and Economy Rule Your Table Cup

when you make your meal-time beverage

Instant Postum

Its rich coffee-like flavor satisfies and its freedom from any harmful ingredient, such as the coffee drug caffeine, makes it a better drink for young and old.

There has been no raise in price and the high quality of Postum is always maintained.

"There's a Reason"

Made by POSTUM CEREAL COMPANY
Battle Creek, Mich.