Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism, headaches, liver trouble. nervousness, constipation, dizziness sleeplessness, bladder disorders often 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, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause frritation, thus often relieving bladder

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



#### DON'T LET WORMS TORTURE CHILDREN

Children who have worms have not a chance of being healthy. Watch for the symptoms. Gritting the teeth, picking the nostrils, disordered

Rid your child's body of these ruin-bus parasites. Give him Frey's Ver-mifuge—America's safe, vegetable worm medicine for 75 years. Buy it today. At all drug stores.

Frey's Vermifuge Expels Worms

#### Schoolboys' Ambitions

A London schoolmaster gives the result of a ballot from more than 100 boys of preparatory school age as to the profession or occupation in life that each hoped to adopt: "Air force 21. motor engineers 10, electrical engineers 13, navy 12, army 10, commerce 6, law 5, stage 4, politics 3, journalism and literature 3, private detectives 3, architects 3, explorers 2, civil engineers 2, painters 1, church 1, school-

Helping the Dream Along

Mrs. Binks—My dear, I want a hat a perfect dream of a hat. Will you Binks-Sure. I'll make a Welsh

rarebit for you to eat just before you

#### **Shade Makes Health Appeal**

After Surprising Recovery from Indigestion and Ailments Caused by Run-Down Condition and Ty-phoid Fever, Father of 7 Children Wants Everyone to Know Tanlac.

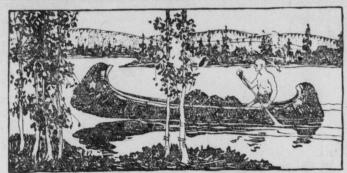
Cassius W. Shade. 416 S. Duke Street, Lancaster, Pa., an Armstrong em-ploye, says: "A few simple preventive measures will often forestall pain. When I began taking Tan-lac, I had almost

lac, I had almost given up hope of recovering my lost health, ravaged by Typhoid Fever. For 18 years I was a nervous wreck. From morning till night I suffered tormenting pain. My nerves were so worn that I couldn't sleep. Indigestion almost made it impossible for me to eat.

"I want the world to know about Tanlac, for it has returned to me my

Tanlac, for it has returned to me my lost health, banished all signs of stom-ach troubles, built up my strength." Tanlac, Nature's remedy, made from

roots, barks and herbs according to the famous Tanlac formula, relieves constipation, tones up sluggish liver, puts stomach in shape, vanquishes pain and builds strength. Regain good health. Take this worder tonic and remedy. At your druggist's.



## by ARTHUR D. HOWDEN SMITH

AUTHOR OF PORTO BELLO GOLD FTC

fighting.

you prefer it?"

COPYRIGHT BY BRENTANO'S

But I refused to be intimidated. In-

deed, I was no longer doubtful of the

issue. I knew that I could outfight

him or any fighter of his caliber by my

adaptation of sword-play to knife-

I leaped upon him by way of answer

I shortened our fighting-range, and

casionally. He kept his head down, and parried desperately, trying to

escape to one side, but I was on him

se swiftly that he was afraid of a

blow from the rear, and must needs

stand to defend himself. At last he

stood on the very brink of the morass,

with no avenue of escape open.
"How will you die, my friend?" I

asked. "You can smother to death if

His answer was a bellow of insen-

caught its point on my hilt, turned it

aside and met his rush. He wrapped

his arms around me, intent on carry-

ing me with him into the ooze and

before his bear's hug was completed.

the tussocks of marsh grass.

slime. But I stabbed him to the heart

West of the second

HE HOWLED

WITH GLEE.

of the two Cahnuagas, He shouted

each other's arms, and as I looked,

his legs around the negro's waist, and

they rolled over and over across the

gled to their feet, grips unrelaxed. Pe-

ter warned me off.

ish this myself."

effort for breath.

I reached them just as they strug-

"Standt clear," he croaked. "I fin-

Certes, nobody but Peter could have

finished it. The negro's strength was colossal. He fought like a wildcat,

with teeth and nails and legs. But

Peter met him phlegmatically, refusing

to be angered by the vilest attempt.

They had torn the clothing from each

other's shoulders and flanks. They

dripped blood. Their skins shone with

sweat. Their chests heaved with the

Tom stooped and flung his arms

around Peter's waist, driving his head

for the Dutchman's loins. Peter retal-

iated by bringing up his knee against

and Peter swooped upon him. One

arm hooked Tom's waist, the other

any revolving mass, such as a flying

wheel of an engine or a dynamo ar-

mature, is declared a simple matter

by the inventor of a device that is

theory of the instrument is based on

the principle that any reveiving body

or disk, perfectly balanced and loose

ly supported on its axis, will, when re-

volving, seek its own course of revo-

lution and rotate steadily, irrespec

The device consists essentially of a

case or housing. Through this runs

which is a rotating disk. The bearing

member protrudes from the casing

and when testing, is placed against

lowed to rotate until it has attained Standard.

an axle, universally supported,

tive of the course of its axis.

"balance detector." The

Device Called Upon to Detect Balance

Detecting the unbalanced portion of | the maximum speed of the shaft. In

the end of the shaft of the piece of you are winning you are losing. Time machinery in question. This is alwill tell the story, too.—Watercown

out of balance.

caught him by the neck.

toward the edge of the swamp.

W.N.U. SERVICE

CHAPTER XI-Continued -23-

Peter answered him with the Iroquois war-whoop, and we sprang from the sumac clump, dodging right and left through the tree trunks.

"Here they come," yelled Bolling in warning.

He fired his musket, and I felt the wind of its bullet on my cheek. Tom shot with no better results. The two surviving Cahnuagas threw away their guns and fled.

"I will take care of them, brothers," shouted Ta-wan-ne-ars, casting aside his own musket. "One Seneca against two Cahnuagas-that should be fair

He put on speed as he spoke, waved his hand and was gone, running like a greyhound after the two frightened savages, who were scurrying around

The field was left to Peter and me and the two ruffians whom the frontier called Red Death and Black sate rage and his knife, thrown point-Death. They seemed nothing loath to first at my chest. By sheer luck I

"He he he," roared Bolling, "D'ye see who it is, Tom? Waall, young teller"-this to me-"was you intendin' to amuse me some?"

"I'm intending to let a little clean air into your dirty skin," I answered.

He threw back his head as if much wide, and lay in a noisome heap by

"Ho, ho, ho! Now ain't you got the smart way o' puttin' things? Young feller, I'll tell yer what: you're too good for the frontier. You—"

As quick as lightning, and without I stood over him, panting from him,

an indication in advance to warn me, he flung his tomahawk at my head. saw it coming, and instinctively did the only thing possible to save my-self—raised my own ax to guard. Bolling's hatchet struck mine and knocked it from my hand, leaving my arm sore and tingling.

"You wasn't expectin' that, was you?" he gibed. "Waall, young feller, there's a heap o' other things you ain't expectin', but they're a-goin' to happen. Yes, right now. You watch. He poised himself on the balls of his feet, and pranced around me, his big,

double-edged scalping knife held ready in his right hand. "I'm aimin' to carve you, my lad, he warned me. "You ain't got the chance a squirrel has ag'in an éagle. There ain't a knife-fighter in these parts can stand up to me. Boy, I'm 'most ready to be sorry for ye. I feel that bloody-minded I ain't got no

mercy left at all." He attacked me with a peculiar sweeping blow that was aimed at my shoulder, but fell at the level of the waist. Had it passed my guard, twould have disemboweled me.

parried his blade with mine, and struck back for the first time with alarm. The suspension in his attack gave me opportunity to glance over my Tom heaved Peter into the air and or lesser extent in the fur-trade, the tried to throw him. But Peter locked great export staple of the province. me opportunity to glance over my

shoulder toward the edge of the swamp, where Peter and the negro were circling each other warily, tomahawk poised for throwing. The sight put an idea in my mind.

I remembered my duel with the Cahnuaga in the glade by the Great Trail and the discovery that he was at a disadvantage when I used the knife as I had learned to use the sword. promptly shifted my grip on the knifehilt and held it straight before me as if it were a rapier. At the same time I inclined my other arm behind me to balance it. Bolling viewed this maneuver with derision.

"Ye pore baby," he sneered. "Think ye can meet a knife-fighter like me with one arm? Or fight me off with the point? I'll show ye.'

He charged upon me like a battering-ram, his knife a whirling point of steel, its broad blade slashing in both directions. I retired slowly, anxious to increase his self-confidence. "Stand up to me now!" he yelled

finally. "Be ye feared?" I laughed at this, and it made him furious. He stamped around me, slashing and stabbing, and it was sev eral minutes before he discovered that however viciously he struck I was always able to parry him with an econ-

omy of effort. He crept forward like a huge cat, feet spread wide, shoulders crouched,

knife a menacing flame. Somewhat to his surprise I did not give ground to him this time, but met nim squarely as he advanced. My arm was extended, full-length, tipped with a good ten inches of steel. He struck, and I parried the blow. He slashed and I put it aside. He struck again, and I almost succeeded in twisting his blade from his hand by an old trick of salle des armes. But my knife was not long enough to get the neces-

sary purchase with it. He charged with wonderful celerity, dropped to his knee and slashed up gard so effectively that his point cut the skirt of my leather shirt.

"I'll get ye yet," he howled with

Dazed and with a mouthful of shat tered teeth, Tom struggled feebly, but without avail. Peter twisted him, bore him to the ground, shifted grip rapidly, drove his knee into the quivering belly and throttled the life out of the black "So I make an endt of him," panted

the Dutchman as he staggered to his

"Ave, we have made an end to Red Death and Black Death," I answered. "And I slew the two who ran," added Ta-wan-ne-ars, touching two scalps whose clustered feathers protruded from his belt. "A clean sweep," I said. "There will

be none to carry the tale to La Vierge du Bois.'

#### CHAPTER XII

Governor Burnet Is Defied

Twas early autumn when we re turned to Albany. The flag over the battlements of Fort Orange stood out the legislative work of the committee. straight from its staff. The citizens who thronged the street leading up to fare will be the most important part the fort gate must needs hold on to their hat-brims.

ed?" I asked Peter.

and pressed the fighting. He yielded ground to me, seeking to retreat into He shook his head, and I accested a tavern keeper who stood in his doorthe woods by the trail; but I rounded way, regarding the passers-by with anticipation of the harvest he would reap him up and herded him steadily "'Tis his excellency the governor," gave him the point, drawing blood oc-

he explained. "The governor and Master Colden of his council have summoned certain gentry and merchants and the officers of the troops to meet them in the great hall of the fort this

We came to the fort gate and gave our names to the sentry who stopped all save the few the governor had summoned to attend upon him. A messen ger he dispatched brought back work that we were to enter, and we were escorted across the parade and into the quarters of the commandant adjoining the great hall.

Master Colden met us in the door-"Zooks, but I am right glad to see

you," he cried. "And his excellency is overjoyed." He opened an inner door and ush-

ered us into the presence of the gov-ernor. Master Burnet rose and came wide, and lay in a noisome heap by forward with hand outstretched.
"Master Ormerod, this could not I stood over him, panting from my

have been better! I wished above all things for speech with you. Corlaer, I am deeply in your debt. Ta-wan-neers, you have again incurred the gratitude of the province.

"Did you receive my report from Oswego, sir?" I asked.

'Certes, 'twas that-and this"-he tapped a document which lay before him on the table-"which brought me

He proffered it. 'Twas a report from secret agent at Montreal, quoting the decision of the French fur dealers, acting in conjunction with their government, to raise the price of beaver from two livres, or one shilling sixpence in English currency, the pound, o the level of four livres, or three shillings, the established price then prevailing at the English trading-

"That, mind you," continued the governor as I returned the paper to him, was the first reaction in Canada to he tidings that Murray had succeeded in legitimatizing his trade over the Doom Trail. But come with me. It may be I shall appeal to you for firsthand testimony."

We deposited our muskets in a corner of the room, and filed into the larger chamber adjoining, where some paid county boards. thirty men awaited him. Several were gentry who were members of his council. Three were officers in command the duty of appointing and advising struck back for the first time with such venom that he leaped away in to see Peter and the negro locked in such venom that he leaped away in to see Peter and the negro locked in of the frontier garrisons. The remainthe country child welfare boards and der were merchants, dealing to greater | supervising the general administration

His excellency wasted no time in preliminaries or generalities. He deposited several papers on the table in front of him, and addressed himself to his task.

"Gentlemen," he began, "I have summoned you to meet me here because a situation has arisen which is of the utmost gravity to the welfare of the prevince and the larger interests of his majesty's realm. Recently I have been in receipt of a communication in the form of a petition signed by many of the chief merchants of the province, beseeching me to abandon my opposition to the retention of the free trade with Canada which is now temporarily secured to them by the action of the lords of trade in suspending decision upon the law prohibiting the trade in Indian goods which I secured to be

passed last year." "That petition represented the sober the negro's chin. Tom reeled back, thought of a majority of the merchants and traders, your excellency," spoke up a prosperous-looking man. (TO BE CONTINUED.)

the casting is a pointer which shows

the trend of the motion, greatly exag-

gerated. The machine is then stopped,

with the device still connected, and

the pointer will then show the side

Southern Expression

Riddall's. "Fact, Fancy and Fable"

says that the expression "Nigger in

the woodpile" originated in the South

and refers to the thieving propensity

We've Noticed It, Too

you are winning, and when you think

Often when you think you are losing

# O THE O

WANT UNIFORM LAWS

#### TO HELP CHILDREN

The program of the national child elfare committee of the American Legion was announced recently with the appointment of State Senator Sherman W. Child of Minneapolis, Minn., as vice chairman to be in charge of

The legislative phase of child welof the work this year, according to Miss Emma C. Puschner, director of "Are the streets usually so crowd- the national child welfare division at number of British soldiers were killed. national headquarters in Indianapolis, Ind.

> "The main objective will be uniform legislation in nearly every state in the Union." Miss Puschner said. The legislation will look to improve condi-

of attempting to force legislation in any state, but Senator Child has wouldn't let him go, but finally he got drawn up a minimum legislative pro- away. If he had been unable to esgram that will be used as a guide, and Legion officials of each state will be



Emma Puschner.

requested to co-operate wholeheartedly with such state officials, legislators and committees as possible to obtain this minimum legislation. "The program has four distinct

points as follows:

non-support law. "Second, a widowed mother's allow-Pierre Van Paassen, in the Atlanta ance law which will allow help to keep children in their own homes (in accordance with the financial ability of the community). There are 41 states that have a mother's pension or a mother's allowance law, but the law in each case has some serious defect. Usually the husband must die before

aid is extended the family. "Third, is a provision for the appointment of an unpaid county child welfare board of three or more members in each county to advise with the county attorney, probation officers, judges or public charities on individual cases. Very few states have un-

"Fourth, is a state children's bureau of one director who shall have Jamestown Post.

#### Only Chinese Member of the Legion in U.S.

Jung Lim Tew, one of the owners of the Jung Lee laundry in Rochester, N. Y., is believed to be the only Chiin the United States.

"I am an American citizen, and because I like this country I enlisted in | tectives. the army," Tew explained recently His service in the army made him eligible for the Legion.

Born in New York city, Tew was taken to China by his parents when a baby and he remained there until he was eighteen years old, when he rethe laundry business and went back Deluge!" to China where he was married. During the World war Tew was a member of the One Hundred and Twentyfifth infantry, serving at Camp Upton almost a year.

#### No Legs, But He Will Go

Among the Legionnaires who will shove off for France next September will be Frank B. Roberts of Chase City, Va., who lost both legs as the result of war service. Roberts has arranged for an able bodied escort to help him over the rough spots and will sail on the I. M. M. liner "Pennland" from Hampton Roads, September 9, and return on the same ship from Antwerp, Belgium, on September 24. Roberts was an ambulance driver in the Twenty-ninth division during the World war.

#### Rescues Old Battlefield

Alamance battleground, where one of the first battles of the Revolutionary war was fought, has been rescued from weeds and underbrush by Walter H. Ellis post No. 63 of the American Legion of Burlington, N. C., near where the battleground is located. around the monument commemorating of fustice were satisfied. the battle.

#### Daniel Boone Fought in Army of Braddock

Daniel Boone was one of the brav est of those early settlers of the Brit ish colonies in America who penetrat ed vast wildernesses, fought with hos ships of the frontier, when boys had to show a man's courage and do a man's work.

The new country at this time was full of trouble. There was bitter hostility between the English and French. the French being helped by the Indians. Braddock was making his campaign against the French, and the ar seemed in the air everywhere.

Daniel Boone was a sturdy boy, strong for his age, and fond of adventure. He saw an opportunity to satisfy this desire by joining the army of Braddock, and he accordingly of-fered his services. These were accepted and he was made chief wagoner and blacksmith.

Braddock later was ambushed by hostile French and Indians, and in the general rout which followed a large Many of the drivers who were trapped were slain. Daniel finally managed to cut the traces of his team, and escaped down a ravine followed by a hail of shot and arrows.

When he was thirty-four, Boone, tions not only of children of World with five companions, set out on the war veterans, but children generally. exploration trip to Kentucky. Boone "The Legion will avoid any attitude was taken prisoner by the savages and they liked him so well that they cape at the time Braddock's army was attacked, he, of course, never would have made the trip to Kentucky, and the development of the rich and productive lands which he opened up would have been delayed several years and the march of civilization hindered.

#### Verdun Today

Eleven years ago began the first phase of the greatest and bloodiest battle of world history-the titanic struggle for the possession of Verdun, key to the conquest of France. Armies of millions crashed together in that Armageddon and France reeled under the impact of the terrific blows of Ludendorff. Little is left today of hat holocaust. We stood on Dead Man's hill the other day and around could be seen a most rustic and peaceful landscape. An early spring sun, mellow and beneficent, was turning the fields into a deeper hue of green, peasants were busy here and there. little children played games on the roads. Near the remnants of Fort Veaux, where the blood bath once reached such proportions that it staggered humanity, a small herd of sheep vas nibbling at the short grass and "First, a good family desertion and the boy that watched the beasts was singing: "Aupres de Ma Blonde!"-

#### The Gregarious Habit

Constitution.

Beasts that prey upon other ani-mals do not live in herds. Predatory birds are not found in flocks. Grafters, thieves and criminals among men instinctively avoid the society of other people. Viewed from this standpoint, it is a hopeful sign that humanity seems to be developing the gregarious habit more widely. People are crowding into cities. They are gathering more often in conventions, conferences and meetings of all kinds ranging from a neighborhood birthday party to a political convention .-

#### "Dead Man" Wandering

A living "dead man" is wandering somewhere about the streets of San Francisco despite the well-meant ef-A living "dead man" is wandering forts of Coroner Leland to get him into the morgue. Doctor Leland found a man lying on the sidewalk. He made superficial examination and nounced him dead. He then called the coroner's wagon and police detectives. When he returned from the telephone member of the American Legion | the "dead man" had walked away, leaving Doctor Leland to explain as best he could to the investigating de-

#### Papers Delayed

The railway line was flooded after heavy rainstorms, and the traveler was obliged to break his journey at a village. He made his way in the pouring rain to a restaurant and said to turned to America. He prospered in the waiter there: "It is like the

"The what?" "The Deluge. Haven't you read about the Deluge-Noah and the ark? "No, sir; you see, because of the flood we haven't had any newspapers in three days."

#### Dog Keeps Appointment

Spot, a smooth-haired fox terrier owned by a manufacturer of Birmingham, England, is apparently not only able to tell time, but utilizes this ability to keep appointments promptly. Once a week the dog's owner goes to London, and Spot sees him off in the morning. At night, just 15 minutes before train time Spot leaves the house of his own accord, slips past the ticket taker at the station and goes through the train until he finds his master.

#### Justice by Mail

Rather than make the arduous trip of 74 miles over a mountain divide where snow is 10 feet deep, V. Lee McNew, a trapper from Sacramento Calif., called up the judge at Weaverville, pleaded guilty of killing gray squirrels and was fined \$25. The post cleared scrub growth from money was sent by mail and the ends

#### KEEP GOUGHS OUT OF "DANGER ZONE"

Coughing irritates your throat and tile Indians, and faced death daily. He was brought up amid the hard-ships of the frontier, when boys had And when you feel the cough spread-ships of the frontier. ing down into your bronchial tubes it is nearing the "danger zone"—for these tubes lead directly into your

lungs. Ayer's Cherry Pectoral stops coughs quickly—almost instantly in spas-modic attacks. With the very first swallow you feel its comforting warmth. Real medicine, reaching deep down with its soothing, healing power. Absorbed through and through the irritated throat, chest and brongers and brongers are the statement of the statement o chial membranes, it quickly stops the cough, breaks up the cold and brings prompt, lasting relief.

Ayer's Cherry Pectoral is hospitalproved. Prescribed by physicians. Pleasant to taste. All druggists—60c and, twice the quantity, \$1.00.

## DEMAND GENUINE ENTER HYPO COD COD LIVER OIL HYPO PHOSPHITES

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

TASTES LIKE RARE OLD WINE SAMPLE 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



#### FOR PILES PRICE ST.00

Write for FREE BOOKLET If your druggist cannot supply you, order forwarding charges prepaid, from KOENIG MEDICINE CO. 1045 N. WELLS ST., CHICAGO, ILL.

#### IF MOTHERS ONLY KNEW



Many children are complaining of Headache, Feverishness, Stomach Troubles and Irregular Bowels and take cold easily. If mothers only knew what MOTHER GRAY'S SWEET POWDERS would do for their children no family would ever be without them for use when needed, So pleasant to take and so effective that mothers who once use

DON'T ACCEPT ANY SUBSTITUTE them always tell others about them. At all Druggists. Trial Package FREE. Address Mother Gray Co., Le Roy, N. Y.

#### Seemed Suspicious

A butcher, hearing a boy whistling utside his shop, said: "What are you making all that noise

or, you young scamp? "I've lost my dog," answered the

"Well," the butcher asked, "do you think I've got your dog?" "I don't know, guv'nor," replied the boy, "but every time I whistle those

### Special Offer to Victims of

Your Druggist Says Pleasant to Take, Elixir Must Help Poor Distressed Stomachs or Money Gladly Refunded.

You can be so distressed with gas and fullness from poor digestion or dyspepsia that you think your heart is going to stop beating.

Your stomach may be so distended
that your broathing to chest endeaver

that your breathing is short and gaspy You are dizzy and pray for quick relief—what's to be done.

Just one tablespoonful of Dare's Mentha Pepsin and speedily the gas disappears, the pressing on the heart ceases and you can breathe deep and

naturally.
Oh! What blessed relief; but why Why have them at all?

Especially when any druggist any-

where guarantees Dare's Mentha Pepsin, a pleasant elixir, to help you or

Not Necessary "Mummy, may I go to the circus

this afternoon? "Why, Betty, fancy going to the circus when your Aunt Sarah is here!"

Every man should keep a fair-sized cemetery in which to bury the faults of his friends.

useful.

Will stop tomorrow Colds break in 24 hours for the millions who use Hill's. Fever and headaches go.

FELIX- YO ONERBID Y 3 NO TR

THE F

FINNE

OIVE BEE

PLASED TO

MICHAE

10 "GEE

No one can be happy and not be

La Grippe yields in 3 days. This is the quick, the scientific way to end these dangers and discomforts. Don't trust lesser helps, don't wait. Get back to normal at once.

Be Sure It's 211 Price 30c

CASCARA QUININE

Get Red Box COMO with portrant