

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy 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 has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

Not Himself.

"I once heard a pugilist say he would not enter the ring for a salary of \$10,000 a week and nothing could induce him to go on the stage and make a monkey out of himself. 'Extraordinary! What happened next?'"

"His manager rushed up in great distress and soon proved to the satisfaction of everybody present that the pugilist had been drinking and was not responsible for his wild talk."—Birmingham Age-Herald.

DOESN'T NEED ANY LAXATIVES NOW

Mr. Becker says life is a joy, without constipation or stomach trouble.

"I had catarrh of the stomach and head for three years. My stomach was so bad that every time I ate anything sweet, such as fruit or pastry, the burning hot water would run out of my mouth. I took a laxative every night."

"Since taking Milks Emulsion my bowels move regularly. I have now taken ten bottles and have gained 10½ pounds. All my friends remark how fine I am looking, and it seems a pleasure to live again, without stomach trouble."—Bert Becker, Miami, Ohio.

Physicians usually make slaves out of their users, and weaken the bowels instead of correcting them. Stomach trouble in many cases is directly due to constipation.

Milks Emulsion is a pleasant, nutritive food and a corrective medicine. It restores healthy, natural bowel action, doing away with all need of pills and physics. It promotes appetite and quickly puts the digestive organs in shape to assimilate food. As a builder of flesh and strength Milks Emulsion is strongly recommended to those whose sickness has weakened, and is a powerful aid in resisting and repairing the effects of wasting diseases. Chronic stomach trouble and constipation are promptly relieved—usually in one day.

This is the only solid emulsion made, and so palatable that it is eaten with a spoon like ice cream. Truly wonderful for weak, sickly children.

No matter how severe your case, you are urged to try Milks Emulsion under this guarantee—Take six bottles home with you, use it according to directions, and if not satisfied with the results your money will be promptly refunded. Price 60c and \$1.20 per bottle. The Milks Emulsion Co., Terre Haute, Ind. Sold by druggists everywhere.—Adv.

Must Have His Smoke.

Litshand (newly married)—Don't you think, love, if I smoke it would spoil the curtains?

Wife—Ah, you are really the most unselfish and thoughtful husband to be found anywhere! Certainly it would.

Husband—Well, take the curtains down. —Pittsburgh Chronicle-Telegraph.

State of Ohio, City of Toledo, Lucas County—ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1898.

(Seal) A. W. Gleason, Notary Public. HALL'S CATARRH MEDICINE is taken internally and acts through the Mucous Surfaces of the System. F. J. Cheney & Co., Toledo, Ohio. F. J. Cheney & Co., Toledo, Ohio.

The Mysterious Fascination.

"I don't approve of some of these popular songs," remarked the severe person.

"You don't have to pay any attention to those you disapprove."

"Oh, yes, I do. That's the worst of it. They are the very ones that keep running through my head."

To Have a Clear Sweet Skin.

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

If a man knows he is in the wrong he can afford to get angry.

It takes an umbrella dealer to see the silver lining of a cloud.

INTERESTING ITEMS FROM THE CITIES

It's Hard to Stop These Veterans of the Argonne

YOUNGSTOWN, O.—"I care for him very much indeed, but I believed his professed attachment for me might only be a passing fancy, so I resolved to lose myself to the world completely, leaving no clue by which he might carry out his oft repeated intention of following me wherever I should go and inducing me to marry him."



"He found me at last upon his return from France, accomplishing what all the police and detectives could not do. And, caring as much for each other as we did, there was really nothing else for us to do, so we were married."

So explained Mrs. Russell L. Richman, formerly Mrs. Mary Heffernan, aged fifty-three years, Brooklyn school-teacher, and who now has started housekeeping with her pupil husband, Russell L. Richman, aged twenty-three years, in Parkwood avenue, here.

Mrs. Heffernan and young Richman, an overseas veteran of the Argonne, were recently married in Warren, O., by the Rev. T. F. Rheinhold, pastor of the First Presbyterian church.

While young Richman was in France Mrs. Heffernan never wrote him, believing that when he returned from France all would be forgotten and she could return to Brooklyn. However, when Richman returned he at once took up the search. One day he saw a piano box about to be loaded on a truck. It bore the name of the missing teacher. The address given was Massillon, O. Richman found Mrs. Heffernan in that city, and, though she refused at first to see him, he was so persistent that she eventually agreed to meet him. The meeting took place in Cleveland, and again Mrs. Heffernan tried to discourage Richman. He declared, however, that he would never give her up, and she then consented to marry him. They went to Warren and the ceremony was performed there.

"Since his teens he has declared his love for me," Mrs. Heffernan said, "and, though I tried and his parents tried to dissuade him, it was to no avail. He was a persistent lover."

Why Can Canada Lure Farmers From Illinois Farms?

BLOOMINGTON, ILL.—This neck of woods is still talking of the special tourists' train, consisting of 42 freight and cattle cars and two Pullman coaches and sleepers, loaded with 25 central Illinois farmers, their families and household articles, which left recently this city for Manitoba, Canada. Sixty-five persons all told composed the party. After government inspectors checked over the train at Chicago it ran as a special passenger train to Canada, where the people have purchased homes.

Some of the most prominent farmers from Livingston county who went on the train include: George Abry, Jr., Mrs. John Nelbert and son, Carl Haas, Eugene Fogarty and Edward Nelbert, all from Odell. From Pontiac there are, Gus R. Hanson, Chris Peterson and Henry Wilson. From Dwight are: Chris Jensen, Chris Sorenson, Simon Anderson, Lucien Humbert, Peter Burgwald, Fred Dransfeld, and from Lockport are Thomas Stout and W. Gougar. In every instance the men are taking their families with them as well as furniture and implements.

The future residents of Canada were recently taken to Sperling, Manitoba, where they inspected the land. Later they bought 5,000 acres of the rich wheat land that Manitoba is noted for.

The families are well acquainted, and they represent a large portion of the agricultural wealth of this part of Illinois.

People are talking something like this: What is the matter with our agricultural system when such men leave a state which still is but little more than half as densely populated as France, and go 2,000 miles to a strange land and rigorous climate to start anew? They are not alone; tens of thousands like them have gone in the last few years, and the exodus may well run into the thousands this year. Is there not some way of keeping such men at home?

Lucky Yank Finds a Real Helpmeet in Soviet Land

MERIDIAN, MISS.—"I advise all young Americans to go to Russia, if for no other reason than to meet and study Russian women. They are not spoiled. They have no false vanity. They are trained in the things a woman should know."

Thus spoke Hugh S. Martin, a former captain in the United States intelligence service in Russia, who returned to this country with a young Russian bride. Captain Martin is lecturing for the American central committee for Russian relief, whose purpose is to aid refugees from the bolsheviks.

Mrs. Martin, before her marriage, was Maria Bogomolova, which means in English Maria Pilgrim. She was known to the allied intelligence officers as "The Human Dictagraph." Her talent served when the officers lacked equipment for "listening in" at radical meetings. On one occasion she put her ear to a wall and reported accurately entire conversations, of which none of the others could distinguish a word.

Captain Martin and Miss Bogomolova met in Archangel in 1917. She was a secret agent for the allies in North Russia. So was Martin. So they were frequently detailed to the same investigations. Her quickness, intelligence and pluck appealed to the young American soldier.

He had learned to speak the Russian language and he proposed in that tongue. She answered with the only English word she knew—"Yes." They married in Archangel on August 10, 1918.

Captain Martin, now in New York, has sent his pretty wife here to his home town, for instruction by private tutors in the French language.

The people of Meridian marvel at her ability as a modiste. They do say that she can cut out a dress and fit it without a pattern. She can also cook, look after the house, discuss Russian literature and relate the most thrilling stories of the war that the good people of Meridian ever heard.

Servant Girls Now Resort to the Use of a Club

NEW YORK.—Servant girls attained a definite social status in this city today when a group organized the first "Servant Girl Club" and opened quarters upon a fashionable uptown street. The club rooms, luxuriously furnished, consist of reception room, sleeping rooms, bath and shower rooms and kitchenette.

The Rev. Nicholas Dulitz, pastor of the Hungarian Baptist church, sometimes called the "Church of Many Mansions" because of its varied activities, who is promoting the club, explained that it means more than just an establishment where the cook and second maid may loiter about and feel opulent.

Behind the velvet, he said, is the claw of a serious purpose; that of demonstrating that servant girls are people, and, indirectly, of eliminating the "servant girl" problem.

While any servant girl is eligible to membership in the new club, it was planned round those of Hungarian nationality, of whom Mr. Dulitz said there are 5,000 in this city.

The girls will have classes in English, in sociology and in economics. The club will give service as an "intelligence office."



Another Royal Suggestion COOKIES and SMALL CAKES From the NEW ROYAL COOK BOOK

WHEN the children romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

Cookies

½ cup shortening
½ cup sugar
½ cup milk
2 eggs
¼ teaspoon grated nutmeg
1 teaspoon vanilla extract or
grated rind of 1 lemon
4 cups flour
3 teaspoons Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough. Roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

Cocoa Drop Cakes

4 tablespoons shortening
1 cup sugar
1 egg
¼ cup milk
¼ cup flour
13 cups flour
3 teaspoons Royal Baking Powder
½ cup cocoa
1 teaspoon salt
1 teaspoon vanilla extract

Cream shortening; add sugar and well-beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth, add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about 20 minutes. Cover with boiled icing.

Orange Cakes

4 tablespoons shortening
1 cup sugar
½ cup milk
1 egg
2 cups flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
1 teaspoon orange extract
grated rind of 1 orange

Cream shortening; add sugar slowly, beating well; add milk a little at a time; then add well-beaten egg; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When cool cover with orange icing.

COOK BOOK FREE

Just off the press and finer than ever before. This new Royal Cook Book containing 400 delightful recipes, will be sent to you free if you will send your name and address. ROYAL BAKING POWDER CO., 115 Fulton Street, New York City

ROYAL BAKING POWDER

Absolutely Pure

"Bake with Royal and be Sure"

NEEDED TO TALK OUT LOUD

Doughboy Might Have Had Right Idea, but Surely He Had Never Driven Mules.

Returning soldiers tell a good story of a mule driver in France. He was driving a four-mule team hitched to a ration wagon and, as he told the story, he lost his way in the night and mist and drove right through the American trench line, which was not continuous at that point, and started rumbling along an old road which led across No Man's Land. He had gone a few rods when a doughboy jumped out of a listening post and began to signal to him with both hands.

"What's the matter?" shouted the driver. "Hush!" said the doughboy in a low and agonized whisper. "You're headed straight toward the German lines. For God's sake turn around and don't speak above a whisper." "Whisper, h—!" boomed the driver. "I've got to turn four mules around."

Grasshopper Bait.

A year ago the grasshopper ate up nearly \$100,000,000 worth of our winter wheat. Science at once set about devising some scheme to control this pest. They mixed a concoction, on an enormous scale, known as "grasshopper bait," making 4,565 tons of it, or enough to fill 183 large railroad cars. To mix this bait they used 500,000 lemons, eighty-three tons of white arsenic and other ingredients in similar proportion. The bait was then scattered over a great area in Kansas. The grasshoppers ate it freely, with the expected result. This year there are no grasshoppers in Kansas.—Boys' Life.

Her Method.

"If your husband were to call to you to bring him something upstairs, would you do it?" "Not much; I would call him down."

COUNTRY OF BEE KEEPERS

In Lithuania the Production of Honey Has Become an Important National Industry.

In Lithuania, when a bee stings a man he turns the other cheek.

And almost literally, at that, because it is a sin to kill a bee, and no one ever commits that sin intentionally. As a result of their natural fondness for bees, Lithuanians, with the growth of their economic system, have developed bee raising from a general social custom to an important industry. Thousands of barrels of honey are exported from Lithuania annually.

Almost everyone in Lithuania has at least one bee hive. Sometimes they have swarms of thousands. But it is common even in the cities to have a man serve you midus that is made from the honey gathered in his garden hive. Midus, the national drink of Lithuania, is made from fermented honey.

World's Sleepiest Tramp.

A widely known character, one Julius Mercier, called "the sleeping tramp," has been arrested in Versailles, according to the Manchester Guardian. This occasion he is charged with the theft of rabbits.

The morning before his arrest he was found on the Grand route by a carter in a deep sleep, from which all efforts of the latter failed to wake him. In the police station he woke up for a few minutes, then fell asleep again. It was found absolutely impossible to arouse him from slumber, and he was sent to a hospital, where he continues in the same state.

Neither drunkenness nor lethargic encephalitis have anything to do with this curious case of one who must take high rank among the tired fraternity.

You may have noticed that few business men feel at ease at a polite social function.

MOST PROLIFIC HYMN WRITER

Fanny Crosby Credited With the Composition of More Than 6,000 Popular Religious Lyrics.

Fanny Crosby, the blind writer of more than 6,000 hymns, and an interesting if uneventful career, according to a recent sketch in "Along Broadway," musical magazine. She lost her eyesight when only six years old and 12 years later, at the New York Institute for the Blind, she met and fell in love with the blind musician, Alexander Van Alstyne. They were married and lived happily. Mrs. Van Alstyne afterward becoming a teacher at the institute.

Many of Fanny Crosby's best known hymns are to be found in the popular Moody and Sankey gospel hymn books. The simple earnestness and true religious spirit of her hymns make them as popular as ever. Some of the best, including "Jesus is Calling," "Only a Step to Jesus," "Come, Great Deliverer" and others have been sung by great artists and recorded for the phonograph.

Star-Spangled British Product.

It came recently to the attention of the American chamber of commerce in London that a British firm was using the American flag and words and phrases indicating American origin for the advertising, container and bottle labels of a wholly British preparation. Communication of this fact to the British board of trade saw all traditions of departmental red tape shattered when the board of trade rang up by telephone instead of following the usual formal tortuous channels of communication. After obtaining further particulars the firm concerned was called to account and has agreed to refrain from the objectionable practice in future.—The Nation's Business.

Excess is an enemy of success.

25 Cents will buy

a big package of

POSTUM CEREAL

weighing over a pound, net. What are you paying for coffee?