

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat less meat if kidneys feel like lead or bladder bothers.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders. You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulates them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep the kidneys clean, thus avoiding serious complications. A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.—Adv.

Overplay will sometimes break a man down as well as overwork.

The Cuticura Toilet Trio
Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere.—Adv.

The Almighty evidently didn't have much to do when he created some people.

RECIPE FOR GRAY HAIR.
To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not clog the scalp, is not sticky or greasy, and does not rub off.—Adv.

The Kind.
"We had shortcake yesterday."
"So had we. It was so short it wouldn't go around."

Jail Had No Terrors for Them.
Life in jail at Port au Prince, Haiti, is apparently so pleasant that it is harder to keep the natives out than in. A recent roll call showed five more prisoners than had been committed. Officers of the marine corps who investigated the matter found that the five "extras," attracted by three good meals a day and a comfortable cell to sleep in, had sneaked in with a returning road gang. Now prisoners who work outside the walls are carefully counted before they are readmitted.—Youth's Companion.

Real Calamity.
It was in the Argonne. A regiment of colored pioneers from Dixie who had been inducted into the service had just received a batch of mail. But neither Jefferson Madison Monroe nor his particular side-kick, Washington Jones, was manifesting any great elation. In fact, they both looked decidedly in the dumps.

"Wash," mourned Jefferson, "I see the hard luckiest nigger what was ever. I done just got a letter from mah gal and she's gone and went and married another."
"Oh, man, man!" wailed Wash. "You don't know what hard luck am. Me, I just got a letter from the draft board what says I'm exempt!"



A WELL-KNOWN INSTITUTION.

Probably no institution in America is more widely known than Doctor Pierce's Invalids' Hotel in Buffalo, N. Y. Although established many years ago it is today a modern sanitarium, having all the latest facilities for the correct diagnosis of diseases and their successful treatment through medicine or surgery.

It was Dr. Pierce, its founder, who over 50 years ago gave to the world that wonderful stomach tonic and blood purifier, "Golden Medical Discovery," and that famous non-alcoholic medicine for women, "Favorite Prescription."

In his early professional career, Dr. Pierce realized that every family, but especially those who live remote from a physician, should have at hand an instructive book that would teach them something about First Aid, Physiology, Anatomy, Hygiene; how to recognize different diseases, how to care for the sick, what to do in case of accident or sudden sickness, etc., so he published that great book, the "Medical Adviser," an up-to-date edition of which can be procured by sending 50 cents to Doctor Pierce's Invalids' Hotel in Buffalo, N. Y.

Later, Dr. Pierce added another link to his chain of good works by establishing a bureau of correspondence to which any one can write for medical advice, without any expense whatever, and if necessary, medicines especially prepared in Doctor Pierce's Laboratory will be sent by parcel post or express for use at home, at a reasonable cost. Thus those who have symptoms of disease need not suffer mental agony fearing that they have some serious ailment, but can have a diagnosis made free by a physician of high professional standing. Write to Dr. Pierce relating your symptoms if you need medical advice for any chronic disease. All letters regarded as confidential.

FRECKLES ENTIRELY UNFITTED FOR IT
Weighty Reasons Why Mr. J. Fuller Gloom Declined Nomination for the Legislature.

"No!" a trifle grimly said J. Fuller Gloom, in reply to the tender of the committee. "I am not now, have never been, and never shall be, a candidate for the legislature. At the age of twenty-five years painful experience caused me to abandon the idea that the world owed me a living, at thirty I lost my strut, at thirty-five I ceased to think I was smarter than my fellow men, at forty I gave up expecting something for nothing, at forty-five I desisted from talking when I had nothing to say, and at fifty-five I became convinced that honesty was the best policy. I have never been a liar. My abdomen does not protrude. I have always been able to make a living and at the same time hold the respect of those who knew me. On these accounts and others I might name, I decline without thanks the invitation to accept the nomination. Good afternoon.—Kansas City Star.

Doughnuts Gone to the Dog.
My most embarrassing moment came when I looked back at a bride and groom, fell over a dog and spilled a dozen doughnuts all over the sidewalk. I know how Lot's wife must have felt.—Chicago Tribune.

It isn't difficult to pose as a financier if you have sufficient money.

Belgium Sketches

The Refugee

By Katharine Eggleston Roberts

Mathilda van Straelen tucked the blanket about her three sleeping children and, for a moment, regarded the touselled little heads. Maybe if the bedclothes had been clean, she would have noticed how dirty the children's faces were and washed them. But she only pulled the soiled blanket up to the small, grimy chins and left dirt, the harmonizer of all things, undisturbed. Across the room was another cot, its coverings heaped in the midst of it as they had been left in the morning. She started toward it, stopped halfway, then pushing some newspapers from a chair, sat down and dully regarded her husband. He was writing at a small table, the top of which was clear save for a pile of neatly written pages. The flickering light from the lamp on the cluttered dinner table near him emphasized the sharpness of his ascetic features and deepened the shadows under his eyes. Mathilda's gaze followed the movement of the pen in his long slender fingers.

"I don't see why you go on with that writing, Andre. You'll never get anywhere with it now. The war spoiled every chance anybody had at anything."
"No, not everything." Then as he looked up the light in his face clouded. "It spoiled just about everything, though," he admitted. "Mathilda, can't you clean things up a little around here? Somehow it wouldn't seem so crowded if everything weren't so strewn about, and dirty."

Mathilda pushed her hair out of her eyes. "I s'pose I could, but why bother? Cook, eat, sleep in one room anyway. It just gets muddled up again. We used to be someone when you were lecturing in the college. Now the college is gone, the town is gone, you're just a refugee like a lot of other Belgians, only you don't know how to dig so well. We used to have a nice house, now we have a shack. What's the use of trying to do anything, anyway? I don't care." Her



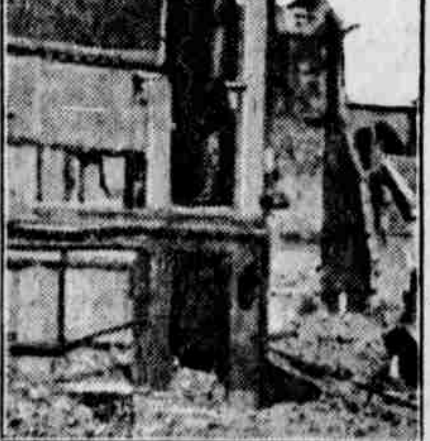
Why Interest in Everything Had Been Lost.

voice dragged through the sentences as she dragged through each day, indifferently, without any particular feeling.

"But it's our own shack—at least we aren't living in a regular refugee's home. And as soon as the town builds up, it will need a school, and maybe I can get the work I know how to do. Of course, there's Verbeek next door. He used to teach, too, but the people here know me better than they do him." He paused.

"Uh-huh." His wife shook out the bedclothes and crawled under them.

Andre turned back to his writing but the clear thoughts would not come. They were staled by the touch



Entrance to Their Home.

of his surroundings. He put the papers in a flat box in the drawer of his table and sat looking into space. No, he didn't imagine he could ever do anything with his book. That wasn't why he worked on it each evening. It was only because there was consolation in filling the clean white pages with thoughts he could no longer speak aloud. Only to Mathilda could he ever have told them and now

—well, she would just look the other way and answer an uncomprehending "uh-huh" that stabbed him to silence. What had happened to her? With their money, not only her self-respect but her whole self had gone. Why couldn't she keep their little house tidy? Why wouldn't she keep his children clean? Leonie was eight and the twins six. They were old enough to know how to behave to people. Why wouldn't she teach them? Poor little youngsters—huddled together in that dirty bed!

He rose and went to the window. There was a light in Verbeek's cottage. Suddenly his mind pictured the interior. His home should be like that. They had exactly the same things but their dishes shone on the cupboard shelves, their beds were always made when he called, and the children had excellent manners. They were well washed, too. They looked healthier and happier than his little ones. Was the difference his fault? Surely not—he and Verbeek were in the same positions—they did the same things. But Madame Verbeek did not say "why bother." It was true she worked all day long to keep things going and make ends meet. She did it because she had not lost her pride and it was the work that kept her from losing herself. Mathilda—but he must not think that way.

He began to prepare for bed. Though the lamp was burning low, he could still see his wife as she lay asleep. She had been pretty once, but now somehow her face had changed, the skin was sallow, the expression different—that was it—the expression. She had not taken down her hair; wisps of it made a ragged fringe about her forehead and neck. Hairpins stuck out at grotesque angles. He wished she would brush it as she used to do. The bed—he turned out the lamp and finished undressing in the dark and took his place beside her. It was easier so.

It was toward dusk one evening after he had come home from work that Leonie answered a rap at the door. "Yes, he's here," she said, holding the door half shut.

"Who is it? Ask them in," commanded Andre, and hurried across the room.

He gave the priest his chair. Mathilda removed some dishes from the other one, wiped it with her apron, and gave it to Monsieur Rameau. The third man sat gingerly upon the edge of the bed. "We've come to ask you—to ask—" his gaze roamed about the littered room and he paused.

The priest's kindly voice began, "Yes—we've come—a school is to be

BACK ACHING?

That "bad back" is probably due to weak kidneys, a trouble that often follows grip, cold, or overwork. It shows in constant, dull, throbbing backache, or sharp twinges when stooping or lifting. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it. Use Doan's Kidney Pills. Thousands have saved themselves serious kidney ills by timely use of Doan's. Ask your neighbor!

A South Dakota Case

D. B. Coffman, farmer, Wagner, S. Dak., says: "I had backache and could hardly get up or down because of the sharp pains through the small of my back. The kidney secretions passed too frequently and made me get up often at night. The kidney secretions were scanty and burning, too. I was confused and annoyed by black spots floating before my eyes. I read about Doan's Kidney Pills and decided to try them. Three boxes of Doan's put my kidneys in good condition and cured the other troubles."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

HEARTBURN
Caused by
Acid-Stomach

That bitter heartburn, belching, food-repeating, indigestion, bloating after eating—all are caused by acid stomach. But they are early first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, biliousness, rheumatism, acidity, that tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestines and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They really starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take **EATONIC** and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. **EATONIC** brings quick relief for heartburn, belching, indigestion and other stomach troubles. Improves digestion—helps you get full strength from your food. Thousands say **EATONIC** is the most wonderful stomach remedy in the world. Brought them relief when everything else failed.

Our best testimonial is what **EATONIC** will do for you. So get a big 50c box of **EATONIC** today from your druggist, use it five days—if you're not pleased, return it and get your money back.

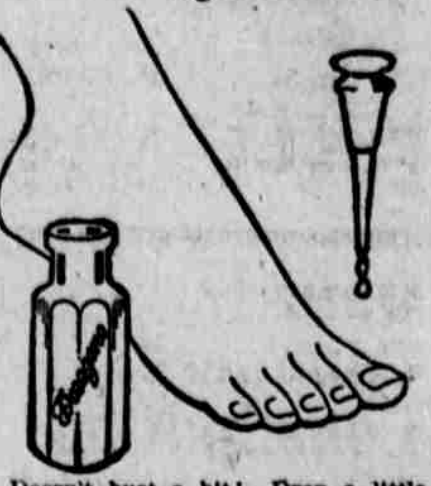
EATONIC
(FOR YOUR ACID-STOMACH)

Ladies Let Cuticura
Keep Your Skin
Fresh and Young
Soap 25c, Ointment 25 and 50c, Talcum 25c.

W. N. U., SIOUX CITY, NO. 12-1920.

LIFT OFF CORNS!

Apply few drops then lift sore, touchy corns off with fingers



Doesn't hurt a bit! Drop a little Freezone on an aching corn. Instantly that corn stops hurting, then you lift it right out. Yes, magic!

A tiny bottle of Freezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Freezone is the sensational discovery of a Cincinnati gentius. It is wonderful.—Adv.

The mantle of charity protects a multitude of amateur theatrical performances.

BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschee's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

One-sixth of the world's supply of quinine is consumed in India.

Red Cross Ball Blue should be used in every home. It makes clothes white as snow and never injures the fabric. All good grocers, 5c.

Silver is the earliest currency mentioned in the Scriptures.

Facts for Sick Women



Reliable Information

All American women know of the great success of Lydia E. Pinkham's Vegetable Compound in restoring to health women who suffered from ailments peculiar to their sex, yet there are some who are skeptical and do not realize that all that is claimed for it is absolutely true—if they did, our laboratory would not be half large enough to supply the demand, though today it is the largest in the country used for the manufacture of one particular medicine.

The Facts contained in the following two letters should prove of benefit to many women:

Buffalo, N. Y.—"I suffered with organic inflammation and displacement. When lifting I had such pain and bearing down that I was not able to stand up, and it hurt me to walk or go up or down stairs. I was going to a doctor without any results and he said the safest thing would be to have an operation. I met a lady who told me she had three operations and was not well until she took Lydia E. Pinkham's Vegetable Compound. I felt relieved after taking two bottles of Vegetable Compound and I kept on with it until I was cured. I always use Lydia E. Pinkham's Liver Pills and they are fine. Everything used to turn sour on my stomach and the Liver Pills relieved that."—Mrs. A. ROGERS, 693 Fargo Avenue, Buffalo, N. Y.

Sacramento, Calif.—"I had organic trouble and had such terrible pain and swelling in the lower part of my side that I could not stand on my feet or even let the bed clothes touch my side. I gave up my work thinking I would not be able to go back for months. My mother advised me to take Lydia E. Pinkham's Vegetable Compound as it had saved her life at one time, and it put me in a wonderful condition in a couple of weeks, so I can keep on working. I work in a department store and have to stand on my feet all day and I do not have any more pains. I surely recommend your Vegetable Compound to all my friends and you may use these facts as a testimonial."—BERTHA J. PARKER, 3320 M. St. Sacramento, Calif.

The fact is, the Best Medicine for Women is

Lydia E. Pinkham's
Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

Health and Comfort
Flavor and Economy

POSTUM
CEREAL

gives you every desirable quality in a table beverage and has none of the harm of coffee.

This All-American table beverage must be boiled 20 minutes.

For children and grown-ups.

"There's a Reason"

Two Sizes 25¢ and 15¢ All grocers.

Made by Postum Cereal Co. Battle Creek, Mich.