

LESS MEAT IF BACK AND KIDNEYS HURT

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly back-ache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; 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 flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

Fishing. Patience—And do people fish at night? Patrice—Sure thing—for lobsters.

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

One good turn always leads up to hope for another.

Sure Relief



6 BELL-ANS Hot water Sure Relief FOR INDIGESTION

Constipation and Sluggish Liver

Don't take chances. Get Carter's Little Liver Pills right now. They never fail to make the liver do its duty. They relieve constipation, banish indigestion, drive out biliousness, stop dizziness, clear the complexion, put a healthy glow on the cheek and sparkle in the eye. Be sure and get the genuine.

Small Pill—Small Dose—Small Price DR. CARTER'S LITTLE LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.



Vaseline Carbollated PETROLEUM JELLY An antiseptic dressing for cuts, sores, etc.—A necessity where there are children.

AVOID SUBSTITUTES CHESTERBROUGH MFG. CO. BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least one year in high school to take Nurses' Training in general hospitals. Our graduates are in great demand. Address: Sup't. of Nurses, Lincoln Sanitarium, Lincoln, Neb.

Henshaw Hotel EUROPEAN PLAN 7 E. Kansas, Mo. BLD WITH 5007 BATH BLD UP WITH BATH 15th and Farnam Sts., Omaha

COAX 'EM

Stop Whipping Bowels into Activity, but take "Cascarets"

Put aside the Salts, Pills, Castor Oil, or Purgative Waters that irritate and lax the bowels into action but which do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and stomach.

Keep your "insides" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels which are keeping you half sick, headachy, and miserable.

Cascarets tonight will make you feel great by morning. They work while you sleep—never gripe, sicken or cause inconvenience. Cascarets cost so little too.—Adv.

Quite a Shock. Bridegroom (expectantly)—Now my dear father-in-law, I wish to say just a word about my debts— Father-in-law (slapping him on back)—Debts, my boy? Why, I'll warrant my debts exceed yours three to one.

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and Bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."—Adv.

Caution. Crook (under arrest)—Kin I go back an' get the hat? GIBBY—Certainly not. Ye can't be running away from me that way. You stand here where ye are, an' I'll go back an' get the hat.—Life.

ONLY WAY ASPIRIN SHOULD BE TAKEN

Look for name "Bayer" on tablets and follow directions in package.

The Bayer Company, who introduced Aspirin, tell in their careful directions in each package of genuine "Bayer Tablets of Aspirin" that to get the best results one or two glasses of water should be drunk after taking tablets. "Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Then you are getting the world-famous Aspirin, prescribed by physicians for over eighteen years.

Each unbroken "Bayer" package contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, and for Pain generally.

Handy tin boxes of twelve tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Supplying a Simile. "You're as much out of date and past use as a— as a—" "Why not say as a corkscrew?"

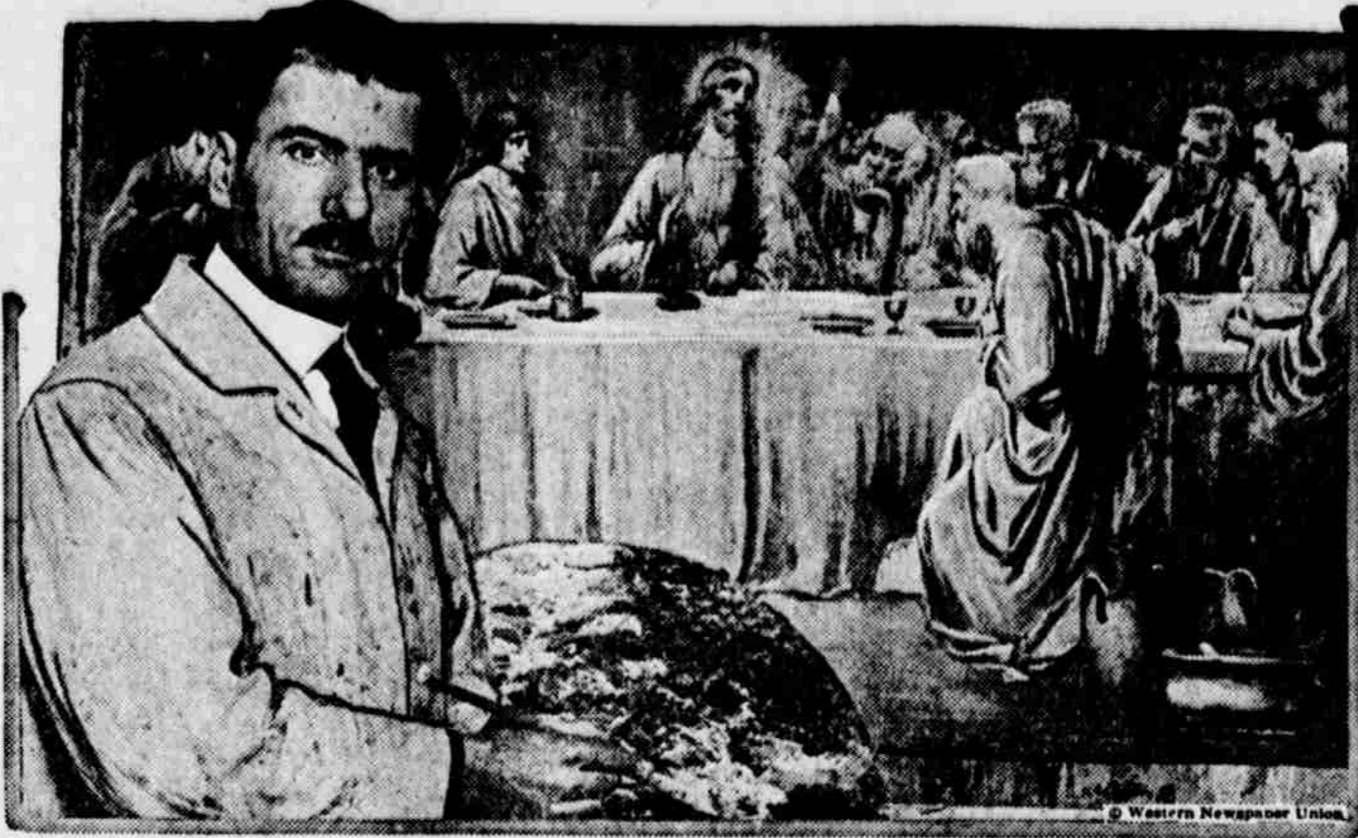
BREAKS YOUR COLD IN JUST A FEW HOURS "Pape's Cold Compound" instantly relieves stuffiness and distress

Don't stay stuffed-up! Quit blowing and snuffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all gripe misery.

The very first dose opens your clogged-up nostrils and the air passages of the head; stops nose running; relieves the headache, dullness, feverishness, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance, tastes nice, contains no quinine—Insist upon Pape's!—Adv.

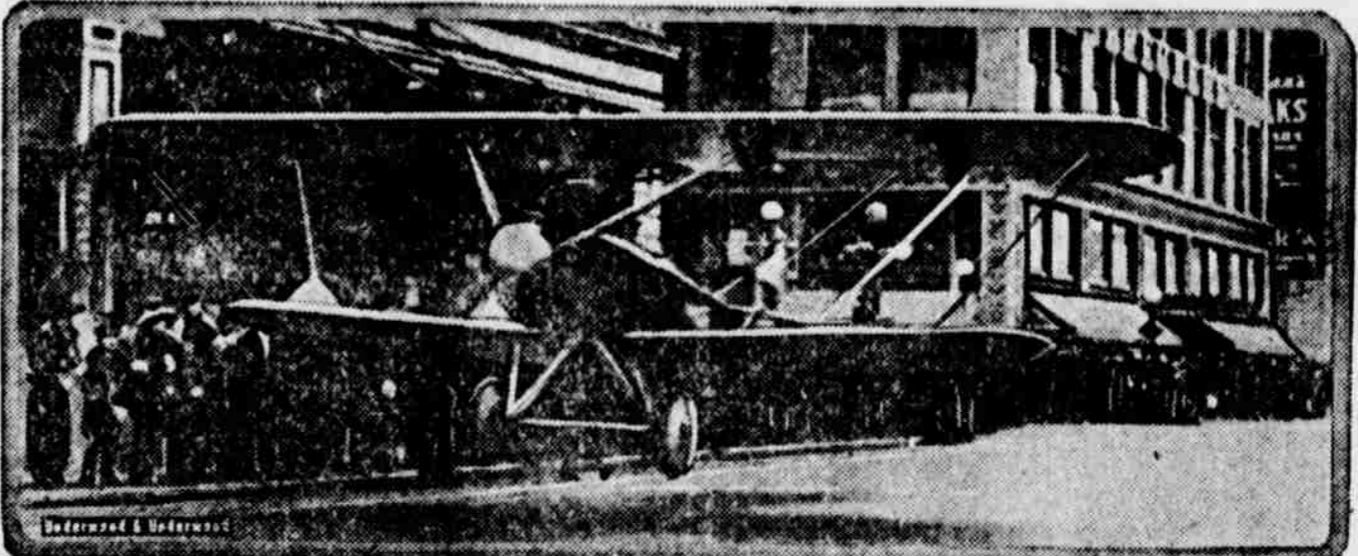
Poor Worm! Lock—"My wife contradicts me continually." Peck—"My wife acts as if my ideas weren't worth discussing."

ARTIST SPURNS A FORTUNE AND KEEPS HIS VO W



Theodore Tsavalas, a Greek artist, eleven years ago made a vow that he would spend 15 years, if necessary, to complete paintings on the walls of the Holy Trinity Greek Orthodox church in New York. He recently received a letter from St. John's church in Marathon, Greece, offering him \$20,000 to make mural paintings for that church. Tsavalas found his vow unbreakable, and turned the offer down. The photograph shows Tsavalas at work on one of the paintings, "The Last Supper."

AIRPLANE LANDING IN THE STREET IN OAKLAND



The airplane of Lieut. L. V. Pickup, official pilot of the Durant aviation field, alighting in Clay street, Oakland, Cal. A fraction of a second after this photograph was taken the plane skidded on the slippery pavement, grazed an electroliner and swerved to the curb, damaging its tail skid and endangering spectators.

FIGURES IN A ROMANCE OF THE WAR



Emily Knowles of England and her baby, whose father is Perley Spiker of Baltimore. He met Emily while in the army and a romance developed. But Perley is married, and when he confessed all to his wife, she urged Emily to come to America and make her home with them. However, Perley's brother, Guy, decided he wanted Emily for his wife, so they have just been married.

IN NAVY LEAGUE PAGEANT



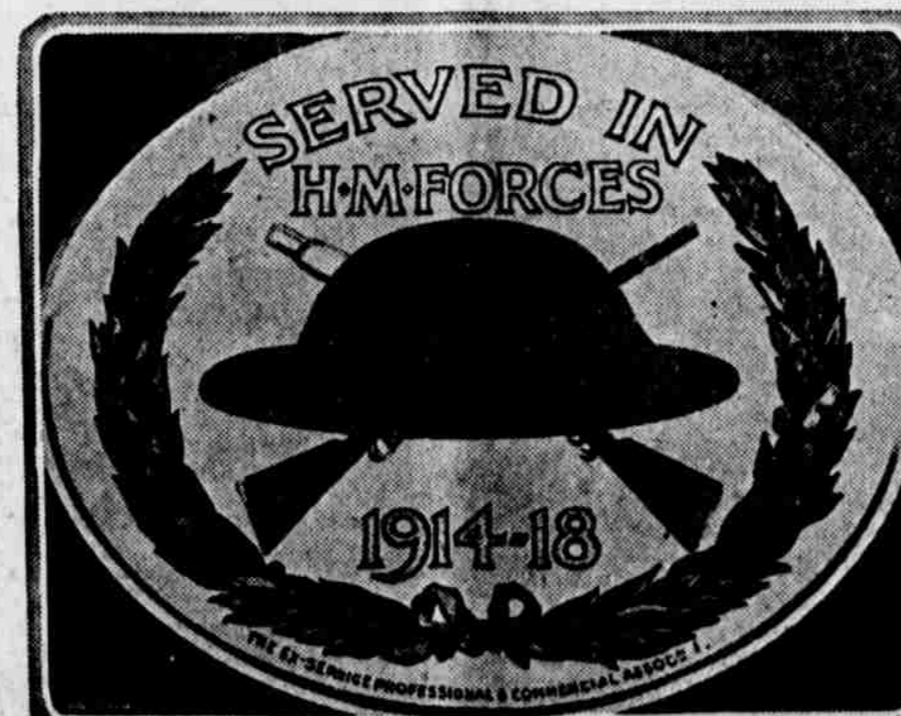
Mrs. Gertrude Bonnin as an Indian maid, who acted as guide for Lewis and Clark during their famous expedition, was one of the most interesting characters in the American pageant, given by the navy league in Washington on Lincoln's birthday. Mrs. Bonnin is a granddaughter of Chief Sitting Bull, one of the best-known Indians in history, and has spent most of her life doing community work among her people. She came to Washington during the war when her husband was a captain in the army, but expects to return soon to her home in South Dakota.

Britain's Care of Timepieces. Great Britain boasts of a greater number of clocks and watches in proportion to its population than any other nation. Furthermore, the British claim that no other nation takes greater care to see that its watches and clocks are of good character in the perfection of their timekeeping.

The observatories at Greenwich and Kew have special departments for testing watches submitted to them. Thus, watches that in this way gain certificates for perfection set the standard by which watches in general are judged. To gain a certificate for perfection, a watch must emerge triumphant from a test calculated to try it in every part of its being.

Fisherman's Philosophy. Green—Why did you give up fishing? Brown—Well, every time I'd get a bite the line would pull and wake me up, and it seemed I always sleep good on my fishing trip, so I wouldn't have my sleep spoiled.

TO HELP HIM RECOVER HIS BUSINESS



On many letterheads now in circulation in England, a design, consisting of a "tin hat" with crossed rifles and a laurel wreath, is printed or engraved. This is to inform that the sender belongs to the ex-Service Professional and Commercial association, formed to protect the interests of those who had "one man businesses" and who responded to the call of the colors, and who on their return, find themselves faced with the necessity of rebuilding their fortunes.

HER LIFE WAS SAVED!

Kansas City, Kans.—"About twenty-three years ago Dr. Pierce's Favorite Prescription and Golden Medical Discovery saved my life. I became ill with a severe cough and bronchitis. At times I would get so badly choked up that I would have to sit up in bed to get my breath and in a short time I began to suffer with dropsy. I doctored but did not improve, in fact, I got so bad I was bed-fast and had to have a nurse. The doctor told me the only thing that would help me was a change of climate. He advised me to go to a southern climate. I knew of Dr. Pierce's Golden Medical Discovery and decided to try it. I had my nurse get me two bottles. The first night I had her give me just a few drops every few minutes and by twelve o'clock I was asleep, a thing I had not done for about three weeks. The next day they gave me this medicine every half hour and after that as directed. I kept up its use until I was a well woman. It not only cured me but I was in better health than I had ever been and since that time I have always taken 'Favorite Prescription' whenever I was badly run-down or in need of a tonic and it has never failed to help me. I am glad to recommend Dr. Pierce's medicines."—MRS. SARAH COLEMAN, 1420 Wood Ave.



Run-down—Weak—Nervous Omaha, Neb.—"I was at one time greatly benefited by taking Dr. Pierce's medicines. I became all run-down in health, was weak and nervous and was greatly in need of some good tonic to build me up and give me strength. I took the 'Favorite Prescription' and the 'Golden Medical Discovery' and they proved to be just what I needed for the building me up and restored me to good health. For this I am very thankful, indeed."—MRS. JEANIE RICHARDSON, 537 S. 25th Ave.

buys ten shares of Ace Petroleum Company stock. This company has one well drilling in Burkhardt territory, at a depth of 1,000 feet. This well expected now any day. Surrounded by two to five thousand barrel gushers. There is room on this Burkhardt, Texas, lease for five wells. TEN VALUABLE HOMES, LOUISIANA. ACRES ADDED TO COMPANY. In the very heart of the twenty thousand barrel gushers. Ace Petroleum Company buys valuable property. 600 other valuable acres of Oil Properties scattered throughout the Texas Oil Fields. Big chance for the small investor. FREE BOOKLET Telling of the wonderful resources of Texas and Louisiana. Your opportunity to obtain first-hand information regarding reliable oil investments. Full information on Texas and Louisiana oil properties. Send your name and address for full information. It is absolutely free. ACE PETROLEUM COMPANY, Sam Houston Life Building, Dallas, Texas

\$10.00

FREE TEXAS OIL FIELD NEWS Tells of fortunes being made in newly discovered Texas Oil Fields. How you can share in the \$20,000,000 a month being produced in Texas Oil. Keep posted. Send your name and address for free copy. TEXAS OIL FIELD NEWS 314 Deere Bldg., Dallas, Texas

Pugnacity doesn't invite fights. It scares 'em off.

OPEN NOSTRILS! END COLD OR CATARRH

How to Get Relief When Head and Nose Are Stuffed Up.

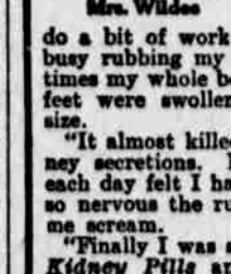
Count fifty. Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffing, hawking, mucous discharge, dryness or headache, no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage, of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.—Adv.

What can be put in a loving cup, hereafter?

AFTER 7 YEARS—STILL WELL Now Enjoys Best of Health and Does Her Housework Unaided

"I didn't enjoy one day of good health for more than two years," says Mrs. C. E. Wildes, 746 E. Georgia St., Memphis, Tenn. "At first I had nothing more than backache. Afterwards terrible attacks of pain left me weak and limp. My arms and limbs ached. My feet felt weighted with tons of lead. I couldn't walk without a cane and had to be carried to bed every night. I couldn't do a bit of work and kept my people busy rubbing my aching limbs. Sometimes my whole body became rigid. My feet were swollen twice their normal size. "It almost killed me to pass the kidney secretions. I lost 42 pounds and each day felt I had aged a year. I was so nervous the rustle of a paper made me scream. "Finally I was advised to use Doan's Kidney Pills and seven boxes made me a well woman. I have enjoyed the best of health for seven years, and have done all my household work without any trouble." Sworn to before me. JOHN McNULTY, Notary Public. Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS FOSTER-McLURE CO., BUFFALO, N. Y.



Persistent Coughs are dangerous. Get prompt relief from PISO'S Cough Syrup. Effective and safe for young and old. No opiates in PISO'S