

### 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 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 may then act fine. This famous salt 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.

#### Origin of "Limerick"

Limericks were usually extemporaneous compositions and produced at convivial parties in Ireland by each individual in turn, while the entire party joined in singing a chorus in which were the words, "Will you come up to Limerick?" From this it is supposed that the word "limerick" applied to a special type of poetry, is derived.

#### DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear If You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 26 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

#### New Edition

"Our museum has acquired a new Rembrandt."  
"About time, too. The other one was getting very old!"—Uik (Berlin).

For bloated feeling and distressed breathing due to indigestion you need a medicine as well as a purgative. Wright's Indian Vegetable Pills are both. Adv.

'Tis the taught already that profits by teaching.—Browning.

#### Women, Here are Facts!

Roanoke, Va.—"There is a difference of seventeen years in the ages of my last two children and all that time I suffered with feminine weakness which completely undermined my health. I was nervous and weak, grew very thin and pale, and suffered untold agony with pain and distress. I doctored all the while and took medicine with no relief to speak of. I finally decided to quit all doctoring and take Dr. Pierce's Favorite Prescription. From then on I began to regain my health. Expectancy followed and that baby was the strongest, healthiest and smartest of any of my children and has always been so."—Mrs. F. P. Ferguson, 613 4th Ave. N. W.

All dealers. Tablets or liquid.

#### DEMAND GENUINE EARLE'S HYPO COD COD LIVER OIL HYPO PHOSPHITES

A guaranteed remedy to prevent and overcome Coughs, Colds, Bronchial and Lung Affections, Lost Appetite, Dyspepsia, Pains in Stomach, Indigestion, Pimples, Bad Blood, Sallow Complexion, Lost Weight, Strength and similar run-down conditions requiring a reconstructive tonic.

TASTES LIKE RARE OLD WINE SAMPLE FREE At your druggist's or by mail.

NOTE: Large size HYPO-COD sells for \$1.00 at drug stores or by mail. The Earle Chemical Co., Wheeling, W. Va. Your Druggist Will Guarantee HYPO-COD to Help the Sick and Weak

#### RHEUMATISM

A really honest-to-goodness treatment has been discovered and proven its worth in many severe cases. One bottle sold eleven in one locality. I want some Rheumatic Sufferers in your neighborhood to try this treatment. Particulars free. C. S. DADE, 5 Boylston Street, JAMAICA PLAIN, MASS.

#### FOR Coughs due to Colds

#### BOSCHÉ'S SYRUP

SUCCESSFUL FOR 50 YEARS 30c & 90c At all Druggists

#### CORN CHOWDER HANDY FOR WINTER DAYS



Preparing a Dish of Corn Chowder.

(Prepared by the United States Department of Agriculture.)

A hot dish made with milk and substantial enough for lunch or supper is corn chowder. The United States Department of Agriculture gives the following ingredients and suggests that when celery is obtainable a half cup or more of chopped celery is an excellent addition, and a few bits of chopped green pepper.

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 pint milk                      | 1 onion or more if desired. |
| 1 pint boiling water             | 1 quart of potatoes, diced  |
| 2 cupfuls canned corn            | Salt, pepper                |
| 2 tablespoonfuls salt pork diced |                             |

Cut the pork into small pieces and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, and season to taste with salt and pepper, and bring the mixture to the boiling point. Serve very hot in soup dishes, and place two or three crackers in each dish before pouring in the hot chowder.

#### APPETIZING WAYS TO COOK RABBITS

##### Sausage Fat Gives a Particularly Fine Flavor.

(Prepared by the United States Department of Agriculture.)

Before cooking, a rabbit should be washed carefully in cold water and patted dry with a clean towel, says the United States Department of Agriculture. It may then be stuffed and trussed if it is to be cooked whole, or cut into eight or ten pieces. Young, tender rabbits may be simply dredged with flour, salt and pepper and fried in fat, like fried chicken. Sausage fat gives a particularly good flavor to fried rabbit. The flavor of bacon also combines well with rabbit. A cream or brown gravy may be made, using the fat in which the rabbit was fried. Another excellent way to cook a tender rabbit is to bake it in cream or white sauce. Split the rabbit into two halves along the backbone, dredge with flour, lay six slices of bacon across it, and pour three cupfuls of white sauce or three cupfuls of cream over it. Bake for one and one-half hours, basting frequently. The rabbit liver, boiled till tender and chopped, may be added to the gravy. Smothered rabbit is stuffed, and braised slowly with very little water in a covered pan.

Many dishes may be prepared after stewing rabbit till tender. For a rabbit pie the meat may be cut from the bones in large pieces, the broth thickened and the whole served with either a pastry or biscuit crust. Any broth not used makes excellent soup. For rabbit salad the meat may be mixed with celery in the same proportions as chicken salad—two parts of diced cold cooked meat to one part of chopped celery and one half part of salad dressing. Boiled rabbit may be served as a stew by adding potatoes, carrots, and onions when the meat is partly cooked. The liquid in which the stew is cooked should be thickened. A spiced rabbit stew appeals to many persons. The seasonings consist of six slices of bacon (chopped), a minced onion, medium size, two teaspoonfuls of salt, one quarter teaspoonful of pepper, and one tablespoonful of whole cloves in a bag, all covered with boiling water and stewed slowly together till the rabbit is tender. A brown sauce is made separately and poured over the rabbit, which is then simmered two hours.

##### Scalloped Parsnips Are Particularly Delicious

Many persons who have never liked parsnips before have changed their minds when they tasted delicate scalloped parsnips. They may be prepared early in the day and reheated in a baking dish. When you are buying your parsnips, select the heaviest ones, suggests the United States Department of Agriculture. Those of light weight may be pithy. Scrub the parsnips clean, cook them until tender in lightly salted water; 20 to 30 minutes will be enough for medium-sized ones. Drain them and scrape off the outer skin, split them lengthwise, pull out the woody cores, place in a shallow baking dish, and cover them with a white sauce made with butter, flour and milk. Or if preferred the liquid for the sauce may be top milk or cream, and less butter will then be needed. After this sauce is poured over the parsnips, cover the top with bread crumbs which have been mixed with melted butter. Then bake in a moderate oven until the parsnips are thoroughly heated and the buttered crumbs are golden brown.

#### Oranges and Grapefruit Fit Into Every Course

(Prepared by the United States Department of Agriculture.)

Oranges and grapefruit, like many other fruits, fit into every course from the first at breakfast to the last at dinner. There are other reasons, too, besides their delicious flavor and juicy texture for eating these citrus fruits early and often. Oranges, especially are rich in vitamins and minerals. A glass of orange juice and a graham cracker is an ideal between-meal lunch for a child because it satisfies him and yet whets his appetite for the next regular meal at the table. Now is the time to indulge the rest of the family, too, in orange juice. The small ones can be used to advan-



Orange Juice as a Between-Meal Beverage.

tage for juice. Oranges and grapefruit make delicious salad, especially with a few nut meats and French dressing. Add a few sprigs of cress, too, if you like. Now when these fruits are cheap is also a good time to put up a supply of marmalade. Write to the bureau of home economics for directions for making amber marmalade. You will find it a quick and easy method. The bureau will also tell you how to make delicious candied grapefruit peel, so soft and tender that it almost melts in your mouth.

#### Salad Dressing to Suit Those Who Dislike Oil

Here's a salad dressing to suit those who do not care for oil. It can be used on any preferred salad, but is particularly good with cabbage, mixed raw vegetables, fruits or other salads where mayonnaise dressing is ordinarily used. The bureau of home economics of the United States Department of Agriculture gives these proportions:

- |                          |                          |
|--------------------------|--------------------------|
| 1/2 teaspoonful mus-tard | 1/2 tablespoonful sugar. |
| 1/2 teaspoonful salt     | 1 egg.                   |
| 1/2 teaspoonful paprika  | 1/2 cupful vinegar.      |
|                          | 1 cupful sour cream.     |
- Beat the egg until very light, add the other ingredients, and cook in a double boiler, stirring constantly until thickened. Remove from the fire and beat well. If this dressing is cooked properly it will have the consistency of thick mayonnaise and need not be strained.

#### High Value of Proteins

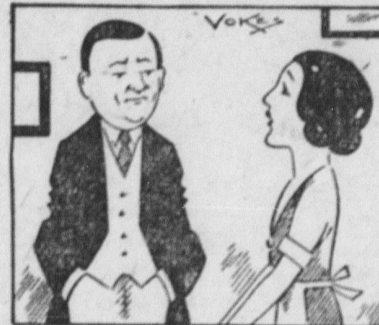
Both chemical analyses and actual feeding experiments have shown that the protein of the walnut, fibert, Brazil nut, coconut and colube, have high food values. The proteins of the almond, however, were found to be not so satisfactory as those of the other nuts.

## Adrift With Humor

#### A HAPPY ENDING

It was their first quarrel, and it lasted longer than post-honeymoon spats generally do. But finally it was over, and the wife was confiding to a friend:  
"It was terrible while it lasted," she said, "but it was worth it. Just look at the fur piece John gave me!"  
"Ah!" exclaimed the friend, surveying the gift, "a cloud with a silver fox lining."

#### SHE OUGHT TO KNOW



Wife—John, in the use of English what does the Active Voice mean?  
Hubby—Great heavens, don't you know?

#### Old and New Troubles

Grim trouble lasteth but a day. Cheer up! Cheer up, ye blue ones. Your sorrows soon will pass away. And then you'll have some new ones.

#### A Wise Choice

"I will grant you one wish," said the good fairy.  
"Can you make me a millionaire?" asked the youth.  
"I can, but with the usual accompaniments of dyspepsia, worry over your investments, indigestion over your income tax and that tired feeling."  
"Gimme a ticket to the football game," exclaimed the youth, "and call it square."

#### Practical Accomplishment

A pacifistic gentleman stopped to try to settle a juvenile row.  
"My boy," he said to one of the combatants, "do you know what the Good Book says about fighting?"  
"Aw!" snorted the youth, "fightin' ain't one of them things you kin get out of a book, mister."—American Legion Weekly.

#### A Quick One

"And how long were you engaged to Fifine?"  
"I don't know—I forgot to look at my watch."—Buen Humor, Madrid.

#### Precious

Stock Clerk—Why do you say your pay envelope reminds you of a map? Delivery Man—Because it's all the world to me.—Good Hardware.

#### NOT FOR A LUNCH



Hobo—Will you give me a quarter for a little lunch, madam?  
Stout Female Party—I'm reducing, my man, and couldn't think of eating a lunch.

#### Bull Creek Pleases

I've never seen the ocean. I've never seen the sea. Just livin' down on Bull creek. Is good enough for me.

#### Wanted Specific Charge

Lawyer—You say your wife has received a letter informing her of some mistake in your past. Perhaps the best thing would be to confess.  
Client—I would, but I don't know what to confess. She won't let me see the letter.

#### Descriptive

Hardware Merchant—I slept like a log last night.  
His Wife—Yes—a log with a saw going through it.—Good Hardware.

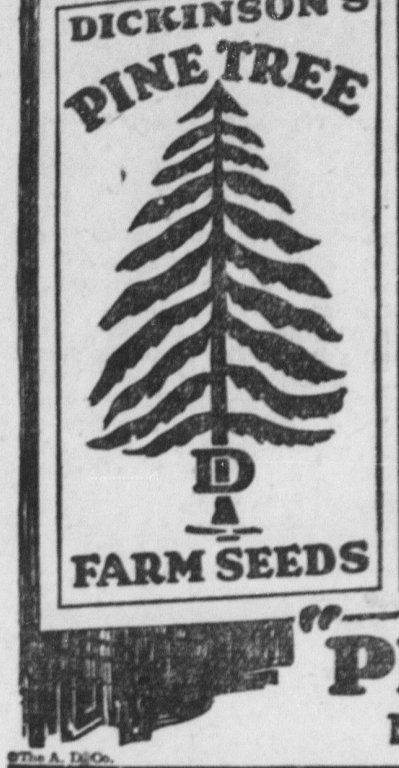
#### Their Difference

Mary—I like the dean better than I do the bishop.  
Mother—Why, Mary?  
"Well, the dean says, 'Finally,' and stops; but the bishop says 'Lastly'—and lasts."

#### Boorish!

Visitor—This is a picture of a horse, isn't it?  
Artist—Yes, but you have no sense of the artistic or you wouldn't have guessed it.

## Buy Your Seeds at The "SIGN OF GOOD CROPS"



Genuine "Pine Tree" Brand Farm Seeds—Clover, Alfalfa, Alsike, Timothy—are sold by the dealer who displays the orange and green "Sign of Good Crops."

There's a "Pine Tree" dealer near you. He handles "Pine Tree" brand seeds because they are re-cleaned, reliable, of known origin—safe for you to sow.

It will pay you to talk with him before you buy your seed this Spring.

Watch your favorite farm magazine for an interesting series of "Pine Tree" advertisements showing how re-cleaned seeds are produced.

## "PINE TREE" FARM SEEDS

#### Chinese Filial Love

A Chinese merchant, who was found guilty of setting fire to his shop and then collecting insurance on it, is at present undergoing a three-year sentence of hard labor at the Harbin jail. Recently his seventeen-year-old son asked the authorities to let him take his father's place as the latter's health was failing. Although this petition was rejected, the father was transferred to the prison hospital.

A new motor-driven device with heated drum for the removal of snow from highways has been invented.

As for me, all I know is that I know nothing.—Socrates.

#### Beware of the Couturier

Paris couturiers, we read, want men to spruce up by taking off their long pants and wearing silk knee breeches. Feller citizens, be warned. As H. H. suggests, "those same couturiers started taking clothes off the women several years ago, and now look at the darn things."—Philadelphia Inquirer.

Better shun the bait than struggle in the snare.—Dryden.

Insist on having Dr. Peery's "Dead Shot" for Worms or Tapeworm and the druggist will get it for you. 272 Pearl St., N. Y. Adv.

Superstition is the religion of feeble minds.—Burke.



# ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Proved safe by millions and prescribed by physicians 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 Monocaceticester of Salicylicacid

**Foundation's Treasure**  
The first optical instrument in the world—an ultra-microscope which makes photographs of objects 1-200,000th of an inch in diameter—is owned by the Rockefeller foundation.

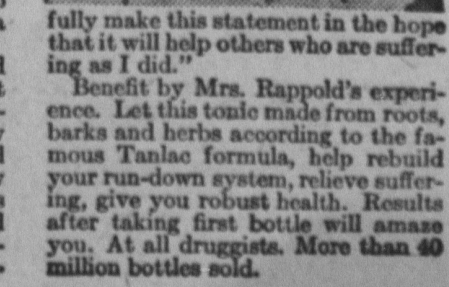
In a German paper mill, a roll of paper over 19 feet wide and 1,150 feet long is turned out every minute.

Calamity is a man's true touchstone.—Beaumont and Fletcher.

## 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.