

Drink Water to Help Wash Out Kidney Poison

If Your Back Hurts or Bladder Bothers You, Begin Taking Salts

When your kidneys hurt and your back feels sore don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salts which helps to remove the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of good water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning 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 clogged kidneys; also to neutralize the acids in the system so they are no longer a source of irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink, which everyone should take now and then to help keep their kidneys clean and active. Try this; also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

Rheumacide
GETS AT THE JOINTS FROM THE INSIDE

Have you **RHEUMATISM** Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system. RHEUMACIDE OF THE INSIDE. FIVE BOTTLES FOR THE OUTSIDE. At All Drug Stores.

Jas. Bailey & Son, Wholesale Distributors, Baltimore, Md.

A single dose of Dr. Peery's "Dead Shot" expels worms. Tones up the stomach and bowels. No after purgative necessary. All drug stores 50c.

Dr. Peery's
Dead Shot for WORMS
Vermifuge

At drug stores at 375 Pearl Street, New York City

Tuberculosis Claim Probed
Because of the great demand for the medicine which he claims to have discovered and to have used in the cure of scores of cases of tuberculosis, Rev. Edward Ward, vicar of a suburban church in Auckland, New Zealand, has promised Minister of Health Stallworthy to discuss with an expert the formula for his treatment. He declares the many requests for the medicine include a large order from England. The compound is reported to contain mineral salts extensively used by a certain European medical school, together with a herb which grows extensively in many parts of New Zealand.

Willing
He—"I like any kind of wild game. Do you?" She—"Yes; do you happen to know a good one?"



Makes Life Sweeter

Next time a coated tongue, fetid breath, or acrid skin gives evidence of sour stomach—try Phillips Milk of Magnesia!

Get acquainted with this perfect anti-acid that helps the system keep sound and sweet. That every stomach needs at times. Take it whenever a hearty meal brings any discomfort.

Phillips Milk of Magnesia has won medical endorsement. And convinced millions of men and women they didn't have "indigestion." Don't diet, and don't suffer; just remember Phillips. Pleasant to take, and always effective.

The name Phillips is important; it identifies the genuine product. "Milk of Magnesia" has been the U. S. registered trade mark of the Charles H. Phillips Chemical Co. and its predecessor Charles H. Phillips since 1875.

PHILLIPS Milk of Magnesia

W. N. U., BALTIMORE, NO. 10-1930.

The SANDMAN STORY

ABOUT SPRING FLOWERS

THE Fairy Queen visited a hot-house filled with flowers. It was evening and it was quite dark save for the torch which the Fairy Queen carried with her.

The Flower Fairy talked to the Fairy Queen and together they went about among the flowers with the Fairy Queen's torch lighting the way.

"Ah," said the Flower Fairy, "there are the little tulips. Such bright, cheery flowers as they are. They and their crocus relatives close when it



"Now Little Tulips Will Open Day and Night."

is cool and open when the warm sun shines upon them.

"Yet sometimes we play tricks on them—jolly, good-natured tricks which they do not mind. Sometimes the one who looks after the hothouse lets their part cool ahead of time and they close and then he will warm it up again, and once more they open their heads."

"They go to sleep at night, people say, and yet they will go to sleep in the daytime, too, if it is cool. Maybe every one doesn't know that."

"I must tell the fairies about it," said the Fairy Queen, "as they will like hearing that."

"Little daisies and marigolds open in the daytime and close at night," the Flower Fairy continued, "but if you make everything dark ahead of time the marigolds close their eyes and go right to sleep."

"They will do this as many times as you make it dark and will wake up as soon as it is light."

"Now little tulips will open day and night regularly should they be kept in darkness for any length of time. They will not be fooled forever!"

"But Wild Camomile will open its petals all the wider when night comes as though not to miss any of the beauty of the night."

"Then there is the Sensitive Plant

which closes when touched. Such a sensitive, sensitive plant!

"The Night Stock opens at night and takes its rest in the day as you might judge by its name. And it likes to give its fragrance to the evening."

"But not only should we admire the beautiful flowers, but we should have a good word to say for the little wriggling worms which keep the earth soft and loosened up as they go crawling and pushing along through it."

"They keep it open so that the rain can do its part. They, too, deserve a little praise."

The Fairy Queen agreed with the Flower Fairy and together they threw fairy kisses to the flowers as the Flower Fairy walked along a little way with the Fairy Queen.

She rested in one of her Fairyland wayside corners that evening and the next day went visiting again.

Such a collection of creatures she visited. She talked to a sparrow who told her that his family had been brought over first to destroy caterpillars, but that they had been regretting it a good deal since as he had been pretty greedy himself about the crops.

And by that, he meant his whole family.

They talked to Old Rat. Old Rat said the reason he liked people was because they were untidy.

"They leave crumbs around and so I thrive all over the world as all over there are always some untidy people."

Then she saw, later in the morning, when the rain and sun were having a talk, beautiful Mother Rainbow.

"Oh, Mother Rainbow," she said, "do tell me what you have been doing lately."

"Well, my children and the Raindrop children have been having merry games, and yesterday we had a double rainbow. Then my children who dress in violet took the outside places in the double part of the rainbow."

"You know, with a single rainbow the children who dress in red stand and group themselves on the outer part of the rainbow and those inside are my violet-dressed children. They do the opposite in the double rainbow."

"You're going?" Mother Rainbow asked.

"Alas, I must this time," said the Fairy Queen, "we have a party this afternoon in Fairyland. But maybe if I asked you, you might come?"

"I'll come," said Mother Rainbow, "if you ask the Raindrop children and my children and Mr. Sun."

"Hurrah!" cried the Fairy Queen. "I'll ask them all and what a party we will have!"

(Copyright.)

How It Started

By JEAN NEWTON

CALLING THEM X-RAYS

WHO put the X in X-rays?

Truly one of the greatest discoveries of the age in the X-ray. For years medical men, surgeons and scientists groped in darkness for the ray that would light to curative agencies the ways within us that are hidden from the eye. For years they failed.

And then one Wilhelm Roentgen, a professor in a German university, announced to the world that he had discovered a ray which would make it possible not only to make transparent the skeleton as an aid to diagnosis, but which would have within itself wonderful curative powers for certain diseases.

Electricity, iridium and platinum are used in X-ray work. But Roentgen himself was not certain of the exact nature of the rays. What then more natural than that the professor, daily confronted with problems in mathematics, chemistry and physics, should choose the term used in the realm of science to represent the unknown quantity—X?

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Deadly English Bow

The English long bow was 6 feet in length. It was developed by the Scandinavian race and carried into England at an early date. It was used for exact shooting at a small target 100 feet in distance. Marks at from 150 to 300 yards used the full cast of the bow.

THE WHY of SUPERSTITIONS

By H. IRVING KING

TURNING THE SHOE

IF DURING the night you should hear an owl hooting, or a dog howling, or any other ominous sound; should suspect that witches or ghosts are about or anything of that sort, just get up and turn your shoes upside down. That will counteract the evil portent and drive away all ghosts and witches.

Inquiry has shown that this salutary practice of shoe-turning under the circumstances mentioned is rather common in the United States. From the time men began to wear shoes—or the same thing under another name, sandals—the shoe acquired a rather important part in supernatural lore from the magic of association, as appears from the part it plays in ancient superstitions, myths and sacred rites. As a part of a man's apparel it took on more or less of the man's individuality. We still have the expression to stand in another man's shoes as a metaphor for taking another man's place. Pliny, the great Roman naturalist, used to spit into his shoes before he put them on in order to drive out any evil spirit which might be lurking there, attempting to "hoodoo" him by standing in his place. Shoes were never brought into the sanctuary of Alectro, the "unresting one" of the avenging Furies. Nobody wanted to risk a Fury getting into his shoes.

Now when your shoes are lying right side up beside the bed and the dog howls, and the owl hoots, and evil influences are abroad in the night, it is evident that the said shoes offer altogether too many facilities for the evil spirits to enter them—of standing in your shoes as they would have in Pliny's had he not exercised them. But turn the shoes upside down and the evil spirits are necessarily foiled.

Forests Now in West

Originally four-fifths of our forests were in the eastern United States, says the American Tree association. But because settlement began on the Atlantic coast and because the East today supports 80 per cent of our total population, the eastern forests have suffered greater and much more rapid depletion than the western.

Lily Damita



Handsome Lily Damita was born in Paris. She is a blond. She speaks English, French, Spanish and German. During the war she sang and danced for the soldiers, although she was but a child. She began to dance in the ballet at the age of fourteen. With her mother she toured Europe with a company of players, the daughter singing jazz songs. She made her film debut in Berlin, later coming to America where she has been seen to advantage in a number of popular pictures.

For Meditation

By LEONARD A. BARRETT

THE RADIO INDUSTRY

THE report of the radio division of the United States Department of Commerce for 1929 states that there are 10,000,000 homes in this country equipped with radio receiving sets. The United States census report for 1929 estimates a population for this country of 120,000,000, or the equivalent of 30,000,000 families, estimating four persons to the family. This would mean that one-fourth of the homes in the United States have receiving sets. If all these sets were in use at the same time, and all the members of the families were listening in, the audience would reach the astonishing figure of 40,000,000 persons.



L. A. Barrett.

The rapid development of the radio industry is also noted in this annual report. In 1922 there were in use only 66,000 sets with an estimated audience of 75,000.

The economic value of the radio industry is at once apparent when we realize that in one year (1928) "the sale of radios and accessories totaled \$650,000,000." The exports in a single year (1927) increased from about \$3,000,000 to \$11,000,000. The future of this economic development is very large, for aside from possible increase in the exports, there are still 20,000,000 homes without radio sets.

The educational and entertaining advantages of radio are so very commonplace that the danger is, they are not as much appreciated as in former years. We take them as a matter of course. But, when the voices of men in other countries can be distinctly heard in our American homes, it makes us pause and wonder what the next feature will be that will bind the world close together.

Distance no longer separates nations any more than it separates individuals. Only differences of opinion separate nations today. The radio is destined to play no small part in solving the great unsolved problem which is facing every nation in the world. How are we going to live together?

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GABBY GERTIE



"Eve handed Adam an apple because she knew it was a canner fruit than a persimmon."



For COLDS

We all catch colds and they can make us miserable; but yours needn't last long if you will do this: Take two or three tablets of Bayer Aspirin just as soon as possible after a cold starts. Stay in the house if you can—keep warm. Repeat with another tablet or two of Bayer Aspirin every three or four hours, if those symptoms of cold persist. Take a good laxative when you retire, and keep bowels open. If throat is sore, dissolve three tablets in a quarter-glassful of water and gargle. This soothes inflammation and reduces infection. There is nothing like Bayer Aspirin for a cold, or sore throat. And it relieves aches and pains almost instantly. The genuine tablets, marked Bayer, are absolutely harmless to the heart.

BAYER ASPIRIN

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

Caught the Fever?
Visitor—Does your daughter use such slang?
Her Father (with a sigh)—Yes, nothing else but.

"When a Girl, Was Sickly, Pale and Thin"



Hagerstown, Md.
"When I was a girl I was very sickly, pale and thin, was weak—no strength, no appetite—felt drowsy and heavy. I had very poor blood, my system was full of poison. I broke out with boils and nothing seemed to help this condition until my mother started giving me Dr. Pierce's Golden Medical Discovery and it drove out the poison from my system. My appetite came back, I gained both in weight and strength. I have never had any more boils or breaking out since, which proves that the 'Discovery' makes pure, rich blood."—Mrs. W. H. Talheim, 235 Alexander St. All dealers. Fluid or tablet form.

Taking No Chances
"Why the shinguards, old man?"
"I'm going out to play bridge with the wife."—Dublin Opinion.

Wright's Indian Vegetable Pills have been a household remedy since 1837 for bilious complaints and all disorders of the stomach, liver and bowels. 25c a box. 372 Pearl St., N. Y. Adv.

Some men are born liars, while others acquire the art.



Insure Him a Healthy Skin through life by using Cuticura Soap

{Cleansing, Healing, and Antiseptic}

Soap 25c. Ointment 25c. and 50c. Talcom 25c. Proprietors: Foster Drug & Chemical Corporation, Malden, Mass.

Nickname for Stone
The word holystone denotes a piece of soft stone used in scrubbing decks. The term is supposed to be derived from the fact that decks were usually scrubbed on Saturday as a preparation for Sunday inspection, church, etc.; hence, the phrase, holystone and holystoning.

The Tryst
"We'll meet at eight o'clock, as usual, Hans, and when one of us is late—" "I will wait, darling."

Differ in Meaning
The expressions "fatally wounded" and "mortally wounded" are commonly used to express the same thing, but mortally is regarded by some as meaning suffering death at the time of, or soon after, the wounding, while fatally wounded conveys the idea that death followed after a considerable lapse of time.

Easiest way to get along with clothes closet is to reduce the number of your clothes.

SEND NO MONEY GUARANTEED RADIO TUBES

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Type 201A	55¢	TUBES for battery or electric radios; all guaranteed for 6 months against defect or burning out.
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Type 280	.60	Just state types of tubes your radio requires and mention quantity of each type desired. Your order will be promptly sent to you. Pay postman on delivery.
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Type 224	1.65	

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