DAKOTA COUNTY HERALD, DAKOTA CITY, NEBRASKA.

SALTS IF BACKACHY 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.

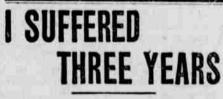
Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with 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.

Jud Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, offervescent 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.



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, was

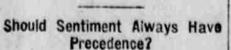




F BUT one afternoon frock might be into a deep curve. The new feature allowed in a wardrobe, we would in this frock is the deep border at the find most women selecting black or bottom of the skirt of a machine-made Cark blue satin as the material for smocking. The same smocking makes making it. Every experienced wom- the cuffs. A narrow frill of fine lace an knows a frock of this kind to be at the neck and a girdle of heavy slik the most useful thing in her posses | cord, ending in a long and handsome sion, and every year designers inter- tassel, measure up to the quality of pret the new styles in a variety of the dress.

rays, using plain black or blue satin | The foulard dress appears to be with the certain knowledge that the made with a tunic, but close infrocks will please. Foulards in black spection reveals that a wide, ungathpr dark color with white figures or in | ered flounce of georgette crepe and a other color combinations which have side drapery make the illusion of a been selected for illustration here, tunic where there is none. The bodare both good examples of afternoon lice is made of blue georgette over frocks made in these popular fabrics, white, with drapery of foulard extendand each has something new to recom- ing over the shoulders. At the neck mend it. 'The black has a body cut in and sleeves the white crepe is extendkimono style with round neck and ed beyond the blue, making a becomshort sleeves. The skirt is set onto ing finish. There is a wide, plain girthis body with a wide tuck and is gath- dle ending in three flat loops at the ered at the hips where it is shaped left side, made of the foulard.

FIND A BECOMING HAT



"TAKING

"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 unmolested moments he gives way to deep meditation; he gathers his thoughts to ascertain if brains, energy, and ability are syncopating 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 bayfield, 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 reason 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 ledgerthe 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 thie! 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 Canadiau government at Indianapolis, Ind., and from the agent secured all the information he possibly could as to conditions



recommend the Vegetable Compound to other women. You can use these facts as a testimonial."--Mrs. M. THEALL BESSEY, 186 Appleton Street, Lowell Mass 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 !

Finknam's vegetable compound i For forty years it has been the stand-ard remedy for female ills, and has re-stored the health of thousands of women who have been troubled with such ail-ments as displacements, inflammation, ulceration irregularities of the

ulceration, irregularities, etc. If you want special advice write to Lydia E. Pinkham Medicine Co. (confi-dential) 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**

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

or 160 per 100. Army drab wool shirts \$1.75 ea, or \$16.50 dog. Hussel shoes, worth new \$10, \$2.95 pr. Hob nalled 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 piceased we will gladly re-fund money. ARMY SALVADE WARE-HOUSE COMPANY, Greenville, S.C.

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



than without it. She may choose be among them. tween bats large, small and medium in ! Among the hats for midsummet

ingness. There are quite a number of little of hair braid and malines shown in hats with veils of net or lace playing the picture is ali-black with airy the most important part in their gours feethers springing up about the adornment. Usually the veils are very brief affairs draped cleverly on shapes along with flowers. They are wonderfully becoming. In a few models the vell falls from the front of the hat just far enough to cover the eyes and [

E VERY woman may go to the mil- is longer but not very long at the back. Intery shop determined to find a On spring and summer millinery flowhat that adds at least 20 per cent to ers, grains, grasses and grapes are her attractiveness, for such a hat is featured and many have streamers of to be found there. There is so great a slik or velvet ribbon. An example of variety of shapes and such diversity these pretty trimmings-a revival of of styles that it is not hard to follow times gone by in the styles, appears the advice conveyed by that reliable in the hat of lisere braid with its sash old millinery adage which says a wom- of moire ribbon and clusters of flowers an should look better with her hat and grapes with wheat and grass

size, all good style, in endless variety there are many black ones of hair of shapes and materials and having braid and malines or lace. Some of the advantage of real beauty in their them have very wide brims and collines. If the head is an average size lars of velvet ribbon with a single it will not be hard to find a becoming | long sash end. Sometimes two or three shape, but, if it is either larger or very long-stemmed roses droop over smaller than the average, a hat must the brim edge toward the back, and in he made to fit it, for this is the most other models a variety of flowers essential thing in the matter of becomposed flat on the brim, show through the transparent fabric. A lovely hat

crown

whin Bottomly

farm, which gave him a mere existence, stead of a quarter-section, worked unand no promise of anything more. He der western conditions, with no more is still on the same place and no better effort, solves the big "overhead" exoff today than then. He had a friend pense. The social conditions, which working in a glass factory, who also are an important factor in deciding had but little means. He became in on a new home location, are ideal .-terested in Western Canada. He pos- Advertisement.

sessed, though, spirit and action. With the impulse thus prompted he moved to Saskatchewan and took up a farm. section of land, has plenty of money handsome competence. That which has been the good for-

tune 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 dies.

Microbes With a Double Life.

The transformation of microbes Today he is the owner of a splen fid from one form to another has been described by many investigators, and in the bank, and could retire with a 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 In-

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

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a now, rich, fadeless color to any fabr hether it be wool, silk, linen, cotto, or mixed goods,-dresses, blouses, stockings, skirts, children's coats, feathers-everything !

Direction Book in package tells how to diamond dye over any color. To match 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 ninke it for her.

Another Royal Suggestion **BISCUITS, BUNS and ROLLS**

From the NEW ROYAL COOK BOOK

POWDER

Absolutely Pure

"Bake with Royal and be Sure"

BISCUIT! What de-light 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 teaspoons Royal Baking Powder Powder teaspoon salt tablespoons shortening cup mlik or half milk and half water

Bift together flour, baking pow-der 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 min-utes.

Royal Cinnamon Buns

cups flour teaspoons salt teaspoons Royal Baking Powder 2 tablespoons shortening

l egg cup water cup sugar teaspoons cinnamon tablespoons seeded raisins

Gift 2 tablespoons of measured sugar with flour, sait and bak-ing powder; rub shortening in lightly; add beaten egg to water and add slowly. Roll out ½ inch

ROYAL BAKING

thick on floured board; brush with meited butter, sprinkle with sugar, cinnamon and raisins. Roll as for jelly roll; cut into 1% 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 6 teaspoons Royal Baking Powder 3 tablespoons shortening 1% cups milk

Sift flour, salt and baking pow-der together. Add meited short-ening to milk and add slowly to dry ingredients stirring until smooth. Knead lightly on floured board and roll out 3 inch thick. Cut with biscult cutter. Crease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Piace one inch apart in greased pan. Allow to stand 15 minutes in warm place. Brush each with melted butter and bake in mode-rate oven 15 to 29 minutes.

FREE

Write TODAY for the New Royal Cock Book: con-tains 400 other recipes just as delightful as these. Will show you how to add inter-est and variety to your meals. Address BOYAL BAKING POWDER CO. 115 Fulton Street New York City