



.Take a tablespoonful of Salts to flush Kidneys if Back hurts.

Omit all meat from diet if you feel Rheumatic or Bladder bothers.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid, 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 When your kidneys feel like lumps of lead; your back hurts or the uring is cloudy, full of sediment or you re-times during the hight; if you suffer with sick headache or dizzy, nervous full sick headache or dizzy, nervous form your pharmacist about four form your pharmacist about four full in a glass of water before breaks fast for a few days and your kidneys its made from the acid of grapes and that de rom source of irritation, this, and and stimulate clogged kidneys; to neu-tring bladder disorders. Jad Sits is incepensive; cannot in-tinia, water beerage, and belongs in thinia, water beerage, and belongs in this, water beerage, and belongs in they home, because nobody can make a mistake by having a good kidney. of lead; your back hurts or the urine



