

SALTS IF BACKACHE AND KIDNEYS HURT

Stop Eating Meat for a While if Your Bladder is Troubling You.

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 salt 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.—Adv.

When winter dies spring will furnish the flowers.

Just say to your grocer Red Cross Ball Blue when buying bluing. You will be more than repaid by the results. Once tried always used. 5c.

It's a pity a man can't put a plaster on his conscience when it hurts him.

I SUFFERED THREE YEARS

Finally was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Lowell, Mass.—"I was all run down and had an awful pain in my right side, and was persistently constipated and had very dizzy spells. I suffered for three years and was perfectly miserable until a friend was telling me to try Lydia E. Pinkham's Vegetable Compound and I found it a wonderful medicine. I can now do twice as much work and I recommend the Vegetable Compound to other women. You can use these facts as a testimonial."—Mrs. M. THEALL BESSEY, 188 Appleton Street, Lowell, Mass.

Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound! For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc. If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

BAD BREATH Often Caused by Acid-Stomach

How can anyone with a sour, gassy stomach, who is constantly belching, has heartburn and suffers from indigestion have anything but a bad breath? All of these stomach disorders mean just one thing—Acid-Stomach.

EATONIC, the wonderful new stomach remedy in pleasant tasting tablet form that you eat like a bit of candy, brings quick relief from these stomach troubles. EATONIC sweetens the breath because it makes the stomach sweet, cool and comfortable. Try it for that nasty taste, congested throat and "heavy feeling" after too much smoking. If neglected, Acid-Stomach may cause you a lot of serious trouble. It leads to nervousness, headaches, insomnia, melancholia, rheumatism, sciatica, heart trouble, ulcer and cancer of the stomach. It makes its millions of victims weak and miserable. Ladies, lacking in energy, all tired out, often bring about chronic invalidism, premature old age, a shortening of one's days. You need the help that EATONIC can give you if you are not feeling as strong and well as you should. You will be surprised to see how much better you will feel just as soon as you begin taking this wonderful stomach remedy. Get a big 50 cent box from your druggist today. He will return your money if you are not satisfied.

EATONIC FOR YOUR ACID-STOMACH

Keep Your Skin-Pores Active and Healthy With Cuticura Soap

Soap 25c, Ointment 25 and 50c, Tablets 25c.

U. S. Army Overalls and Khaki Breeches, 95c per Pair

of \$60 per 100. ARMY GRAY wool shirts \$1.75 each or \$16.50 doz. Russel shoes, worth new \$10, \$2.95 pr. Hot nailed shoes, \$2.95 pr. These goods all used by army, but are clean and serviceable. We carry complete line of tents, stoves, refrigerators and all other army goods. Write for complete list. Send cash with order; if not prepaid we will gladly refund money. ARMY SALVAGE WAREHOUSE COMPANY, Greenville, S. C.

W. N. U., SIOUX CITY NO. 16-1920.

Established Modes in Afternoon Frocks



IF BUT one afternoon frock might be allowed in a wardrobe, we would find most women selecting black or dark blue satin as the material for making it. Every experienced woman knows a frock of this kind to be the most useful thing in her possession, and every year designers interpret the new styles in a variety of ways, using plain black or blue satin with the certain knowledge that the frocks will please. Foulards in black or dark color with white figures or in other color combinations which have been selected for illustration here, are both good examples of afternoon frocks made in these popular fabrics, and each has something new to recommend it. The black has a body cut in kimono style with round neck and short sleeves. The skirt is set onto this body with a wide tuck and is gathered at the hips where it is shaped

into a deep curve. The new feature in this frock is the deep border at the bottom of the skirt of a machine-made smocking. The same smocking makes the cuffs. A narrow frill of fine lace at the neck and a girle of heavy silk cord, ending in a long and handsome tassel, measure up to the quality of the dress. The foulard dress appears to be made with a tunic, but close inspection reveals that a wide, ungathered flounce of georgette crepe and a side drapery make the illusion of a tunic where there is none. The bodice is made of blue georgette over white, with drapery of foulard extending over the shoulders. At the neck and sleeves the white crepe is extended beyond the blue, making a becoming finish. There is a wide, plain girle ending in three flat loops at the left side, made of the foulard.

FIND A BECOMING HAT



EVERY woman may go to the millinery shop determined to find a hat that adds at least 20 per cent to her attractiveness, for such a hat is to be found there. There is so great a variety of shapes and such diversity of styles that it is not hard to follow the advice conveyed by that reliable old millinery adage which says a woman should look better with her hat than without it. She may choose between hats large, small and medium in size, all good style, in endless variety of shapes and materials and having the advantage of real beauty in their lines. If the head is an average size it will not be hard to find a becoming shape, but if it is either larger or smaller than the average, a hat must be made to fit it, for this is the most essential thing in the matter of becomingness.

is longer but not very long at the back. On spring and summer millinery flowers, grains, grasses and grapes are featured and many have streamers of silk or velvet ribbon. An example of these pretty trimmings—a revival of times gone by in the styles, appears in the hat of liere braid with its sash of moire ribbon and clusters of flowers and grapes with wheat and grass among them.

Among the hats for midsummer there are many black ones of hair braid and malines or lace. Some of them have very wide brims and colors of velvet ribbon with a single long sash end. Sometimes two or three very long-stemmed roses droop over the brim edge toward the back, and in other models a variety of flowers posed flat on the brim, show through the transparent fabric. A lovely hat of hair braid and malines shown in the picture is all-black with airy gaura feathers springing up about the crown.

Julia Bottomley

There are quite a number of little hats with veils of net or lace playing the most important part in their adornment. Usually the veils are very brief affairs draped cleverly on shapes along with flowers. They are wonderfully becoming. In a few models the veil falls from the front of the hat just far enough to cover the eyes and

"TAKING STOCK"

Should Sentiment Always Have Precedence?

"Taking stock" of oneself is a periodical duty, probably not always practiced, and is as necessary as taking stock of your household effects or your "store goods." The right minded man will do this. In untroubled moments he gives way to deep meditation; he gathers his thoughts to ascertain if brains, energy, and ability are synopting properly, working together on lines that answer to an ambition that looks for a satisfactory return.

If there be a deficit, his endeavor should be to discover the leakage. It may be that he lacks the nerve to go into a retrospective analysis, or fails in initiative that will prompt him to throw his horoscope in the future. Unless he can do these things he will never be able to pull himself out of any "rut" in which his condition has placed him. He must "take stock."

"Stock taking" leads to modern-day efficiency, and is demanded of every worker if unsatisfactory conditions are to be overcome. In the case of the farmer it may be that he is working a "too high-priced farm"; interest and rent may be an "overhead" eating up the profits. There may be other reasons why profits are not shown. It is just possible that he is sacrificing profit and encouraging loss because of sentiment, but he does not realize that this is the cause. The farm was his birthplace; reared upon it, he knows every nook and corner of the old place. He fished in the brook, hunted squirrels in the woods, hid in the hayfield, grew to manhood upon the place, courted and married and brought up his family there. These are ties that commend themselves, and why shouldn't sentiment have a say? To many this will appeal. But are these good reasons to continue? Does not one owe it to himself and to his dependents to "take stock," and put into effect action that will bring a balance on the credit side of the ledger—the balance that will bring happiness and give a comfort far greater than a mass of unpaid bills and a house full of worry, and a devotion to sentiment? Should he not look around for more favorable conditions, which may easily be found?

Procrastination is said to be a thief! In this case the axiom is undoubtedly true. To allow the adverse conditions under which you may be laboring to continue may keep you for years longer in the present unsatisfactory position.

There was a man at Brazil, Ind., who made weekly visits for upward of a year to the office of the Canadian government at Indianapolis, Ind., and from the agent secured all the information he possibly could as to conditions in Western Canada. But he lacked decision, did not "take stock," or if he took it, failed to act. This was fourteen years ago. He lived on a small farm, which gave him a mere existence, and no promise of anything more. He is still on the same place and no better off today than then. He had a friend working in a glass factory, who also had but little means. He became interested in Western Canada. He possessed, though, spirit and action. With the impulse thus prompted he moved to Saskatchewan and took up a farm. Today he is the owner of a splendid section of land, has plenty of money in the bank, and could retire with a handsome competence.

That which has been the good fortune of the Brazil glass worker, who had "taken stock" and profited by it, may be that which will follow any other of like temperament and a firm

WRIGLEY'S The Flavor Lasts!

Always the best buy for the price

The greatest five-cents worth of beneficial refreshment possible to get.

Sealed Tight—Kept Right



The Flavor Lasts

wish to erect for a satisfactory future.

Western Canada submits for consideration and approval conditions in agricultural lines that are exceptional. There is land there that annually produces about the same return as any other farming land, and it can be purchased at but a portion of what the place which has not been a source of profit can be sold for. A section instead of a quarter-section, worked under western conditions, with no more effort, solves the big "overhead" expense. The social conditions, which are an important factor in deciding on a new home location, are ideal.—Advertisement.

Microbes With a Double Life.

The transformation of microbes from one form to another has been described by many investigators, and it has even been suggested that the same microbe in different forms may be responsible for different diseases.

Shark oil is used for lighting purposes in many parts of the West Indies.

Recognized the Description.

"Daddy,"
"Yes?"
"What's she-dragon?"
"Now, my son, not another word against your aunt."

DYES HER GARMENTS BUT NONE CAN TELL!

"Diamond Dyes" Turn Faded, Shabby Apparel Into New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric—whether it be wool, silk, linen, cotton, or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers—everything!

Direction Book in package tells how to dye on any material, have dealer show you "Diamond Dye" Color Card.—Adv.

A foolish woman is one who can't make her own living and marries a man who can't make it for her.

Another Royal Suggestion

BISCUITS, BUNS and ROLLS

From the NEW ROYAL COOK BOOK

BISCUIT! What delight this word suggests. So tender they fairly melt in the mouth, and of such glorious flavor that the appetite is never satisfied. These are the kind of biscuits anyone can make with Royal Baking Powder and these unusual recipes.

Biscuits

2 cups flour
4 teaspoons Royal Baking Powder
1/2 teaspoon salt
2 tablespoons shortening
1/2 cup milk or half milk and half water
Sift together flour, baking powder and salt, add shortening and rub in very lightly; add liquid slowly; roll or pat on floured board to about one inch in thickness (handle as little as possible); cut with biscuit cutter. Bake in hot oven 15 to 20 minutes.

Royal Cinnamon Buns

3/4 cups flour
1 teaspoon salt
4 teaspoons Royal Baking Powder
2 tablespoons shortening
1 egg
1/2 cup water
1/2 cup sugar
2 teaspoons cinnamon
4 tablespoons seeded raisins
Sift 2 tablespoons of measured sugar with flour, salt and baking powder; rub shortening in lightly; add beaten egg to water and add slowly. Roll out 1/4 inch

thick on floured board; brush with melted butter, sprinkle with sugar, cinnamon and raisins. Roll as for jelly roll; cut into 1/4 inch pieces; place with cut edges up on well-greased pan; sprinkle with a little sugar and cinnamon. Bake in moderate oven 20 to 25 minutes; remove from pan at once.

Parker House Rolls

4 cups flour
1 teaspoon salt
8 teaspoons Royal Baking Powder
3 tablespoons shortening
1 1/2 cups milk

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients stirring until smooth. Knead lightly on floured board and roll out 1/4 inch thick. Cut with biscuit cutter. Grease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Place one inch apart in greased pan. Allow to stand 15 minutes in warm place. Brush each with melted butter and bake in moderate oven 15 to 20 minutes.

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Absolutely Pure

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Write TODAY for the New Royal Cook Book; contains 400 other recipes just as delightful as these. Will show you how to add interest and variety to your meals. Address: ROYAL BAKING POWDER CO., 115 Fulton Street, New York City

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