

LESS MEAT IF BACK AND KIDNEYS HURT

Take a Glass of Salts to Flush Kidneys if Bladder Bothered 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.

On Even Terms.

An old codger, disliking the remarks of the chairman at a political meeting, shouted: "Young man, I was a Republican before you were born." "What of that?" came back the chairman. "I will be a Republican after you are dead. Sit down!"—Exchange.

TAKE ASPIRIN RIGHT

Bayer Company, who introduced Aspirin in 1900, give proper directions.

To get quick relief follow carefully the safe and proper directions in each unbroken package of "Bayer Tablets of Aspirin." This package is plainly stamped with the safety "Bayer Cross."

The "Bayer Cross" means the genuine, world-famous Aspirin, prescribed by physicians for over eighteen years. "Bayer Tablets of Aspirin" can be taken safely for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Joint Pains, Neuritis, and Pain generally.

Handy tin boxes of 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. Aspirin is the trade mark of Bayer Manufacture of Monaceticacidester of Salicylic-acid.—Adv.

Had Experience.

Doctor Chargin (meeting former patient)—Ah, good morning, Mr. Binks. How are you feeling this morning?

Binks (cautiously)—Doctor, does it cost anything if I tell you?—Boston Transcript.

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 snuffling, 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.

The Contrary Sex.

"How would you answer the objection to equal suffrage that every woman would think and vote just as her husband does?" "That the user of that argument was not a married man."

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as Othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of Othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.

Took Him Literally. Renpeck—"That woman is unspeakable." Henpeck—"Then she's just the woman for me."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 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 color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Farmers are the only men who can "help each other with their work."

In the PUBLIC EYE

SOPHIA KNOWS WHO WON THE WAR



Queen Sophia

Here is a new "closeup" of Princess Christopher of Greece, formerly Mrs. William B. Leeds of Rough Point, Newport, R. I. U. S. A., widow of America's late "Tin Plate King." Naturally there is lots of international comment over her marriage to Prince Christopher, younger brother of the exiled Constantine, former king of Greece.

One bit of gossip has to do with the financial relations of the prince and princess. It appears that the Rhode Island law provides for separation of property. The intention of both parties has been expressed not only in a contract made in Switzerland, adopting the Rhode Island statute as the law governing their property relations, but also by affidavits executed by the prince and princess before the American consul in Geneva. The fact that the princess now is a subject of Greece does not affect the validity of the stipulation covering her fortune.

Another bit is that Constantine's wife, former Queen Sophia, who is the sister of the former kaiser of Germany, would not allow him to go to the wedding, though he had promised to be present.

"What!" the once royal lady is said to have cried. "You promised Christopher you would go! Well, you won't! Don't you know she's an American, and if it wasn't for America and that hateful President Wilson we'd still be on our thrones and dear brother Wilhelm would still be on his? Go to an American's wedding, encourage an American. Nicht!"

WIDE-OPEN OIL POLICY FOR WORLD

America, with only four months' supply of oil in storage, faces the prospect of having to seek oil from foreign sources which are now showing "a tendency to exclude the United States from purchasing from their fields," according to Van H. Manning, United States director of mines, (portrait herewith) in a paper read before the one hundred and twenty-first annual meeting of the American Institute of Mining and Metallurgical Engineers. A "wide-open oil policy for all the world" was advocated by Director Manning, who urged the active projection of such a policy by citizens and legislators.

George O. Smith, director of the United States geological survey, confirmed the statement of the director of mines, and said the position of the United States in regard to its oil supply at the present time was "precarious." Mr. Smith estimated the supply which is still undeveloped, however, at enough for about twenty years. Latin-America, Great Britain, France and the Netherlands, it was said, control the main potential sources, and all these countries have adopted policies tending to shut out those of other nationalities.



Van H. Manning

COLBY'S APPOINTMENT A SURPRISE



Robert Lansing

President Wilson's appointment of Bainbridge Colby as secretary of state to succeed Robert Lansing, has evoked much comment throughout the country. Mr. Colby was born at St. Louis 51 years ago, and was graduated from Williams college, Massachusetts. He spent one year at the Columbia law school and has practiced law in New York since 1892. He was a member of the New York assembly in 1901-'02.

Mr. Colby was a lifelong Republican until the famous Bull Moose bolt at the Chicago convention in 1912. When Colonel Roosevelt bolted the convention Mr. Colby helped to found the Progressive party and was a delegate to its Chicago convention. He continued an active leader in the party. When Col. Roosevelt threw the weight of his influence to Charles Evans Hughes in 1916, Mr. Colby identified himself with the Democrats.

The surprise of the politicians is echoed in the press comments. Almost immediately there was an acrid tilt in the senate between Senator Reed of Missouri and Senator Ashurst of Arizona, both Democrats. Senator Reed bitterly assailed the appointment and Senator Ashurst defended it.

BRITISH AMBASSADOR TO AMERICA

It is definitely stated that the earl of Reading has declined the ambassadorship to Washington and that Sir Auckland Geddes has been selected for the place. Sir Auckland, who was minister for national service and reconstruction during the latter part of the war, also filled at the same time the office of minister at the head of the local government board of London, which was one of the most important departments of the administration. As minister of the national service department he dealt with the whole man power of the United Kingdom, and to him was given the task of supplying the requisite men to every government department.

Sir Auckland, who has an American wife, a Miss Ross of Staten Island, was a professor of anatomy at McGill university, Toronto. At the outbreak of the war he enlisted as a private, and was severely wounded in Flanders. He later was put in charge of British grave registration in France, and discharged his duties so ably he was given one higher position after another. He is held in very high esteem by Premier Lloyd George, and by King Edward.

Sir Auckland seems to have critics in England. The London Times says: "We can sympathize with Premier Lloyd George's manifest desire to get rid of Sir Auckland and Jettison so compromising a Jonah from the ministerial trump steamer, but we do not agree that Washington is the suitable whale for his reception."



Sir Auckland Geddes

CONSTITUTIONAL CONVENTION NOTES

Lincoln.—The constitutional convention, by a vote of 45 to 39, adopted a resolution by Radke and others providing in a measure that women may vote on adoption or rejection of the new constitution.

The resolution provides that the arrangement and phraseology committee submit a plan whereby all citizens entitled to a vote on president of the United States be allowed to vote on the new constitution, and if federal suffrage is not in force at that time that separate ballot boxes be provided for men and women.

Many of the delegates who opposed the proposition explained that the present convention cannot in itself make women electors, a right which is denied under the old constitution, and that if the federal amendment is adopted by the time the new constitution is submitted to the voters, then the resolution offered is not necessary, as women can vote on the new constitution anyhow.

The committee on salary schedule has recommended to the convention the following salaries for state officials, the constitutional provision to be tentative until fixed by the legislature:

Governor, chief justice of the supreme court, and associate judges of the court, \$7,500 per year; state officials, railway commissioners and district judges, \$5,000 per year, except lieutenant governor, who is to receive twice the pay of a state senator.

It is the intention of the convention to submit the salary schedule in separate form from the other amendments, so that any feeling the voters may have on the matter of salaries will not affect ratification of the more important work of the convention.

After several hours' discussion the convention sent Proposal No. 332 to the committee on phraseology with amendments which makes the members of the State Railway Commission elected by districts, the districts to be three in number, and until otherwise provided by the legislature the First and Second congressional districts shall be as the first district, the Third and Fourth the second and the Fifth and Sixth the third. Jurisdiction over common carriers is in the hands of the railway commission, but shall not extend to publicly-owned carriers. Jurisdiction over publicly-owned utilities shall be regulated by the legislature.

Douglas county, if the work of the convention is ratified by the people, will be divided into legislative districts and each district will elect its own representative instead of electing at large as has been the case in the past. Adopted in committee of the whole, Proposal No. 314 not only applies to Douglas county, but to all other districts in the state where more than one representative has been elected. The counties affected will be Douglas, Lancaster, Dodge, Saunders, Gage, Hall, Custer and Buffalo.

Proposal No. 111, submitted by Jerry Howard of Douglas to regulate the hours of female workers, received the approval of the convention. The proposal as adopted says: "Law may be enacted regulating the hours and conditions of employment of women and children, and securing to such employees a proper minimum wage." There are already laws on these subjects except the minimum wage question.

Proposal No. 278, which provides that all public utility corporations shall not issue stock or bonds except for money, labor or property actually expended, and all fictitious stock, dividends or other fictitious increase of capital stock or indebtedness shall be void, was given final approval by the convention, by a vote of 77 to 0.

The convention eliminated the Peterson amendment to the rural credits proposal giving the state the right to back loans to any amount and then adopted the original proposal limiting the amount to which the state could go into debt to \$500,000.

During a discussion over the merits of the rural credits system, combined with the proposal to raise the limit to which the state could go in debt, the proposal was amended so that the state may go into debt to any limit, instead of \$100,000, the present limit.

The constitutional convention adopted and advanced to third reading proposal 333, providing for a combined state trade commission and industrial court created by law.

Constitutional convention members expect to adjourn at the end of this week. The proposed new constitution probably will be submitted at a special election.

An amendment to the industrial court commission proposal adopted by the convention, gives the right to appeal from the commission to the supreme court.

By a vote of 76 to 2 the convention approved Proposal No. 265, which provides that county authorities shall never assess taxes the aggregate of which shall exceed 50 cents per \$100 actual valuation, as shown on grand assessment roll, except for payment of existing indebtedness, except by vote of the people.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. F. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.

LESSON FOR APRIL 4

EASTER LESSON.

LESSON TEXT—Luke 24:13-25. GOLIATH TEXT—Ought not Christ to have suffered these things, and to enter into his glory?—Luke 24:26.

PRIMARY TOPIC—The Story of a Wonderful Walk. JUNIOR TOPIC—The Walk to Emmaus. INTERMEDIATE AND SENIOR TOPIC—The Proofs That Jesus Rose From the Dead. YOUNG PEOPLE AND ADULT TOPIC—The Fact and the Meaning of the Resurrection.

I. Two Disciples Journeying to Emmaus (vv. 13-10).

1. Who they were. One was Cleopas (see v. 18); some think the other was Luke, whose modesty forbade him to give his name; but it is not definitely known. Why they were going we can only conjecture; perhaps they were only walking away from Jerusalem to relieve their anxiety and drown their sorrow. The ordeal through which they had passed left them somewhat stunned; they needed the physical exertion and quiet of the country to calm their nerves. They were sad (see v. 17).

2. What they talked about (v. 14). "All the things which had happened." Strange and wonderful things had taken place and they could not but commune together concerning them.

3. Jesus joins them (vv. 15, 16). It was while they communed together and reasoned about Jesus that he appeared to them. He never leaves those in doubt who sincerely seek the light; he promises to meet even with two or three who gather in his name (Matt. 18:20). Those gathered in his name have their heart toward him in love, and their talk is concerning him. If we would have Jesus draw near to us more frequently then let us more frequently commune together concerning him.

II. The Conversation on the Way. (vv. 17-27).

1. Jesus' question (v. 17). Though he was a stranger to them his question did not provoke resentment; there must have been something in his manner and tone which unlocked their hearts.

2. The disciples' answer (vv. 18-24). Though surprised that there should be a single man in the confines of Jerusalem unacquainted with the things which had recently come to pass, they spoke fully and freely of what they had communed about.

(1) It was concerning Jesus of Nazareth (v. 19). This Jesus was mighty in word and deed before God and the people. (2) Delivered, condemned and crucified by the chief priests (v. 20). (3) Shattered hopes of the disciples (v. 21). They had reposed their hope in him as the Redeemer of Israel. (4) Their bewilderment (vv. 22-24). The story of the women concerning the empty sepulchre reminded them of Christ's words that he would arise on the third day. A new hope seemed to be arising in their hearts, yet they were too timid to take their stand upon it. (5) Jesus expounding the Scriptures to them (vv. 25-27). He chides them for their unbelief of the prophetic Scriptures (v. 25). What sorrow and perplexity they would have escaped had they believed what God had recorded! Jesus showed them that what had happened was exactly what the Scriptures had foretold concerning the Messiah and that it behooved Christ thus to suffer and to enter into his glory.

III. The Lord Reveals Himself (vv. 28-35).

1. Nearing the end of the journey (vv. 28, 29). He made as though he would go farther, but they constrained him to abide with them. It would have been a great loss to them if he had not been "constrained."

2. Sitting together at the table (vv. 30, 31). His blessing of the bread and breaking it were so familiar that they knew him. Then, too, they may have seen the nailprints in his hands while he broke the bread. They now knew for a certainty that the Lord whom they had mourned as dead was alive and in their very presence. If we had eyes to perceive we could see Jesus daily walking and talking with us. What a different life would be ours if we would but see him!

3. The disciples convinced (vv. 32-35). They at once returned to Jerusalem and reported to the eleven what things were done and how the Lord had revealed himself to them in the breaking of the bread. They exclaimed, "The Lord is risen indeed!" May Christ come to every believer on this Easter occasion in such a way that we may know beyond the peradventure of a doubt that he is really alive!

Reaching the Top.

It is by attempting to reach the top by a single leap that so much misery is produced in the world.—Cobbett.

Keep Straight On.

The way to heaven: Turn to the right and keep straight on.—Spurgeon.

Be Wise.

Be wiser than other people if you can, but do not tell them so.—Earl of Chesterfield.

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Crusty Comment. "We all think the baby has got its mother's nose." "I'm glad to hear it. Then she can't go around any more poking it into other people's business."

Work! Work! That is my unfulfilling cure for all troubles.—Lydia Maria Child.

A pawnbroker who is always advancing is naturally progressive.

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes, and is Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago.