

It's Foolish to Suffer

You may be brave enough to stand backache, or headache, or dizziness. But if, in addition, urination is disordered, look out! If you don't try to fix your sick kidneys, you may fall into the clutches of kidney trouble before you know it. But if you live more carefully and help your kidneys with Doan's Kidney Pills, you can stop the pains you have and avoid future danger as well.

A Kansas Case
C. N. Pratt, 314 Osage St., Manhattan, Kan., says: "My kidneys acted irregularly and the secretions were scanty and painful in passage. My head ached, my back pained me and I had dizzy and nervous spells. Doan's Kidney Pills drove away all these ailments and my kidneys have never caused me any trouble since."

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

Harm Done by Hertzian Waves.
Ever since the extensive commercial employment of wireless telegraph, there have been many who believe that the powerful Hertzian waves seriously affect organic life. In fact, some have even suggested that laws or regulations should be enacted to protect organic life against wireless waves. With a view to determining the extent and nature of the radio waves' influence on organic life and climate, Dr. C. Abel-Musgrave recently asked several questions on the subject to be answered by a number of prominent German scientists. The summary of their answers was that wireless waves have no influence on organic life, nor do they alter climatic conditions, although it is true that certain electrical stresses are capable of accelerating rainfalls.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them. With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them. If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

No Faddism.
"Do you believe in telepathy?"
"No; our doctor is a good old allopath."

A muscle from a frog's leg is utilized by a French inventor to receive and record wireless signals.



Ashamed of her bad complexion

If you, too, are embarrassed by a pimply, blotchy, unsightly complexion, nine chances out of ten

Resinol Soap will clear it

Just try Resinol Soap for a week and see if it does not make a blessed difference in your skin. It also helps to make red, rough hands and arms soft and white.

In severe or stubborn cases, Resinol Soap should be aided by a little Resinol Ointment. Both are sold by all druggists.

IF YOU HAVE

Malaria or Piles, Sick Headache, Costive Bowels, Dumb Ague, Sour Stomach, and Belching; if your food does not assimilate and you have no appetite,

Tutt's Pills

will remedy these troubles. Price, 25 cents.

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D.C. Advice and books free. Cases reasonable. Highest references. Best service.

W. N. U., WICHITA, NO. 2-1918.

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapepsin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food. Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

Sensitive.
Every seat in the trolley was occupied when a group of women got in. Going through the car to collect the fares, the conductor noticed a man asleep. Seizing him by the shoulder, he proceeded to shake him back to a state of consciousness. "Wake up!" shouted the conductor. "I wasn't asleep," said the passenger. "Not asleep," snapped the conductor. "Then what did you have your eyes closed for?" "It was because of the crowded condition of the car," explained the passenger. "I just hate to see women standing."

TAKE SALTS TO FLUSH KIDNEYS IF BACK HURTS

Says Too Much Meat Forms Uric Acid Which Clogs the Kidneys and Irritates the Bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders. You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications. A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.—Adv.

Familiar Surroundings.
Grace—I've been trying for years to get my brother to take a vacation. Harry—And he won't do it, eh? Grace—No; says he'd be lonesome away from his work. He's a chiro-podist, you know. Harry—A chiro-podist? Why don't you suggest his spending a few days at the foot of a mountain?

CARE FOR YOUR HAIR

Frequent Shampoos With Cuticura Soap Will Help You. Trial Free.

Precede shampoo by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these super-creamy emollients. Also as preparations for the toilet. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Tit for Tat.
The young couple were dawdling over a late breakfast after a night at an ultra smart party. "Was it you I kissed in the conservatory last night?" hubby inquired. She looked at him reminiscently: "About what time was it?"

WOMAN'S CROWNING GLORY is her hair. If yours is streaked with ugly, grizzly, gray hairs, use "La Creole" Hair Dressing and change it in the natural way. Price \$1.00.—Adv.

The cross was in some sense a religious symbol among the heathen before the Christian era.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

A Russian is not of age until his twenty-sixth year.

Temperance

(Conducted by the National Woman's Christian Temperance Union.)

ANTI-LIQUOR SENTIMENT.

In an article showing that "the greatest nations in Europe are against alcohol," the Philadelphia North American has this to say about Germany: "Is it not disconcerting to find that the great anti-alcohol movement which is sweeping Europe had its beginning in the land of the 14,000 breweries? A scientific pamphlet written in 1886 by Professor van Hunge, was the start of a campaign which has produced an anti-liquor congress in every advanced country on the continent, and a biennial international congress that draws delegates from nearly every considerable nation. "The growth of sentiment against the evil has been almost incredible. In the year 1893 there was only one known total abstainer of prominence in the German empire, a noted Hamburg engineer. In 1897 a leading physician undertook to urge abstinence upon members of his profession, and after months of work found himself with a total of nine signatures; but ten years later 800 physicians had joined.

"It was a German university, that of Berlin, which first established a scientific course on the alcohol evil, in 1906. It was the German kaiser who a few years ago declared himself an abstainer, and enjoined the army and navy to follow his example. It is a noted German army physician who has declared: 'It must be considered incompatible with the honor of a city or government to allow the activities of poison factories, such as breweries and distilleries.' . . . There is a strong anti-liquor movement among the Socialists. For more than three years the sale of beer in the great Krupp works has been forbidden. That and other big industries—steel works, shipyards and mines—supply tea free to their workers, or milk at cost, and forbid the sale of beer. At one huge plant the consumption of beer fell from 147,000 barrels in 1905 to 14,500 barrels in 1911. The Berlin railways have forbidden the use of beer during working hours, and similar action has been taken by the government railways of Baden and Alsace-Lorraine, where anti-alcohol placards are posted in all the stations."

DOOLEY ON JOHN BARLEYCORN.

"It's strange, Hinnissy, how 'th' wurruid has turned agin its lifelong roommate, Jawn Barleycorn. Aft'er rollickin' with 'th' old fellow fr' cinchies 'th' fickle public has rounded on him an' is rapidly chasin' him off 'th' map. I've told ye how it is in England. It's 'th' same ivrywhere. In Rooshya 'th' polis has stopped 'th' sale iv vodky, which is 'th' name iv 'th' Rooshyan national brainstom. In France they've 'r'bid 'th' citizen to take his tumbler of absinthe.

"Jawn Barleycorn might have gone on fr' years if 't hadn't been that 'th' wurruid began to suspect; that he was no good in a fight. That knocked 'th' last log fr'm under him. I cud've told 'th' wurruid so long ago. I've seen him start a millyon fights, but niver seen him win wan. He's lived fr' years on his reputation as a warr'yor. No army was supposed to be anny good without him. He was welcome in 'th' sojers' tent an' 'th' gin'ral's headquarters. People said about him: 'He's a scamp and a false friend, but he's a divvie in a scrap.' An' now they know he ain't anny good at that ayether. His bluff has been called."

NOT ALTOGETHER SELFISH.

"It is not altogether for purely economic reasons that industrial concerns oppose drinking on the part of their employees," says President Gibson of the Chicago Pressed Steel company. "The average employer is greatly interested in the welfare of his work-people. He wants to see them prosperous and happy. He also wants to get the largest possible returns in his business and there is no conflict between these two aims. Whatever improves the physical, mental and moral conditions of workmen also increases their efficiency and so brings in greater profits to the employer."

BOOZE.

Did it ever do you any good? Did it ever help you get a better job? Did it ever bring happiness into your family?

These sentiments in poster form were prominently displayed at the annual convention of the National Safety Council in Philadelphia. The 2,600 delegates represented billions of capital and 1,500 separate firms. The railroad delegates called attention to the fact that the casualties among abstaining railroad employees are going down while the casualties to the general public are going up.

NO WINE FOR FANG.

Samuel G. Blythe, who told in a recent book how he went on the water wagon and stayed there, lately interviewed Wu Ting Fang, in Shanghai, and told about that in The Saturday Evening Post. He asked the Chinese statesman what he eats and, finally, what he drinks. "Do you take any wine?" inquired Mr. Blythe. Mr. Wu looked at him in amazement. "Wine!" he exclaimed. "Of course not! Wine is a poison. I occasionally drink a little grape juice, but no wine or any liquors."

Helpless From Kidney Trouble—Obtains Permanent Relief

I was afflicted about five years with kidney and bladder trouble; there was one year during this five years that I was not able to do anything; in fact, I was helpless. I tried several doctors and several remedies, and my family doctor advised me that I would have to be operated on. I was then advised by a lady friend to try Swamp-Root; after using seven bottles of Dr. Kilmer's Swamp-Root I was restored to good health and have not been bothered with kidney or bladder trouble for the last ten years. I cheerfully recommend Swamp-Root to others for kidney or bladder trouble. Yours truly,

MRS. J. R. TURNER, 212 West Dalton St., Hugo, Okla. Personally appeared before me this 27th day of February, 1918, Mrs. J. R. Turner, who subscribed the above statement and made oath that the same is true in substance and fact.

J. H. FINCHER, Notary Public. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

HE WANTED TO LIVE IN CITY

Trials of Farmer Who Moved to Town and Was Sorry He Made the Change.

In Farm and Fireside is the story of a farmer who sold his property to live in the city, because his city friends "wore good clothes, had money jingling in their pockets, went to the movies, belonged to clubs, and enjoyed a yearly vacation." He found, however, that the city man pays dearly for these luxuries. "We came to know," he said, "that it was just as hard for the city man to get up at seven o'clock in the morning as it was for the country man to get up at five. Why so? Because he must not relax; he is ever on duty. He may smile at this person and at that person. He dares not notice anybody's peculiarities, or oddities or unreasonableness. The result is he must find his relaxation in the evening; therefore, the family rarely gets to bed before ten or eleven o'clock, and seven in the morning finds him just as sleepy and far less refreshed than five found him on the farm.

"We found going to work for somebody else every day in the year, except Sunday and perhaps a two weeks' vacation, under somebody else as manager, didn't exactly suit our country spirit of freedom. We came to know that our friends saved scarcely a cent; and, furthermore, one couldn't exactly see how they were extravagant. In the city it seems unbelievably hard to separate luxuries from necessities."

A Wife's Work.

"I'm afraid Dubwaite is inclined to look down on his fellow man." "Oh, that ain't his fault." "No?" "He was as modest a fellow as you ever met until he married Mrs. Dubwaite. She's made him think he's a celebrity."

A woman is always perfectly sure she is in the right until it comes to backing her opinion with real money.

More than 4,800 persons have applied to join the latest British polar expedition.

Saying the right thing at the right time is equivalent to keeping your mouth shut when you have nothing to say.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies Merins Your Eyes Don't tell your age, Merins Eye Remedy Co., Chicago, Sends Eye Book on request.

A Question.
Nurse—The new patient in our ward is light-headed.
Doctor—Delirious or blonde?

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Eye to Business.

The Agent—I am selling a remarkable combination kitchen utensil. Housewife—What is it for? "See this little blade?" "Yes." "That's a can opener." "Indeed?" "And this hook is an appliance for lifting pans from the fire." "What's this?" "That's a tack puller." "But suppose I want the girl to open a can of soup and my husband to pull some tacks while I attend to the pans on the stove?" "Easiest thing in the world. All you have to do is to buy three of the utensils. Anything else, please?"—Rehebeboth Sunday Herald.

Sometimes Apply It Lightly.

For cuts, burns, scalds, sores and open wounds always apply Hanford's Balsam lightly, but be sure that it covers and gets to the bottom of the wound. A few light applications are generally all that is needed to heal this class of difficulties. Adv.

WHY DONKEY WAS IN CLOVER

Punishment That Surely Might Be Classed as "Unusual," Though Possibly Not "Cruel."

Not very long ago there lived in England an old man who always rode on a donkey to his daily work, and tethered him while he labored on the roads or wherever else he might be. It had been pretty plainly hinted to him by one of the local landowners that he was suspected of putting it in the fields to graze at other people's expense.

"Eh, squire, I cud na do sich a thing, fer my donkey won't eat nowt but nettles an' thistles."

One day the gentleman was riding along the road, when he saw the old fellow at work and the donkey up to his knees in one of his clover fields feeding luxuriously. "Halloo, John!" said he. "I understood you to say your donkey would eat nothing but nettles and thistles?" "Aye," said John, "but he's been misbehavin' hisself, sir. He nearly kicked me i' th' chest just now, so I put him there to punish him!"

He Knew.

"Oh, it must be terrible to be starving in the midst of abundance." "You bet it is. I carved the turkey for a party of twenty people at my house on Christmas day, and I thought I never would get anything to eat myself."

Another Labor Union.
Heiny—I see by the papers this morning there was another 'tie-up' on one of the western railways yesterday. Omar—That so? What was the cause? Heiny—Oh, a silly couple thought it would be romantic to get married in a parlor car.

"HELP WANTED"

When the APPETITE IS POOR DIGESTION BAD LIVER LAZY BOWELS CLOGGED

YOU SHOULD TRY HOSTETTER'S STOMACH BITTERS

IT STRENGTHENS AND INVIGORATES THE ENTIRE SYSTEM

FOUND FAIR CLIENT'S HUBBY

Sleuth's Methods Took Time, but Once on the Trail He Was Certain of Success.

After the third injection of ice tea the great detective turned to his fair visitor and said: "You say your husband used to be a baseball umpire and all you know of his whereabouts or other belongings is that he is employed as a waiter at one of the city restaurants?"

"Excelsior," replied his visitor with a slight foreign accent, according to the Detroit Free Press.

"I will find him for you, but it may take all day," said the great detective. And going to the telephone he called up the proprietor of every restaurant in the city and extracted from each a promise not to allow any flapjacks to be made that day.

"Now come with me," said the great detective, and they began a tour of the city's 213 restaurants. Not until the one hundred and fiftieth did the great detective genius find his reward. "A plate of flapjacks with two straws, please," he ordered for the one hundred and fiftieth time.

The waiter threw back his head and a strange mystic light shone in his eyes as he intoned loudly: "Batter is out!" "Your umpire!" cried the great detective, and, leaping to his feet, he stripped the waiter's false mustache from his face.

It was his fair client's husband.

Such Is Life.

"Life is just one darned thing after another."

"What's the matter now?" "I've been taking dancing lessons for six months just to please my wife, and now I've got to begin all over again and learn to dance on skates."

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"I Feel Like A Real Day's Work"

Most men do who have good digestion, steady nerves and a clear brain. Right living—particularly right eating—makes for energy and ambition.

The sound nourishment that gives "punch" to wade right into work, is richly supplied by the field grains. But some grain foods are lacking in certain mineral elements, which are all-important for physical and mental vigor.

Grape-Nuts

FOOD

—made of selected whole wheat and malted barley, furnishes one all the nutriment of the grain, including their vital mineral salts—phosphate of potash, etc.—necessary for the balanced rebuilding of body, brain and nerves.

Grape-Nuts is easily digested; has a delicious nut-like flavour; is ready to eat direct from package; and with cream or good milk is a splendidly balanced food.

"There's a Reason" for GRAPE-NUTS

Sold by Grocers everywhere.