

If Kidneys Act Bad Take Salts

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean that you have been eating foods which create acids, says a well-known authority. An excess of such acids 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 sour, 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 may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of soft water.

Handiest thing in the house

SAFE FOR CHILDREN
For bumps, bruises, cuts, burns, chafing and rashes. Internally for coughs and colds. "Vaseline" Jelly is an invaluable remedy for many children's ills.

Chesebrough Mfg. Company
State St., (Comm.) New York

Vaseline

REG. U. S. PAT. OFF.
PETROLEUM JELLY

Coughs and Colds

are not only annoying, but dangerous. If not attended to at once they may develop into serious ailments.

Boschee's Syrup

is soothing and healing in such cases, and has been used for sixty years. 30c and 50c bottles. At all drugstores. If you cannot get it, write to G. G. Green, Inc., Woodbury, N. J.

The Library Statistician

According to a statement issued by the committee on library extension of the American Library association, there are in the United States and Canada 6,516 public libraries, containing a total of 67,919,081 volumes, or about six-tenths of one book for each man, woman and child of the population. The total annual circulation of books from these libraries is 234,492,759, or a trifle more than two volumes per capita; 51,254,133 people in the two countries, 45 per cent of the total population, are without access to local public libraries.—International Book Review.

Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

A slowness to applaud betrays a cold temper or an envious spirit.—More.

It's the whys that help to make us wise.

Today's Big Offer to All Who Have Stomach Agony

Read About This Generous Money Back Guarantee

When you have any trouble with your stomach such as gas, heaviness and distention, why fool with things which at best can only give relief.

Why not get a medicine that will build up your upset, disordered stomach and make it so strong and vigorous that it will do its work without any help.

Such a medicine is Dare's Mentha Pepsin, a delightful elixir that is sold by your local dealer and druggists everywhere with the distinct understanding that if it doesn't greatly help you your money will be gladly returned. It has helped thousands—it will no doubt help you.



The Sandman Story

by Martha Martin

THE FIELD FLOWERS

"T'S no more than our due," said the golden yellow Butter.
"No more than our due," agreed the Eggs.
And then they recited this piece together, while the other vegetables and things to eat in the icebox listened.

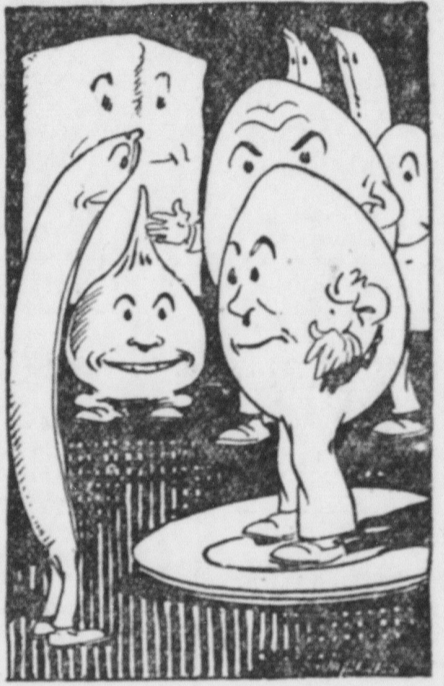
It's no more than our due, Oh, this is true. So we tell it to you, It's no more than our due!

They've named flowers after us, Yet we don't make a fuss, No, we don't make a fuss, Yet they've named flowers after us!

"Well," said the Milk in the milk bottle, "there is Milkweed. That's named after me."

"And I'm enough in myself," said an Onion.

"Yes," said the Butter, "and you



"We Are Proud and Pleased, Too," Said the Eggs.

are so much in yourself that you make people cry."

"Not because they are sad," said the Onion. "I merely make their eyes water."

"Well," said the String Beans in the icebox to the Butter and Eggs, "you shouldn't boast anyway as much as you do."

"And besides that, you are not named after flowers but after weeds."

"Not such popular weeds either."

"Why, I remember when I was growing upon a vine that they talked about me over the way the Butter and Egg weeds would crowd themselves into the fields."

"They did not like them at all."

(Copyright.)

THE WHY OF SUPERSTITIONS

By H. IRVING KING

BEEES AND LUCK

IT IS unlucky to have a swarm of bees come to you. This superstition is general in the United States, Canada and in Europe, and can be traced back without difficulty to a period over two hundred years before the Christian era among the Romans, while there is evidence that it can claim a like antiquity among the Germans.

Tacitus tells of the consternation among the Romans in the consulship of Manius Acilius when a swarm of bees settled upon the cupola of the capitol. It was regarded as a prodigy of evil omen. Among both the cultivated Romans and the Germans when a swarm of bees settled upon a house, it was thought to be a sign that that house would soon be consumed by fire or that some disaster would happen to its inmates. And the Romans evidently considered, also, it is inferred from Tacitus, that the settling of a swarm of bees upon a public building like the capitol forboded disaster to the state.

Just why the Romans and the Germans should consider the settling of a swarm of bees upon a house an omen of evil is not so clear. It is known that they were accustomed to divine by the flight of bees as the Roman augurs divined by the flight of birds, and these bee auguries doubtless became in time reduced to a rigid formula in which the settling of a swarm upon a house had its fixed place. At any rate the American farmer of today who shakes his head forbodingly when a strange swarm of bees settles under the eaves of his barn, or on a tree of his orchard, is a lineal descendant in superstition of the toga-clad Roman, who viewed with alarm the bees settling on the capitol in the consulship of Acilius.

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Nothing Can Do That
The sign "Quiet" is posted in pull-man cars to insure a good night's rest for the patrons, but we have no idea that it serves as a bromide for the loud snorer in an upper berth.—New Orleans States.

"Oh, well," said the Butter in the icebox, "there are always some who won't like you. One cannot be expected to be liked by everyone."

"True," agreed the Eggs.
"And even if Butter and Eggs are weeds," the Butter in the icebox continued, "they are flowers, too. Yes, they're beautiful yellow flowers."

"They have long and interesting-looking pointed ends at the base of each flower, something like a spur."

"And they are of darker yellow inside than they are outside."

"They're just as gay and pretty as they can be and they're not fussy about where they go. They're not snobbish. They're pleasant and friendly."

"Well said, Butter," the Eggs remarked.

"I agree that they aren't fussy about where they go," the String Bean said. "They don't even care whether they're wanted or not."

"They've no pride, no pride at all." "Pride," said the Butter, "is not to be desired so much as a pleasant and friendly nature."

"I would rather be around a pleasant person than a proud one, even if I am Butter; and even if it is easy to melt me and make me do almost anything."

"A point well taken, Butter," said the Eggs.

"And, too," the Butter continued, "I am proud to have such gay, bright, pleasant yellow flowers named after me. I don't care if they're weeds."

"They brighten up the whole country all throughout the summer. Yes, I'm proud and pleased they're named after me, and my friends the Eggs."

"We're proud and pleased, too," said the Eggs.

"Then," said the Butter, "I don't think it really matters so much what you think, String Bean. I don't mean to be rude when I say that."

"I merely mean that as long as we're pleased that is all that is necessary."

"You haven't been chosen as the food of the vegetable or whatever you wish to be called after which some flower or weed has been named."

"At least if any has been named after you I don't know of it."

"Well, neither do I," admitted the String Bean, "and what you say is really so."

"Yes," the Butter continued, "we're pleased. We think it is nice that when they were naming such bright yellow flowers they thought of us—the Butter and Eggs."

"We're enormously pleased because of that."

"We're enormously pleased," the Eggs said.

(Copyright.)

How It Started

By JEAN NEWTON

"PERSON"

IN THE history of our word "person" for the human being, the individual, we have an illuminating example of the romance that is in words.

It is quite true that not every person is an individual in the strict sense of the word—that is, not all have individuality. Nor can all of us escape the indictment of not being always strictly ourselves! But it would hardly be fair to say that we are all actors, that our personalities are masks!

Yet such is the significance of the word "person." Speaking in accordance with its origin, that is the implication when you refer to a person or persons! For the word comes from the Latin "persona," meaning mask, and the reference was originally to the masks used by actors in the theatricals of the ancients. Subsequently the term came to be applied to the character who wore the mask, and in its survival through time it acquired the modern significance of any individual.

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Douglas MacLean



Popular Douglas MacLean, movie star, in the comedy "Hold That Lion." He has Constance Howard as his leading lady.

As Told by Irvin S. Cobb

PONTO'S FATAL ERROR

AN AMERICAN newspaper man was coming home from Europe one summer on a British liner manned and officered exclusively by Britishers. The Yankee sat at the purser's table. All his table mates were Englishmen. One evening at dinner the purser was inclined to do a little "spoofing" at the expense of the American.

He began by telling of a trip he claimed to have made on a steamship which passed through an enormous school of whales off the Newfoundland banks.

"All of them were sound asleep," said the purser with a wink to a gleeful fellow countryman, "and all of them were snoring. The noise was deafening."

"It must have been," said the correspondent; "but when I was a boy out in Cincinnati, Ohio, there used to be a whistling whale that lived in the ocean just in front of my father's house. His name was Ponto and he would answer to it—answer by whistling. You see, his blowhole was clogged with barnacles and every time he spat out he made a sound like a siren on a fireboat."

"Ponto was a great pet with all the ships that traded in and out of Cincinnati. The pilots got to know him, and when they were entering port and saw Ponto cruising about in the channel they would signal him and he would signal back, always giving the correct number of blasts. But he's dead now—poor old Ponto!"

"One day there was a freighter coming in from Covington, Ky., and Ponto tried to pass her, headed out. But he got confused and gave the whistle for going to the port side when he meant the starboard, and the freighter ran him down and stove in four of his compartments, and he sank in nine minutes, whistling for help to the very last."

After which a silence befell at the purser's table.

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WHEN I WAS TWENTY-ONE

BY JOSEPH KAYE

At twenty-one Sir Phillip Gibbs was an editor.

"AT TWENTY-ONE I became one of the editors of Cassell and Co., the English publishers. Three years later I was the head of a literary syndicate and the next year I became a member of the press."

"When I first entered Fleet street the social status of press men was much lower than at present, when the pendulum has swung the other way, so that newspaper proprietors wear coronets and the purloins of Fleet street are infested with barons and baronets, and even reporters have been knighted by the king."

"In my early days a journalist did not often get nearer to a cabinet minister than the hall porter of his office. It was partly his own fault, or at least the fault of those who paid him miserably, because the old-time reporter—before Northcliffe, who was then Harmsworth, revised his salary and his status—was often an ill-dressed fellow, conscious of his own social inferiority, cringing in his manner to the great and content to sink around to the back doors of life rather than boldly assault the front door knocker. Having a good conceit of myself, and a sensitive pride, I received many hard knocks and humiliations which, no doubt, were good for my soul.—Phillip Gibbs."

TODAY—Sir Phillip Gibbs is the most celebrated war correspondent and international reporter among journalists, and in addition he is a novelist of power whose works are near the stage of best-sellerdom.

(© by McClure Newspaper Syndicate.)

Tanlac Gives Mrs. Rappold New Outlook on Life

Mother of 2 Children, Victim of Suffering Caused by Run-down Condition and Loss of Sleep Restored to Health and Strength. Gains 20 Pounds

Thousands of sufferers to whom life is a black leering shadow that gives no happiness and offers only sorrow and pain have gained a new perspective on life, have found new strength and freedom from pain in this wonderful tonic. Mrs. Elsie Rappold, 1924 N. Chester Street, Baltimore, says: "When Tanlac returned to me my old strength and energy, my courage returned and my outlook on life changed."



"About a year ago I was in a terrible run-down condition. I was ailing with little pains and aches all of the time. Life looked dark and dreary. There was little sunshine. I was unable to do my work I was so tired and worn out. I ate so little and slept so little that I lost weight, faded to a shadow of my former self."

"Something had to be done. I had to find relief. I read a great deal about Tanlac and what it had done so decided to try it. Today I am a new woman. I have gained 20 pounds and this marvelous tonic has given me new energy, ambition and courage. It has increased my appetite enormously and built up my strength. Tanlac has certainly put me on my feet and I truth-

fully make this statement in the hope that it will help others who are suffering as I did."

Benefit by Mrs. Rappold's experience. Let this tonic made from roots, barks and herbs according to the famous Tanlac formula, help rebuild your run-down system, relieve suffering, give you robust health. Results after taking first bottle will amaze you. At all druggists. More than 40 million bottles sold.

Sees Radio Movies

Matter of Course

"I expect to see and hear by electricity the Presidential inauguration in 1929 even though I may be thousands of miles away from Washington," declares Dr. Gerald Wendt, director of the division of industrial research, Pennsylvania State college. He is foreseeing electrical advances that are sure to be made in the next few years by industrial research. "Single pictures are already being sent across the sea," he points out. "When a more sensitive photo-electric cell is developed, a picture will be transmitted as rapidly as the movie can flash it on the screen. In Washington during the ceremony, the microphone will have a 'microscope' alongside it and I shall be sitting in my own living room seeing and hearing the entire performance as if I were on the spot. Then we shall have radio movies for every home."

"DANDELION BUTTER COLOR"

A harmless vegetable butter color used by millions for 50 years. Drug stores and general stores sell bottles of "Dandelion" for 35 cents.—Adv.

Justice for Goldenrod

The goldenrod was once popular, and loved by the poets, but was later banned because of the accusation that it was the cause of hay fever. Now rumors indicate that justice is about to be done and the goldenrod restored to its old place in popular favor. The ragweed, and not the goldenrod, is now thought to be the offender. There are 37 varieties of the goldenrod and some of these varieties may be found in nearly every state in the Union. Thus goldenrod lovers will welcome its restoration.

If Worms or Tapeworms persist in your system, use the real vermifuge, Dr. Peery's "Dead Shot." Only 15 cents at your druggist or 172 Pearl St., N. Y. Adv.

But He Meant Well

He—Why don't you wear your long earrings?
She—Oh, I feel like such a fool with them on.
He—They are very becoming to you.—Outlook.

Being an endless affair, a wedding ring frequently gets one into no end of trouble.

First Lawsuit at 103

The oldest resident of Cape Girardeau county, William Huskey, one hundred three years old, has "gone to law" his first time in an effort to set aside a deed filed by his son, transferring property in Smelterville to the son, according to the South-west Missourian.

Are You Nervous? Thin?

Charleston, W. Va.—"My nerves were so bad I could not sleep and my heart would palpitate. I got very weak and thin. I doctored and took medicine but did not get any relief until I began taking Dr. Pierce's Favorite Prescription. It completely restored my nerves, relieved me of the palpitation and I got to be a strong, healthy woman. I have not had a return of my ailment, thanks to 'Favorite Prescription.'—Mrs. J. S. Cochran, 1320 Magazine St.

Why not get this Prescription today from your dealer; or write Dr. Pierce, Buffalo, N. Y., for free medical advice. Send 10c for a trial pkg. of Prescription tablets.

Use Cuticura Soap And Ointment To Heal Sore Hands

INSIST UPON KEMP'S BALSAM for that COUGH!

About Working Women

It is not generally realized that one out of every five working women is under twenty years of age. Two-fifths of the women who work are less than twenty-five years old. Another two-fifths are between twenty-five and forty-four years old.

Never rise to speak till you have something to say; and when you have said it, cease.—Witherspoon.

Demand

BAYER

ASPIRIN

SAY "BAYER ASPIRIN"—Genuine

Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over 25 years for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100.—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid