TAKE A GLASS OF SALTS TO FLUSH THE KIDNEYS IF YOUR BACK HURTS

Advises folks to overcome Kidney and Bladder trouble while it is only trouble.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then 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 clogged kidneys and stimulate them to normal activity also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure any one; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease. —Advt.

OHIO SOCIETY VOTES FOR UNIVERSAL SUFFRAGE

More than 100 members of the Ohio Society of New York voted last night at the Waldorf-Astoria to indorse President Wilson's action in breaking relations with Germany and called on Congress to pass a universal training law which would be a perpetual safeguard to the country.

Pacifist members of the society who were expected to oppose any attempt to place the society on record as favoring the President's armed neutrality policy failed to appear and the vote to support the President was unanimous. The motion indorsing President Wilson was proposed by Charles P. Bruch, President of the society.

THE NEW PLAYS

"Our Betters" Ill-Timed and Artificial.

BY CHARLES DARNTON.

TO MY MIND, there is nothing so outrageous on our stage as an English play that makes Americans ridiculous. Such a play was seen last night at the Hudson Theatre in "Our Betters," written by W. Somerset Maugham, a surgeon who still devotes himself to the London drawing-room, and produced by John D. Williams, whose earlier intelligence gave us Galsworthy's "Justice."

"Our Betters" is ill-timed and artificial. To say that a play is artificial doesn't mean necessarily that it is something to be damned. Oscar Wilde wrote brilliantly the sort of thing that Mr. Maugham has attempted to write. Comparison is a matter of the ear. Brain doesn't enter into the present question. It doesn't matter to you or to me whether an English title is bought or sold. If title-seeking women go to London from New York or Chicago they go about their own business. But we "take in" the theatre because it is supposed to take in the world.

London, with its cut-and-dried morals, would undoubtedly be shocked by "Our Betters," which happens to find a market here. London would probably stand aghast at the immoral spectacle of Lady Grayston, even though she has come from New York, entering into a clandestine affair with a dissolute Englishman. It is only by getting something for nothing, according to Mr. Maugham, that England can be satisfied—and as Mr. Maugham is an Englishman, we must take his word for it.

So far as the author is concerned, however, the point to be made is that he has written a play of no importance. At the same time he makes a point when he says that Americans who go to England on the hunt for titles can only seek to enjoy themselves, whereas the English themselves have certain duties that engage their time. He hits both ways. But by this means he never succeeds in "landing" either on America or England. There is a great deal of idle talk, together with a rather sorry lot of American-born women who find themselves at a disadvantage on English soil. "They're not worth talking about," remarks the American girl who has managed to take her common sense abroad with her. And she is quite right. Her judgment might be extended to the play as a whole.

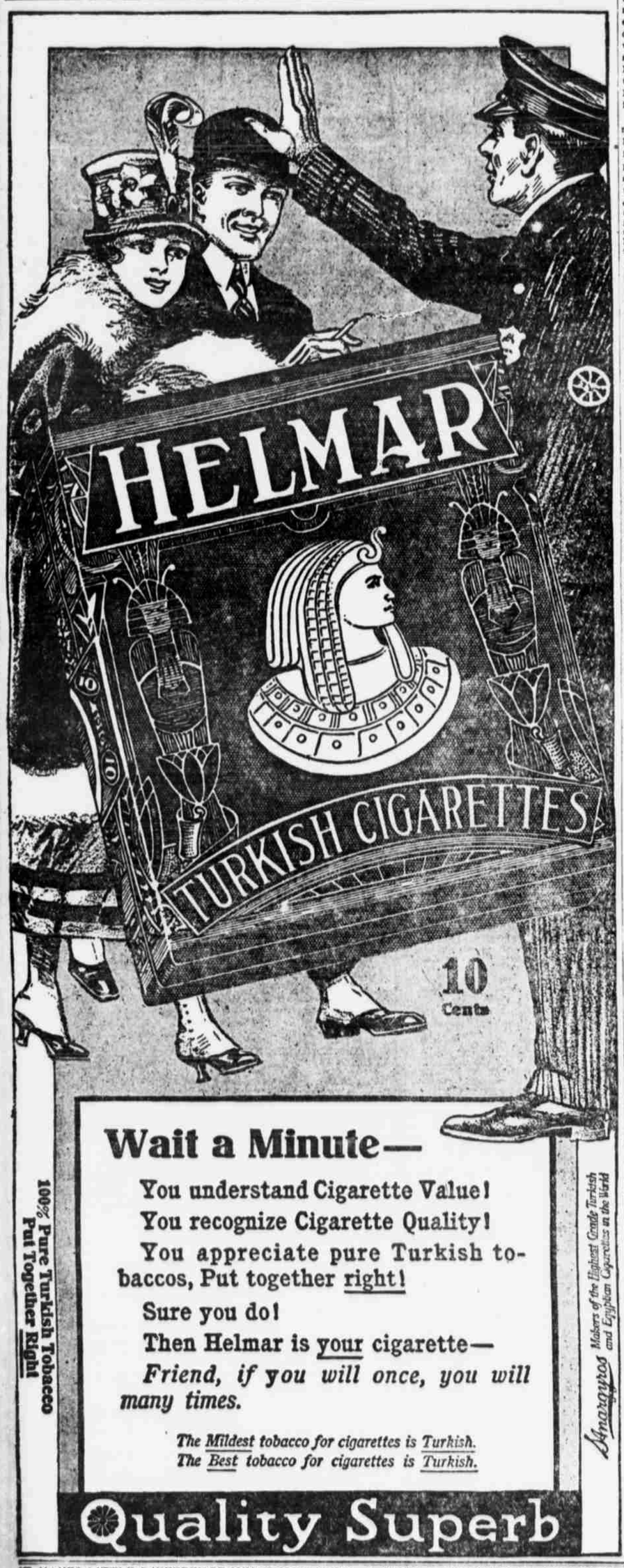
Lady Grayston is merely a hard, worldly, selfish creature who has made a social success in London and lost all sense of spiritual values in the process. Mr. Maugham presents this character quite ruthlessly and skilfully enough to show her shallowness, pettiness and baseness. As a foil he has given her a mature duchess who has divorced her husband and is pursuing a worthless young cad called "Tony." When their liaison is discovered, Lady Grayston cheerfully swears at "Tony," adding "I told you it was too risky." The rest of the story isn't worth telling. In the end the play descends to burlesque with a rather amusing scene between Lady Grayston and her fatuous patron, who calls her "girlie."

In this incident Chrystal Herne and John Flood did capital work. At other times Miss Herne pitched her voice too high for the good of her performance. Rose Coghlan added largely to the pleasure of the performance as an old campaigner in the social battle, and Ronald Squire did a neat bit of acting as the unspeakable "Tony." It was the acting of Leonore Harris as a princess without illusions, however, that gave the performance its only claim to sincerity. With her dark beauty to count upon, Miss Harris proved herself capable of playing something more than the adventuress of melodrama. Quietly and splendidly—again her beauty must be considered—she always commanded attention and interest. After many misadventures, this handsome creature has discovered the secret of poise on the stage. In other words, Miss Harris has finally learned the first lesson in acting.

Fritz Williams gave himself lightly to a minor role in which Ferdinand Gottschalk might have reveled, and others acted well in a play that is likely to be forgotten overnight.

Gov. Johnson Resigns.

SACRAMENTO, Cal., March 13.—Gov. Hiram W. Johnson announced his resignation from the Governorship here today, effective March 15, to begin his duties as United States Senator in Washington.



Wait a Minute—

You understand Cigarette Value!

You recognize Cigarette Quality!

You appreciate pure Turkish tobaccos, Put together right!

Sure you do!

Then Helmar is your cigarette—

Friend, if you will once, you will many times.

The Mildest tobacco for cigarettes is Turkish.
The Best tobacco for cigarettes is Turkish.

100% Pure Turkish Tobacco Put Together Right

Anargyros Makers of the Highest Grade Turkish and Egyptian Cigarettes in the World

Quality Superb

IT MAKES LITTLE DIFFERENCE WHAT YOU NEED—A WORD "WANT" WILL GO GET IT.

CUTICURA HEALS INTENSE ITCHING

Of the Scalp at a Cost of 75c. Covered With White Crust. Hair Fell Out In Handfuls.

"I was irritated for a great length of time by a continual itching of the scalp, and my scalp was becoming covered with a thick white crust. The itching became so intense that it almost seemed beyond myself to endure the torture much longer, and I was compelled to keep scratching my head constantly. My hair was falling out in handfuls and became very thin, and I was ever finding hair and dandruff on my shoulders.

"After reading of the results obtained from using Cuticura Soap and Ointment I bought them, and when I had used one box of Cuticura Ointment and one cake of Cuticura Soap I found myself free from dandruff, itching, and falling hair. I was healed." (Signed) Albert E. Hansen, 289 New York Ave., Union Hill, N. J., Sept. 14, 1916.

Clear the skin and scalp and keep them clear by using Cuticura Soap for every-day toilet purposes.

For Free Sample Each by Return Mail address post-card: **"Cuticura, Dept. H, Boston."** Sold everywhere. —Advt.

MOTHER! LOOK AT YOUR CHILD'S TONGUE

Give "California Syrup of Figs" if Cross, Feverish, Sick, Bilious, Constipated—They love it

Watch Children Now! Guard Against Colds, Grippe, Sore Throat and Sickness by Keeping Liver and Bowels Free from Poisons

A laxative to-day saves a sick child to-morrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has the grippe or a sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this **constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again.** A thorough "inside cleansing" is oftimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for groun-ups plainly printed on the bottle. **See that it is made by the "California Fig Syrup Company." Don't merely ask for Syrup of Figs, but ask for "California Syrup of Figs." Remember, "California."—Advt.**

The Right Way *to The* Right Number

BE AS SURE of the numbers of those you call by telephone as you are of the street addresses of those you call upon in person.

THE RIGHT WAY to obtain the *right* telephone numbers of those you wish to call is to consult the Telephone Directory.

THIS PRACTICE saves your time, because it eliminates the "wrong number" connections that result when you take telephone numbers that have grown out of date from old billheads, letter-heads or business cards.

Always consult your Telephone Directory first

NEW YORK TELEPHONE CO.

Nuxated Iron Should Be Used In Every Hospital and Prescribed by Every Physician

Says Dr. Howard James, late of the United States Public Health Service.

It quickly enriches the blood, strengthens the nerves and puts most astonishing youthful power and vigor into the veins of both men and women. It often increases the strength and endurance of delicate, nervous, run-down folks 200 per cent, in two weeks' time.

Opinions of Dr. Ferdinand King, New York Medical Author, Dr. T. Alphonsus Wallace and other physicians who have tested Nuxated Iron in their own private practice.

In a very interesting and instructive discourse on the great value of plenty of iron in the blood, Dr. Howard James, late of the United States Public Health Service, said:

"A patient of mine remarked to me (after having been on a six weeks' course of Nuxated Iron),

"'Say, Doctor, that there stuff is like magic.'

"Previous to using Nuxated Iron, I had been prescribing the various mineral salts of iron for years, only to meet complaints of discolored teeth, disturbed digestion, tied up, hardened secretions, etc., and I had about reached the conclusion that the only way to supply iron was to get the patient to eat very large quantities of spinach, carrots and lentils, when I came across Nuxated Iron, an elegant, ingenious preparation containing organic iron, which has no destructive action on the teeth—no corrosive effect on the stomach, and which is readily assimilated into the blood and quickly makes its presence felt by increased vigor, snap and staying power.

"Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron.

"As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only throw away habit-forming drugs and cayenne concoctions, and take simple Nuxated Iron, I am convinced that the lives of thousands of persons might be saved who now die every year from pneumonia, grippe, consumption, kidney, liver and heart troubles, etc. The real and true cause which started their diseases was nothing more nor less than lack of iron in the blood.

"Thousands of people suffer from iron deficiency and do not know it.

"If you are not strong or well, you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of Nuxated Iron three times per day, after meals, for two weeks. Then test your strength again and see how much you have gained. From my own experience with Nuxated Iron I feel it is such a valuable remedy that it should be kept in every hospital and prescribed by every physician in this country."

Dr. E. Sauer, a Boston physician, who has studied both in this country and great European medical institutions, was asked what he thought of Dr. James's remarks. In reply, he said: "I fully agree with Dr. James. People need more iron. There can be no strong, vigorous men and beautiful, healthy women without iron. Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of twenty, full of vigor, vitality as a man, in fact, more the real man he really was not withstanding his age. The secret, he said, was taking iron—Nuxated Iron had filled him with renewed life. At 30, he was in bad health; at 40, he was careworn and nearly all in—now at 50, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth."

Dr. Howard James, late of United States Public Health Service, tells physicians he believes that more Nuxated Iron should be prescribed to meet the great problem of iron deficiency, with its attendent symptoms of weakness, nervousness, lack of vitality, paleness and generally rundown conditions.

WARNS AGAINST USE OF ORDINARY METALIC IRON as commonly taken by most people.

Dr. A. J. Newman, formerly House Surgeon Jefferson Park Hospital, Chicago, in commenting on the value of Nuxated Iron, said: "This remedy has proven through my own test of it to excel any preparation I have ever used for creating red blood, building up the nerves, strengthening the muscles and correcting digestive disorders. The manufacturers are to be congratulated in having given to the public a long-felt want, a true tonic, supplying iron in an easily digested and assimilated form, a true health builder in every sense of the word."

Dr. T. Alphonsus Wallace, a physician of many years' experience in this country and who has been given many honorary titles in England, was next asked to give an opinion on Nuxated Iron. Dr. Wallace said:

"I do not make a practice of recommending advertised medicinal products, but I have found Nuxated Iron so potent in nervous, run-down conditions, that I believe all should know of it. The men and women of to-day need more iron in their blood than was the case twenty or thirty years ago. This, because of the demineralized diet which now is served daily in thousands of homes, and also because of the demand for greater resistance necessary to offset the greater number of health hazards to be met at every turn."

The next to be consulted was Dr. Ferdinand King, a New York physician and author, who said:

"I heartily concur in all that Dr. James has said, only in some respects I would go further. Dr. James forgot to mention how foods lose their iron value by improper methods of cookery. In the most common foods of America, the starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degerminated corn meal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cookery, by throwing down the wastepipe the water in which our vegetables are cooked, is responsible for another grave iron loss. Therefore, if you wish to preserve your youthful vim and vigor to a ripe age, you must supply the iron deficiency in your food by using some form of organic iron—Nuxated Iron, just as you would use salt when your food has not enough salt.

NOTE—Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine nor a secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit $100.00 to any charitable institution if they cannot take any man or woman under 60, who lacks iron, and increase their strength 200 per cent, or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in tablet form by all good druggists.—Advt.

The New York World Sets the Pace