

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels.

The afternoon tea was in progress. Music pulsed on the air; lights labored to shine through opaque or colored globes.

There was nothing especially remarkable about her. She was armed neither by magnificence nor a default manner.

Valid Claim for Damages. A Portland (Ore.) dispatch told of an application for indemnity filed under the workmen's compensation law of the state by a farm hand.

An Apprehension. "Do you remember the old copybook in which you used to write 'Honesty is the Best Policy'?"

GOOD REPORT. Doctor Proved Value of Postum. Physicians know that good food and drink, properly selected, are of the utmost importance, not only for the relief of disease but to maintain health even when one is well.

A doctor writes, "I count it a pleasure to say a good word for Postum which I have been enabled to relieve so many sufferers, and which I count, with its valued companion Grape-Nuts, one of the daily blessings."

"Coffee was banished from my own table some time ago and Postum used regularly in its place." (Coffee is injurious to many persons, because it contains the subtle, poisonous drug, caffeine.)

"I frequently find it necessary to instruct patients when they take Postum for the first time to be quite sure that it is properly made according to directions, then it has a clear, seal-brown color and a rich, snappy taste, as well as health giving qualities."

The above letter, received over ten years ago, is fully confirmed by a recent letter from the doctor, in which he says: "It is a pleasure to render a good report covering a product of which I am so enthusiastic a friend."

"I am using in my home your Postum Cereal in both its forms. And, what is more, I am having it used in the families of several patients in which there are children, and all unite in endorsing the fine qualities of your admirable product."

Name given by Postum Co., Battle Creek, Mich. Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c pkgs.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup. "There's a Reason" for Postum. —Sold by Grocers.

WILSON SAYS U-BOAT WAR MUST CEASE

NOTE SENT TO GERMANY DEMANDS IMMEDIATE CHANGE IN SUBMARINE TACTICS.

PRESIDENT READS HIS MESSAGE TO CONGRESS

Executive of United States is Listened to Without Demonstration as He Speaks for 15 Minutes, and is Applauded as He Closes.

Washington.—President Wilson today addressed Congress, assembled in joint session shortly after 1 o'clock Wednesday afternoon, he had given irrevocable notification to Germany that the United States will break off diplomatic relations if her illegal submarine campaign is continued.

A note, America's last word, practically an ultimatum and demanding an immediate reply, presumably was in the Berlin foreign office as the president was speaking. It was dispatched Tuesday night, in accordance with the president's plan to have it before the German government at the same moment he was addressing the American Congress.

When he concluded with expression of hope that Germany would so act as to avert a regrettable break with America the assembly broke into cheers.

The president spoke as follows: "A situation has arisen in the foreign relations of the country of which it is my plain duty to inform you very frankly."

"It will be recalled that in February, 1915, the Imperial German government announced its intention to treat the waters surrounding Great Britain and Ireland as embraced within the zone of war, and to destroy all merchant ships owned by its enemies that might be found within any part of that portion of the high seas, and that it warned all vessels of neutral as well as of belligerent ownership, to keep out of the waters it had thus prescribed, or else enter them at their peril."

"The government of the United States earnestly protested. It took the position that such a policy could not be pursued without the practical certainty of gross and palpable violations of the law of nations, particularly if submarine craft were to be employed as its instruments, inasmuch as the rules prescribed by that law, rules founded upon principles of humanity and established for the protection of the lives of non-combatants at sea, could not in the nature of the case be observed by such vessels."

Bases Protest on Natural Rights. "It based its protest on the ground that persons of neutral nationality and vessels of neutral ownership would be exposed to extreme and intolerable risks, and that no right to close any part of the high seas against their use or expose them to such risks could lawfully be asserted by any belligerent government. The law of nations in these matters, upon which the government of the United States based its protest, is not of recent origin or founded upon merely arbitrary principles set up by convention."

"It is based, on the contrary, upon manifest and imperative principles of humanity, and has long been established with the approval and by the express assent of all civilized nations."

"Notwithstanding the earnest protest of our government, the Imperial German government at once proceeded to carry out the policy it had announced."

"It expressed the hope that the dangers involved, at any rate the dangers to neutral vessels, would be reduced to a minimum by the instructions which it had issued to its submarine commanders, and assured the government of the United States that it would take every possible precaution both to respect the rights of neutrals and to safeguard the lives of non-combatants."

"What has actually happened in the year which has since elapsed has shown that those hopes were not justified, these assurances inexpressible of being fulfilled. In pursuance of the policy of submarine warfare against the commerce of its adversaries thus announced and entered upon by the Imperial German government in despite of the solemn protest of this government, the commanders of German undersea vessels have attacked merchant ships with greater and greater activity, not only upon the high seas surrounding Great Britain"

Kind-Hearted. He (brutally): Women have no sense of humor, anyhow. She (pointedly): Oh, yes, they have. The reason they don't laugh at the funny things they see is because they don't want to hurt the poor things' feelings.—Richmond Times-Dispatch.

High-Priced Doctor. Doctor: To take the rest cure it will cost you \$100 a week. Henpeck: Why, doctor, I can send my wife away to the country for half that.

His Fee. A young couple went to a minister's house to get married. After the ceremony the bridegroom drew the clergyman aside and said in a whisper: "I'm sorry I have no money to pay your fee, but if you'll take me down into the cellar I'll show you how to fix your gas meter so that it won't register."

Going Anyway. Novelist: How are my novels going? Retail Bookseller: I can't imagine, sir, unless it's shoplifters.—Puck.

and Ireland, but wherever they could encounter them, in a way that has grown more and more ruthless, more and more indiscriminate as the months have gone by, less and less observant of restraints of any kind; and have delivered their attacks without compunction against vessels of every nationality and bound upon every sort of errand.

Neutral Vessels Destroyed. "Vessels of neutral ownership, even vessels of neutral ownership bound from neutral port to neutral port, have been destroyed along with vessels of belligerent ownership in constantly increasing numbers. Sometimes the merchantman attacked has been warned and summoned to surrender before being fired upon or torpedoed; sometimes passengers or crews have been vouchsafed the poor security of being allowed to take to the ship's boats before she was sent to the bottom."

"But again and again no warning has been given, no escape even to the ship's boats allowed to those on board. What this government foregave must happen has happened. Tragedy has followed tragedy on the seas in such fashion, with such attendant circumstances, as to make it grossly evident that warfare of such a sort, if warfare it be, cannot be carried on without the most palpable violation of the dictates of right and humanity. Whatever the disposition and intention of the Imperial German government, it has manifestly proved impossible for it to keep such methods of attack upon the commerce of its enemies within the bounds set by either the reason or the heart of mankind."

"In February of the present year the Imperial German government informed this government and the other neutral governments of the world that it had reason to believe that the government of Great Britain had armed all merchant vessels of British ownership and had given them secret orders to attack any submarine of the enemy they might encounter upon the seas and that the Imperial German government felt justified in the circumstances in treating all armed merchantmen of belligerent ownership as auxiliary vessels of war, which it would have the right to destroy without warning."

"The law of nations has long recognized the right of merchantmen to carry arms for protection, to use them to repel attack though to use them in such circumstances as their own risk; but the Imperial German government claimed the right to set these understandings aside in circumstances which it deemed extraordinary. Even the terms in which it announced its purpose still further to relax the restraints it had previously professed its willingness and desire to put upon the operations of its submarines carried the plain implication that at least vessels which were not armed would still be exempt from destruction without warning and that personal safety would be accorded their passengers and crews; but even that limitation, if it was ever practicable to observe it, has in fact constituted no check at all upon the destruction of ships of every sort."

"Again and again the Imperial German government has given this government its solemn assurances that at least passenger ships would not be thus dealt with, and yet it has again and again permitted its undersea commanders to disregard those assurances with entire impunity. Great liners like the Lusitania and the Arabic and mere ferry boats like the Sussex have been attacked without a moment's warning, sometimes before they had even become aware that they were in the presence of an armed vessel of the enemy and the lives of non-combatant passengers and crew have been sacrificed wholesale in a manner which the government of the United States cannot but regard as wanton and without the slightest color of justification. No limit of any kind has in fact been set to the indiscriminate pursuit and destruction of merchantmen of all kinds and nationalities within the waters, constantly extending in area, where these operations have been carried on; and the roll of Americans who have lost their lives on ships thus attacked and destroyed has grown month by month until the ominous toll has mounted into the hundreds."

L. S. Government Has Been Patient. "Recent events make the conclusion inevitable that it is only one instance, even though it be one of the most extreme and distressing instances, of the spirit and method of warfare which the Imperial German government has manifestly adopted, and which from the first exposed that government to the reproach of thrusting all neutral rights aside in pursuit of its immediate objects."

"The government of the United States has been very patient. At every stage of this distressing experience of tragedy after tragedy, in which its own citizens were involved, it has sought to be restrained from any extreme course of action or of protest by a thoughtful consideration of the extraordinary circumstances of this unprecedented war, and actuated in all"

Too Steep. Mike Murphy went to a dentist to get a tooth drawn. When it was drawn Mike asked the dentist how much he owed him. "Two dollars."

"What? The last dentist I went to he only charged me 50 cents, and he pulled me all around the room."

Post: Should poetry be written on one side of the paper? Editor: Well, there is poetry that should not be written on any side of the paper.

Ignorance is Bliss. "Do you think that women ought to go?" "Oh, yes," replied Miss Cayenne. "But I don't know whether it would always be wise to call public attention to the fact that they are doing so."—Washington Star.

Safety First. First Boy: What is this big-brother movement? Second Boy: Well, I understand it, never lick any boy who has a big brother.—Life.

Demonstrations Compared. "You mustn't neglect your studies for athletics." "That's what father says," replied the young man. "But father never gets up and cheers when he hears me quoting Latin the way he does when he sees me playing football."—Washington Star.

That's Enough. "What would you do if you had a million dollars?" "Oh, I don't know. Sit around and watch my wife spend it. I suppose."

"I can't understand it," said the little lady. "I got a notice from the bank this morning saying that my account is overdrawn."

"You did?" exclaimed her husband. "Why, I gave you a check for \$200 only a week ago. You surely haven't spent that already."

"Of course I haven't, dearie. Here's the check in my desk now. I haven't touched it since you gave it to me."

Some men get a reputation for wealth through living beyond their income.

NEW TROLLEY LINES

The Coal Distilling Plant May Mean Better Transportation in Central Missouri.

BIG SYNDICATES INTERESTED

Abundant Gas for Cheap Electricity Will be Furnished by Proposed Refining Plant.

The location of a plant in Central Missouri to distill canal coal may be the means of providing transportation facilities for that part of the state, which so long has faced that problem.

It became known recently that several syndicates have plans under consideration to construct electric lines into the coal fields. Announcement by the American Coal Refining Company of plans to construct a distilling plant which would produce commercial gas, solved a lot of questions, and it was said that chances of an agreement between the refining company and rail men are not remote.

The distilling plant, which is to have an initial daily capacity of one thousand tons of coal, will produce about 5 million cubic feet of gas, according to W. J. Stevenson, treasurer of the company. He stated that while the plant so distant from commercial centers, the gas output did not find adequate market for the gas output except by piping it to surrounding towns. He admitted that the electric lines likely would not extend further than between trunk steam lines, most of which traverse the state east and west through the coal fields. But such lines would provide means of transportation for localities that now are miles from any railroad.

It is said that the McKinley syndicate is interested in developing the section, but Mr. Stevenson would not confirm the report. The Missouri Pacific and Rock Island have lines in parts of the field, while the Frisco touches the south side. The Missouri Pacific has branches from its Kansas City-St. Louis line to Warsaw and Versailles, which are in the midst of the field. Whether officials of that line had been considering converting the branch lines for electricity Mr. Stevenson would not say.

Development has been slow in certain sections of the state under which the largest beds of canal coal lie. Without rail lines, the refining company would not have transportation for its products. But with electric lines to which the gas could be sold, furnishing cheap electric current, the coal country would be accessible.

MISSOURI BEATS COLORADO

Missouri defeated Colorado in the recent debate, taking the affirmative of the question of a material increase in the United States army and navy.

Substitute for Hay Measure Provides for 250,000 Regular Forces, 250,000 Reserves and 261,000 Guards.

Washington, D. C.—Military leaders are discussing with unprecedented interest what the bill passed by the senate Tuesday, providing for nearly a million men in the regular army and reserve militia, means as a step toward preparedness. The measure, passed without a recorded vote, was a substitute for the Hay bill passed by the house.

The senate measure made provision for a regular standing army with a peace strength of 250,000 men, as compared with 140,000 under the Hay bill, retained a plan for an army reserve force of about 261,000 men and a federalized national guard of about 280,000 men.

In addition, an amendment was passed to create a school and college youths' reserve corps in time of war or threatened war, which would recruit a force of trained young men, schooled by officers of the regular army, the estimated strength of which is estimated anywhere from 200,000 to 400,000.

"We are creating here a peace army of a million men," declared Senator Myers, in supporting an amendment of Senator Reed to make the regular army 200,000. The senate had agreed previously, by a vote of 43 to 37, to an amendment by Senator Brandegee, increasing it from the proposed strength of 180,000 to 250,000. The Reed reducing proposal was rejected, 42 to 31, after a brief speech by Senator Williams, in which he referred to the solemnity of the occasion which would confront congress soon.

"Are we or are we not threatened with war?" asked Senator Williams. "Are we or are we not threatened with war from Mexico? Are we or are we not threatened with war over the submarine controversy? Have not we been called to assemble in joint session, the solemn purpose of which we do not ourselves definitely understand?"

Would Keep Columbia "Dry." Petitions have been filed in the circuit court at Columbia by both the state and the city asking that an injunction be granted restraining the Wells Fargo and American Express companies from delivering liquor into Columbia.

Democratic Leader Dies. Sterling Price Gilpin, 54 years old, former county clerk of Callaway county, and for years a leader in Democratic politics of that section, died the other morning.

Railroad Builder Dies at 100. James Connor, 100 years old, is dead at his home in Brookfield. He was a native of Ireland and had lived there sixty-one years. He assisted in building the Hannibal & St. Joseph railroad, now a part of the Burlington system.

Warrensburg Councilman Dies. Alexander D. Redford, a business man and a member of the city council of Warrensburg, died suddenly the other morning. He was a native of Jackson county and 57 years old.

FIND DYES IN CANNEL COAL

New Company Announces Its Intention to Build a Refining Plant in Central Missouri.

Announcement was made recently by the American Coal Refining Company, of which C. V. Fisher, a Kansas City grain dealer, is president, that the firm would build a coal distilling plant in Central Missouri.

The plan is to make the canal coal there, so long considered of little value begin to yield coal tar products, some of which are dyes, crude benzol, by-products of which are used in making leather and in solidifying motor car tires; and illuminating gas of the highest known commercial grade.

Purpose to invest approximately \$300,000 in the new plant was told by W. J. Stevenson, treasurer of the company, recently on his return from the concern's initial venture in the distillation of coal at the Denver plant. Mr. Stevenson, with Charles O. Hoover, who patented the process, has just finished a test of the Missouri coal. He declared its products were much larger than even those of the lignite coal in Colorado.

The site of the Missouri plant will not be made public until an investigation into freight rates and shipping facilities is completed, Mr. Stevenson said. He expressed the opinion that work on the new plant would be started before mid-summer.

The territory for which the plant can draw its daily requirement of one thousand tons lies south of Jefferson City. Great deposits of the coal are found in Benton and Morgan counties, and as far south as Texas county. Small fields are found, also, in Hickory and St. Clair counties.

HARD ON LAW VIOLATORS

Judge Divilbiss Uses Draconic Measures to Curb Sale of Intoxicants in His District.

Three police characters were banished to wet territory when they appeared before Judge Frank P. Divilbiss in the Carroll county circuit court and pleaded guilty to storing liquor for others in violation of the local option law. They were each given a sentence of twelve months in the county jail and a fine of \$1,000.

Then Judge Divilbiss paroled them upon these conditions: That they be given forty-eight hours to forever quit the confines of the Seventh judicial circuit; that they forthwith go to and take up their abode in wet territory; that under no circumstances shall they return to any county in that judicial circuit or take up their abode or dwell in any town or county where the local option law is in effect.

Previous to the sentence pronounced upon the trio Judge Divilbiss fined two druggists of the county \$5,000 for violations of the local option laws and druggists' acts. They were paroled upon these conditions: That they pay \$1,500 of the fine and costs assessed; that they surrender to the court their United States government license to sell intoxicating liquors and that a renewal be not asked for during the term of the parole; that they abstain from the use of or handling of liquor in any form and that each give a \$5,000 two-year parole bond.

No Liquor into Columbia. Temporary injunctions restraining railroads and express companies from handling liquor into Columbia were granted recently by Judge David H. Harris of the Boone county circuit court.

Would Be Supreme Justice. Glendy B. Arnold, judge of the circuit court at St. Louis, has announced his candidacy for Democratic nomination for judge of the supreme court to fill the unexpired term of the late Judge Brown.

M. U. Borrows Money. That the University of Missouri is running on borrowed money is the announcement made at the executive offices of the school recently. Since last October the state has been \$75,000 behind in appropriations to the state university, and had it not been for an arrangement to borrow from local banks, the school would be in difficulty.

A Town Bar Carnivals. The Centralia council has passed an ordinance that practically prohibits carnivals and shows of like character from exhibiting there. The churches at Sunday services voted thanks to the city council for the ordinance.

Judge Harris of Centralia Dead. Judge Robert G. Harris, 78 years old, is dead at his home in Centralia. He was the father of State Senator Frank G. Harris of Columbia and Jas. Harris of Jefferson City.

Aged Physician Dead. Dr. David Huddleston, 70 years old, a physician of Montgomery county for many years, died recently at his home in Mineola.

Officer Killed an Assailant. The acting chief of police of Beaver, Omar Yocum, shot and killed David Tooney, a coal miner, 45 years old. Tooney is said to have attacked the officer with a knife and the officer returned the attack by shooting four times at his assailant. The officer was arrested by a constable.

Aged Resident Dies. Colonel Tilton Davis, 82 years old, a resident of Lexington since 1862, is dead at his home there. In his early years he was a prominent attorney.

M. U. Abolishes Hazing. Hazing was abolished at the University of Missouri by a vote of the students at a mass meeting the other night. All members of the junior class pledged themselves to see that the rule is enforced.

Girl Burned to Death. Bessie Boyles, 12 years old, was burned to death at Carthage when her clothing caught fire from an open gas stove. Her mother attempted to tear the flaming clothes from the child, and was dangerously burned.

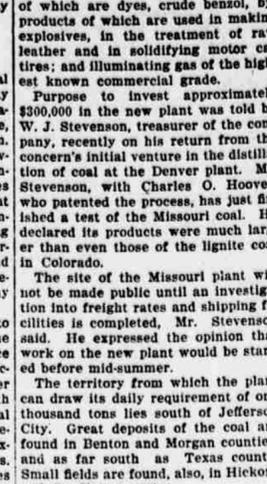
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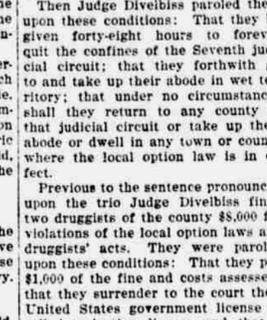


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The genuine has Renew Devonshire Cloth stamped on the selvage. RENEW MANUFACTURING COMPANY Incorporated 1887 ADAMS, MASS.



Will not only do your farming at about a mere cost, but will do any kind of work requiring either a tractor or a stationary engine. The Big Bull is the best thing for your farm. It will pull, haul, mow, cut, chop, stack, and do all the work of a team. It is the only tractor that will do all this work. It is the only tractor that will do all this work. It is the only tractor that will do all this work.

Left the Mayor Gasping. Expecting a party of friends to supper, Mayor Moutarde had ordered a hare from the local shop. The time was at hand, but not so the hare. After standing wildly at everybody in the house, the retired man of Mars stalked into the garden to cool down, his bald head gleaming in the sunshine. Just then, as he had lured it, Jimmy Walker, the errand boy from the butcher's shop, passed by. The mayor mistook him for the fishmonger's messenger and yelled at him: "Here, you rascal, what have you done with my hare?" "Jimmy, who was not noted for his respect for his elders, glanced calmly at the mayor's shining pate. "Never touched it, old cockalorum!" he replied, promptly. "What 'ave you done with my whiskers?"—London Answers.

COVETED BY ALL. Too much meat is just as bad as not enough. Such a diet is apt to lead to the blood with uric acid and to injure the kidneys. Bad backs, blue, nervous spells, dizziness, rheumatic pains, and bladder troubles indicate weak kidneys, foretell danger of gravel and Bright's disease. Don't neglect this condition. Use Doan's Kidney Pills.

An Illinois Case. "Every Picture Tells a Story" Gucker, Western Ave., R. F. D. No. 1, Mattoon, Ill., says: "The pains in the small of my back were so bad I could hardly stoop. The kidney secretions were profuse and too frequent in passage. Doctor told me I could live but a short time. Fortunately I used Doan's Kidney Pills and soon improved. My kidneys got normal and the distressing ailment left me. I have been in good health since."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-SILSBURN CO., BUFFALO, N. Y.



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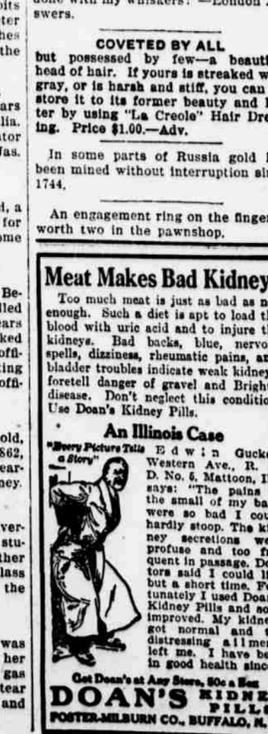
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