

Drugs Excite the Kidneys, Drink Water
 Take Salts at First Sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble because we often eat too much rich food. Our blood is filled with acids which the kidneys strive to filter out; they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night; if you suffer with sick headache, or dizzy, nervous spells, acid stomach, or if you have rheumatism when the weather is bad, begin drinking lots of good soft water and 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 flush and stimulate clogged kidneys, to neutralize the acids in the system so they no longer are a source of irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive, cannot injure, makes a delightful effervescent lithia-water drink and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Air Made to Order

An apparatus is operated at the University of Pennsylvania hospital, in Philadelphia, which enables doctors to determine the cause of hay fever, asthma and other bronchial ailments. It supplies an atmosphere to the patient either cleared of all possible irritants or charged with pollen, dust, etc. By studying the effects of various irritants, the doctors can tell which is causing the patient trouble.

Wide-open business—the dentist's.

Garfield Tea
 Was Your Grandmother's Remedy



For every stomach and intestinal ailment. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

PISO'S for coughs
 Quick Relief! A pleasant effective syrup. 35c and 60c sizes. And externally, use PISO'S Throat and Chest Salve, 35c.

Bunions
 Quick relief from pain. Prevent shoe pressure. At all drug and shoe stores. **De Scholl's Zino-pads** Put one on—the pain is gone.

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FOR OVER 200 YEARS

Haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.

GOLD MEDAL HAARLEM OIL CAPSULES

correct internal troubles, stimulate vital organs. Three sizes. All druggists. Insist on the original genuine GOLD MEDAL.

PUBLIC PLAN BANKERS, INC. 75 Bonds with Fruit Sharing Certificates. Detailed information free. Write at once to John R. Browne, 1501 Main St., Niagara Falls, N.Y.

CLEAR YOUR SKIN of disfiguring blotches and irritations. Use

Resinol

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FOR Coughs due to Colds

BOSCHEE'S SYRUP

SUCCESSFUL FOR 60 YEARS 30c & 90c At all Druggists

W. N. U., BALTIMORE, NO. 9-1927.

The Sandman Story by **Martha Martin**

EDA'S DREAM

EDA was very anxious to leave the farm and go into society when she grew older and she thought about it and wondered how it could be.

She thought it would be so lovely to have to do nothing at all, all the rest of her days, except to give orders. She grew so tired at times of the numbers of chores which were always coming up to be done. One night after Eda had gone to bed she was thinking about a wonderful future and planning her best make-believe plans when suddenly a little Fairy appeared.

"Hello, Eda," said the Fairy. "Why, hello," said Eda. "My name is Fairy Grant-Your-Wishes," said the Fairy, "and the Dreamland King and the Fairy Won-



"My Name is Fairy Grant-Your-Wishes."

drous Secrets said you might want to ask me to grant you some wishes. Is there anything you wish?"

"Oh, Fairy," said Eda, "I would like to be in high society when I grow up and I'd even like to begin now."

So before Eda knew it she was with many little girls who were so beautifully dressed and they always had people about them, maids and governesses, and they couldn't do anything by themselves.

Eda wasn't used to that at all. She had always been used to having a lot of freedom and independence. And when she suggested that they all go barefoot everyone was horrified at her. They didn't know what to make of that at all. And, oh, Eda wondered after a time how she could ever stand the life even after she grew up.

For there were so many teas and card parties and luncheons and there

were no picnics and no berry and nut hunts. The life now was all that Eda could possibly bear. How she did wish she hadn't asked Fairy Grant-Your-Wishes to grant such a silly wish.

One day she was talking to a lot of her new-found friends. They were all boasting of how rich their daddies were and of how famous they were and of their grandfathers and grandmothers.

They didn't quite understand how Eda was one of them in such an unexpected and unexplained fashion and they wanted to make sure that she really belonged.

So they began talking of their riches and of their fine aristocracy or ancestors, which showed that they didn't amount to much when they boasted so much.

"My father was the founder of a coaching club in the most fashionable city," said one as though that were of great historical importance.

"My grandfather was the founder of an automobile racing club and my grandmother's father was the one who originated riding crops now in use in all the smart riding clubs," said another.

"My grandfather was the brass tacks king who made the great family fortune out of brass tacks," said a third.

"My father is known as the Curtain Rod King," said a fourth, "and his father before him was famous for being the founder of the Tuesday Evening club dinners."

On they boasted of their relatives who rode along the best bridle paths in city parks and Eda thought it very strange that those who said they believed in a democracy should call all their rich relatives "Kings" when they became prosperous.

"And who was your father?" they asked her.

"He is really a king of the earth," Eda answered, and they all laughed and said, "A king of the earth; how could he be that?"

"He is a farmer," Eda went on, "and without farmers your fathers would never have been able to do anything. For the earth gives us what we eat and what we need. But while you would call my daddy a Farm King if you had him, I just call him my dear farmer daddy and shall from now on, for I don't like society. I want to go back to the farm! I want to go where things are happy and simple and real."

And as she said this the children seemed to vanish and Fairy Grant-Your-Wishes had taken Eda back, and the whole long dream had only taken one night of real time. But, oh, how happy Eda was that no one had known she had ever deserted the farm and its dear people and its dear animals for what was so curiously thought to be famous society.

(Copyright.)

For Meditation

By LEONARD A. BARRETT

MORAL ILLITERACY

CRIMINAL records reveal an enormous amount of moral illiteracy. At least two-thirds of the crime of today is committed by young men between the ages of seventeen and twenty. Students of sociology state that at least fifteen million children never enter a Sunday school, church or institution for moral training of any kind. Many children grow up ignorant of the laws of right and wrong. They have no moral standards to guide them in the hours when important decisions must be made. When such persons disobey the law we punish them. Is it just to confine our boys to jail who were not taught the principles by which they could be kept out of jail? Who is responsible? A boy can today enter upon the duties of his life's work a trained mind and a moral idiot, both at the same time. There was spent last year in public school instruction in this country one and one-half billion dollars and upon higher education in colleges and universities one-third of a billion. How much money was spent for the training of conscience?

The degeneration of manhood must be checked by more attention being given to the education of the heart. The training of the heart is as important as the training of the mind, if not more so. If the church is not adequately equipped to do this task then some other institution must undertake the responsibility. The task is being undertaken by many social settlements with most gratifying results. The problem, which is a serious one, calls for a kindly and sympathetic attitude of mind toward the unfortunate youth of our land. Future American citizenship is still in the making. It will be determined by the contribution which youth makes towards its progress.

Poorly trained Sunday school teachers, disinterested parents, and an ecclesiasticism interested more in institutions than in persons, are inadequate to the task. Has the time come when moral illiteracy is a problem which secular education must solve?

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THE WHY OF SUPERSTITIONS

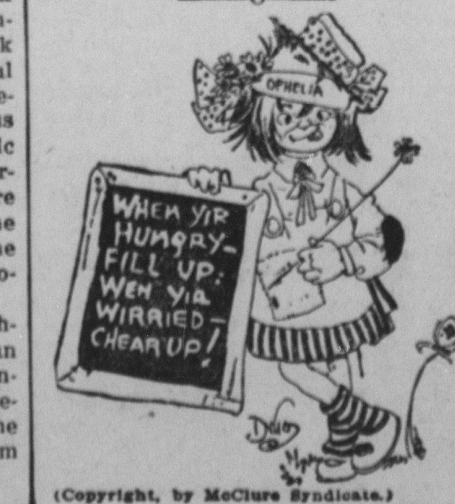
By H. IRVING KING

THE BRIDESMAID

THERE is a common superstition that a girl who acts three times as a bridesmaid will be an old maid—a sort of "three-times-and-out" superstition. It would appear that this idea had its origin in that conception of marriage by the ancients—as is shown many times in mythology and folklore—as something to which magic particularly attached. Among the forms of magic associated with marriage was sympathetic magic of the sort known as contagious. Several current superstitions illustrate this "contagious magic" idea in connection with marriage and, reasoning by analogy, it would seem as if a girl who has been three times a bridesmaid ought to be pretty sure of being a bride herself.

Now the young woman who has been three times exposed to the contagious magic of marriage without effect, might reasonably be supposed to be immune. Upon comparative religion, folklore and magic, new light is constantly being thrown. The three really form one subject and even Sir James Frazer, in his twelve volumes of the "Golden Bough," has but touched upon vast and unexplored regions. Therefore the above explanation of the bridesmaid superstition is only offered tentatively. Perhaps future research may reveal some other.

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Lois Wilson



Here is the ever winsome Lois Wilson, who has gained great favor in a picture, "New York," in which she appears in the role of her career—as heiress.

WHAT THE GRACIOUS HOSTESS SAYS:

By DELLA THOMPSON LUCES

THE HOME TABLE

THE home table should always present, not only a neat, but an attractive appearance. This is not so difficult as it sounds, even for the woman who does all her own work. There should be, to be correct, a long white cloth on the dinner table every night, but many of us who want to live according to all the tenets of polite society, cannot afford to do so. If we have to consider laundry bills, as most of us do, we can use placemats as we do for lunch. We should, however, have dinner, with the cloth, the silver, and the dishes that go with dinner, often enough to accustom ourselves and our families to the proper usage.

There should be a decoration of some kind on the table every day and at every meal, and here we will allow no excuse, no swerving from the rule. This decoration on the table stands for something in our lives. The centerpiece itself may be simple or elegant—the meaning is the same. If it is of flowers, two things should be remembered: the flowers should look as natural as possible in whatever vessel they are placed, and they should not be so high as to obstruct the view. Flowers massed into a bouquet so that no individual flower has a chance to show its loveliness, lose half their effect.

A floral centerpiece need not be an expensive one. The country woman, or the woman of the small town who can get to fields and roadsides, is especially fortunate.

For the woman who has to buy her flowers there are other things to do. A round mirror, not too small, surrounded with artificial moss, and one little sail boat riding on the surface of the "lake" is a pleasing thought for a summer day. The same mirror banked with cotton batting "snow" sprinkled with diamond dust and a skating doll on the "pond" is another idea. A small pretty basket of apples, or some ornament, may be used. The table centerpiece does not have to be of flowers, although we often think of it in that way. At any rate, let us every day have some decorative feature on the table that pleases the eyes and stirs the heart.

If we are at some pains to dress our table attractively we shall be less likely to come to the great ourselves carelessly clad or slovenly groomed.

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SAWS
 By Viola Brothers Shore

FOR THE GOOSE—
 YOU can make the richest cake in somebody else's kitchen.

Even laughin' ain't good for you if you're gonna laugh yourself to death.

Tryin' to think back on years, you can only remember moments. The way to have the longest life is to have the most moments.

Some people is like the bullets that got cooked in with the rabbit stew. They don't do no good, but they don't do no harm neither.

FOR THE GANDER—
 If a feller broke his leg it might make him feel better to be told about somebody that got theirs mended—but it don't help him none to hear about somebody that broke their neck.

You can't expect a good act to always bring returns. But a bad one you could count on every time.

You can't keep a big light goin' in your front hall, and save on the electric light bills, too.

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A car for every purse and purpose

THIS YEAR the General Motors line is an imposing Automobile Show in itself. Here is every style of body. Every type of design — four cylinder, six cylinder, eight cylinder. Every improvement. Every price, from the Chevrolet touring car at \$510 to the Cadillac with special coach work at \$9,000. A car for every purse and purpose. Every one of the models now on display is different and distinguished. Yet two unifying characteristics bind them all together:

- 1 EVERY CLOSED BODY is by Fisher. The quality of all body workmanship is Fisher quality, and because Fisher is owned by General Motors, every resource has been utilized to make body and chassis a perfect quality unit.
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THE GENERAL MOTORS line is a direct result of the record-breaking patronage accorded by the public in 1926. The economies which this great volume afforded have been passed on to the car purchaser in even better quality. With great pride we invite you to inspect these new General Motors cars and to make one or more of them your own.

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Close to Home

Papa asked: "Johnnie, do you know who has been using my new fountain pen?"
 "I'll give you this much of a hint," said Johnnie after much hesitation: "It was one of your nearest relatives."

Music and Energy

An apparatus which has been invented in Vienna, Austria, to show the effort expended by musicians, has proved that the energy used to play wind instruments is much less than when string ones are played.

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—if you sow Genuine "Pine Tree" Brand Farm Seeds from the dealer who displays the orange and green "Sign of Good Crops."
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