|  |  |  | QUIT MEAT IF YOUR <br> KIDEEVS ACT BADLY <br> Take tablespoonful of Salts if Back hurts or Bladder bothers－Drink <br> We are a nation of meat eaters and our blood is filled with uric acid，says a <br> well－known authority，who warns us to be constantly on guard against kidney trouble． <br> The kidneys do their utmoat to free the blood of this irritating acid，but become weak from the overwork；they <br> and thus the waste is retained in blood to poison the entire system． When your kidneys ache and feel iumps of lead，and yon $\qquad$ <br> aches，nervous and dizzy spells，sleeppless－ ness，neid stomach or rheumatism in bad weather，get from your pharmacist about four |  |
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