

IT'S NOT YOUR HEART; IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the ill-affected people have been traced back to kidney trouble.

The kidneys are the most important organs of the body. They are the filters of your blood. If they become diseased, the blood is not cleansed through the kidneys, and the impurities are carried by the blood to the various organs of the body. This causes the various diseases, such as rheumatism, dropsy, indigestion, and all the ailments that are caused by impure blood.

All these diseases are nature's signals that the kidneys need help.

Dr. J. H. Ralston, D.D., of Chicago, who has been studying the disease of the kidneys for many years, has found that the kidneys are the filters of the blood. If they become diseased, the blood is not cleansed through the kidneys, and the impurities are carried by the blood to the various organs of the body. This causes the various diseases, such as rheumatism, dropsy, indigestion, and all the ailments that are caused by impure blood.

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Can a Man Save Himself?

By REV. J. H. RALSTON, D.D.,
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REPTILES AT HOME IN SAND

Naturalist Makes Interesting Report of Habits of Small Swimmers

Quiet and curious are the ways of some reptiles of the sand, as revealed by the famous naturalist C. L. Camp, who has been studying them in the Colorado desert. He tells of some of the surprising things which the reptiles do in the sand. The greenish lizard, the scintillating lizard, and the desert "hopper" which actually swims like a fish in the sand. The greenish lizard is very swift and agile, and when chased will swim on the sand at different times in hour. Most of the desert reptiles of Colorado are changed their colors in their surroundings. While not a few of the desert lizards are able to part with their tails very readily when they are chased. These lizards in the ways of desert lizards. One male lizard, which is very large, makes, when a fight favorable takes place, each side to build rapidly up and down as much as a hundred and sometimes more are touched on their tails.

Harry and Grace each received a letter with which to pay candy. They hurried down to the store, a little shop, where the tempting array of confections in the window was the tempting sight. "The Boy Book," above the door, lured them there. They made their purchases and left. One of the clerks, Harry held up the letter, which was a letter of candy.

"The Boy Book," he mused. "I wonder they call it that if everybody who goes in there gets along like we did!"—*Illustrated News.*

Belgium After the War. Statistical studies of the cost of living in Brussels show that for necessity the price of food was determined as 100 in April, 1914. Brussels paid 200 in January, 1915, or nearly a second increase. There has been a constant drop since January, reaching 56 in February, 353 in March, 344 in April and 338 in May, 1919. Articles not needed for food have come down 615 in January to 404 in June.

At any rate, the folk who we expect cars don't start out paying against blizzard.

The fool wouldn't get so much run out of life if he were wise enough to realize his own folly.

Only a who girl selects for a husband a man whose mother didn't know how to cook.

My enemy is the world and my religion is to go good.—Thomas Rhine.

"The harder you knock down a true man the higher he will bounce.

The lawyer can afford to pose as a big shot in luck.

The greatest people often create the biggest follies.

This Drink Doesn't Change Its Price

Its quality doesn't vary,
and it doesn't start a
headache.

The Original

POSTUM CEREAL

is pure and drug-free. It will agree with you, and its rich, robust flavor makes it a big favorite.

Postum is a real part of any meal for old and young.

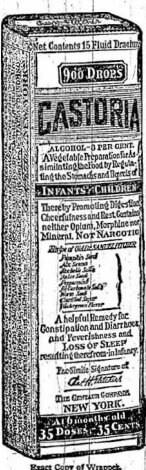
"There's a Reason"

Imitations Are Dangerous.

AN OHIO druggist writes to "The Practical Druggist," a prominent New York Drug Journal, as follows: "Please furnish formula for Castoria. All the formulas I have worked with are either ineffective or disagreeable to administer."

"To this 'The Practical Druggist' replies: 'We do not supply formulas for proprietary articles. We couldn't if we wanted to. Your experience with imitative formulas is not surprising, but just what is to be expected. When Castoria is wanted, why not supply the genuine? If you make a substitute, it is not fair or right to label it Castoria. We can give you all sorts of laxative preparations for children, but not Castoria, and we think a mother who asks for Castoria would not feel kindly toward you if you gave her your own product under such a name!'"

No mother with a spark of affection for her child will overlook the signature of Chas. H. Fletcher when buying Castoria.



Children Cry For

Fletcher's CASTORIA

Mothers Must Use Care.

Why do we so often call your attention to imitations of Fletcher's Castoria? Because it is a baby's medicine and imitations are always dangerous, particularly imitations of a remedy for infants.

Your druggist may not keep an imitation but they are to be found on drug-store shelves. Reliable druggists think only of the welfare of their customers. The other kind only of the greater profit to be made on imitations.

Your own judgment tells you that Fletcher's Castoria having for over thirty years at great expense held up its reputation, must be a good thing. It is. It follows that this company must use the very best of material. Most expert experts in the selection of the herbs.

Most experts think of the welfare of their customers. The other kind only of the greater profit to be made on imitations.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

THE CENTRAL COMPANY, NEW YORK CITY.

Exact Copy of Writings.

Warned Her.

"Where are you going?" asked the mother.

"The girl is to get some hair."

"Well, say—don't let it at that store across from my place. The man over there has been selling you hair for years."

—Boston Evening Herald.

One wrong point of view is enough to lead the of the hapless.

Rather Not.

"I object to admitting the plaintiff's nakedness to evidence."

"Do what you please."

"Alas! Your honor, this is a breach of promises I didn't want my client's judgment to appear at fault in putting up a pair like this."

—Boston Evening Herald.

Stance is golden—and some remarks are very funny.

CARBO STEEL POSTS

TENSION

FENCING SYSTEM

For Fencing and Security

For Fencing and Security

For Fencing and Security

For Fencing and Security

For Fencing and Security

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LUCKY STRIKE cigarette

It's toasted to increase the good, wholesome flavor of the Kentucky Burley tobacco. A regular man's smoke and delicious!



Guaranteed by The American Cigarette Co.

