

Reading for Women and all the Family



Life's Problems Are Discussed

By MRS. WILSON WOODROW Bob Smith enters the Aviation Corps. The business of the Aviation Corps is to fly.

Corps is to fly.

Consequently, we picture Bob Smith as soaring aloft, darting hither and thither in dragon-fly flights, making hazardous scotting trips out over the enemy's bines, bombing hostile trenches and supply depots, fighting deadly duels two thousand feet and more up in the air, wheeling, circling, dodging among the clouds.

But as a matter of fact Bob

But as a matter of fact Bob Smith may never leave the ground. He may never occupy a seat in an airplane except as a passenger and merely for the sake of the ex-perience

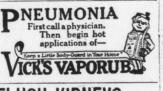
Yet that is not saying that Bob Smith is not as truly serving his country, or that his work is any less important than that of the renowned "Ace" who boast a score of fifteen or more enemy machines to his credit.

score of lifteen or more enemy machines to his credit.

In order that the "Ace" may successfully perform his adventurations feats, it is highly essential that every bolt and nut and spar and stay upon his fragile craft shall be true and taut, that his controls shall work without a hitch, that his engine shall function unclogged and the buzzing whil of his propeller continues unstilled.

And for this purpose a force of assistants is required—hangarmen, skilled mechanics and sall-makers. If I am not mistaken, the squad attached to each airplane is composed of fifteen men, one flyer and fourteen others who remain upon the ground, yet whose service is no less vital and indispensable.

This illustration seems to me for the properties of littles and properties the duty and leavent the properties of littles and sall-makers. The sillustration seems to me for some time. I am a young woman twenty-three years old, pleasantly situated in an excellent position, and earning a good salary and the properties and sufficient to the properties of the stokers for down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would say that the work of the stokers far down in the big guns. Yet who would s



Noted authority says we eat too much meat, which clogs Kidneys.

Take glass of Salts when Kidneys hurt or Bladder bothers you.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.



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By McManus



something which has been troubling me for some time. I am a young woman twenty-three years old indispensable.

This illustration seems to me very aptly to epitomize the duty and relation of each of us toward the Government in this day of stress. The business of our nation at present is war. And it is the business of every American man and woman to help make that war effective and speedily victorious, no matter what the personal sacrifice or hazard involved.

But even in the army every man is not called to the trenches. No less requisite to the fightling operations are the commissary and transportation departments, the engineers, the hospital units, the ordnance and signal corps—all the various and diverse elements which make up the organization behind the lines.

Only a small proportion of the PLUSH KODNEYS

WITH SALIS F

BACK IS ACHION

Noted authority says we cat too much meat, which clogs

Noted authority says we cat too much meat, which clogs

I yield to no one in my honor for

We were criticized for telling fat people to "tender" seventy-five cents to their druggists for a large case of Marmola Tablets. Several wrote in saving the use of the word "tender" was incorrect, that "tender" in such a connection raised the impression the druggist might refuse seventy-five cents as insufficient.

Now, isn't that odd? A few weeks ago seventy-five cents was "tendered" to a Broadway druggist and he did refuse it. That is, he said he had no Marmola Tablets, whereas he did have seven cases. But the wholesale house was closed. It being on a Saturday, and he had to prevaricate to protect his regular customers, who absorbed those seven cases later in the day. This elegant pharmaceutical adaptation of that famous, fashionble fat reducer, the Marmola Prescription (viz., 'g' oz, Marmola, 'g' oz, Fl. Ex. Cascara Aromatic, '4g' oz, Peppermin Water), is certainly having a remarkable vogue. Millions of cases of tablets are sold yearly and their fame grows. This is doubtless because of their atmlessness (guaranteed by the Marmola Co., 564 Woodward ave., Detroit, Mich.), and sure ability to remove ten to sixteen ounces of fat (not flesh) at a without inconvenience, bother, need for exercising or interference with the taker's appetite for good things.—Advertisement.

DR. CHASE'S

Rload at Nevye Tablets





A BIFURCATED SLEEPING

GARMENT.
One must have bifurcated sleeping vogue. Millions of cases of tablets are sold yearly and their fame grows. This is doubtless because of their harmlessness (garanteed by the Marmola Co., \$84 Woodward ave., Detroit, Mich.), and sure ability to remove tend and would get so dizzy I could hardly see. Was nervous and irritable. Had headaches and pain in back of neck.

"I worried so much that I could not sleep at night, and in the morning hardly had the strength to do my work.

Sanpan made a new woman out of me and I am pleased to recommend it."

DR. CHASE'S

Blood and Nerve Tablets

Will appear here soon.)

THE LIBERTY LOAN EDITION for their development than cotton creps. Much silk and thus at used for pajamas and thus satin are used for pajamas and pink is given the preference over white because the latter so often which because the latter so often which because the latter so often which because the latter so often white because the latter so often which because the latter so often which being laundered Narrow silk braid trims the front collar and sleeves of this design which requires 5 yards 36-inch material.

Blood and Nerve Tablets

Weigh Yourself Before Taking.

Price 40 Cents, Special 90 Cents.

Dr. Chase. 244 North Tenth St. Philadelphia, Pa.

One must have bifurcated sleeping garments in these days of the distriction there is nothing more practical for their development than cotton creps. Much silk and there is nothing more practical for their development than cotton creps. Much silk and they sate under the state of practical for their development than cotton creps. Much silk and they sate under the state of practical for their development than cotton creps. Much silk and there is nothing more practical for their development than cotton creps. Much silk and there is nothing more practical for their development than cotton creps. Much silk and there is nothing more practical for their development than cotton creps. Much silk and there is nothing more practical for their development than cotton creps. Much silk and there is nothing more practi

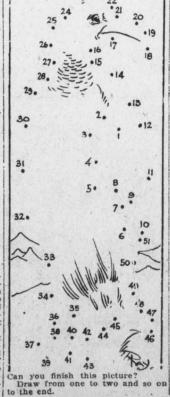
denly. "I'm not," he denied indignantly.

But Helen went off into another
gale of laughter, and Warren
caught fairly, was finally forced to
give a grudging smile, and to listen
while Helen told the whole story.

"Well, if it's true," Warren said
finally, "we all ought to be ashamed
of ourselves."

"Frances is taking that angle in
her story," Helen returned. "Don't
you see, dear, that it's only by
laughing at ourselves for believing
in such things that we can ever
realize just how superstitious we
are?"

(Another installment in this series will appear here soon.)



Vegetable Soup With Rice
Mutton Chops Mashed Potatoes
Lima Beans Creamed Cauliflower
Stuffed Prune Salad
Oatmeal Betty

II Clam Soup With Oatmeal Flats

Why Women Suffer

BECAUSE you are a woman there is no need to suffer pain and annoyance which interfere with work, comfort and pleasure. When you suffer again try Piso's Tablets—a valuable, healing local application with astringent and tonic effects. The name Piso established over 50 years guarantees fair treatm Money refunded if not satis If you would be rid of Back-ches, Headaches, Nervousness,

DISO'S TABLETS

THE PISO COMPANY 200 Piso Bldg. Warren



put the bust back where it belongs, prevent the full bust from
laving the appearance of flablaving the appearance of fla They are the daintiest and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Boned with "Walohn," the rustless boning—permitting washing without removal. Have your dealer show you Bien Jolie Brassieres, if not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNES, 51 Warren Street, Newark, N. J.

Footers Dye Works Removed From

34 North Third Street to 27 N. Second Street