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EAT LESS AND TAKE SALTS FOR KIDNEYS

ney trouble, because we eat too much himself by fires of other men's buildand all our food is rich. Our blood ing. Any one so minded, can find is filled with uric acid which the material for full discussion in this kidneys strive to filter out, they incidental glimpse of our hero when weaken from overwork, become slug- shipwrecked on Malta. gish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline

breakfast for a few days and your moving actively about, despite his pours at the feet of the least deserv-kidneys will then act fine. This fam- age and broken health, gathering ing of us! But of all the joys of grapes and lemon juice, - combined with lithia, and has been used for were cowardly ingrates, like the sailgenerations to flush and stimulate ors who had tried to desert the ship clogged kidneys; to neutralize the in its hour of greatest danger. acids in the urine so it no longer is a source of irritation, thus ending trouble. When hard times of any

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing at any time.

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She Mixed Sulphur With It To Restore Color, Gloss, Youth-

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair ers. Yet when I pointed out to him beautifully dark and luxuriant. Just the remarkable openings right where a few applications will prove a revela- he was living, for just the sort of tion if your hair is fading, streaked service of which he was most caper gray. Mixit g the Sage lea and able-work that would fundament-Sulphur recipe at home, though, is ally further the winning of the war get a bottle of Wyeth's Sage and Sul- he would have none of it. He want-Thur Compound at any drug store ed a position, rather than an oppor-all ready for use. This is the oldtion of other ingredients.

youthand appearance and attractive the difference between his attitude Kingston. The bereaved parents and Wyeth's Eage and Sulphur Cora pound, no one can tell, because is on Malta did my friend fall short of of the whole community. does it so aat a ally, so evealy. You greatness. ust dan pen o sponge or soft brush hair, taking one small strand at a theatre fire in Chicago a college stu- ing. time; by norming all gray hairs have dent with his own hands carried plication or two, your hair become mautifully dark, glossy, soft and

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A SHIPWRECK, A SNAKE, A SAINT

The International Sunday School Lesson for Dec. 4 is, 'Paul in Melita and Rome." --- Acts 28:1-16.

By William T. Ellis.

else. For I don't want my own troubles to destroy my perspective or dull my sense of obligation to others. Just because I happen to be knocked out in any way is no reason that is the very time to prove that

That sort of creed rather applies to the conduct of the Apostle Paul, cumstances. His tolerant attitude toward the "barbarians," or nonfor the common fire by which the good people nice." drenched company were warming By way of the sticks gathered for themselves in the chill November the fire, the Apostle came to the

Real and Sham Dignity. When we were boys building bonslogan, "chip or run"-that is, con- home of Christ. A little deed tribute a share of fuel or get out. in an adventure by land, bore a full lege. share of responsibility and effort. He was no social shirker, warming

Service is the great panacea sort overtake us, as the shipwreck overtook Paul and his company, then is the hour to get busy at deeds of helpfulness. Only a weakling or a craven slinks away and sulks in selfish sorrow. As the familiar lines of Edmund Vance Cook have it:

'Did you tackle the trouble that

Or hide your face from the light of Paul? With a craven soul and fearful? Oh, a trouble's a ton, or a trouble's

Or a trouble is what you make it, But only, how did you take it?"

A Gentleman's Chance.

By way of this trivial task of serving the common fire, Paul came into a great opportunity. There is no other way. A brilliant young British officer, recovered from his war wound, was stationed at an easy post in an his task; he felt that the War Of- awaited him in Rome, that fice should give him a rank and a thanked God, and took courage." chance worthier of his proved pow-While wispy, aray, faded hair is wanted a situation as official over-

twenty-eight women and children to safety; but in so doing inhaled the fumes that shortly afterwards caused his death. When one commiserated his untimely end the young man replied, "I ask no sympathy or pity. me men get their chance at fifty, ome at forty, some at thirty. I got mine at twenty, and am happy to die." There is the flavor of Paul's, "I prised concern, "but it all right when am ready" about that.

A Little Snake and a Big Service. the shipwrecked crowd, in the cold there's robbers in the house." to add to the flame, and among and put a lot more in the senate." them, unnoticed, was a viper. The warmth revived it, and it stuck its venomous fangs into the withered paneng, and for generations have man summer camp at Three Rivers.

"When I'm broke," I once heard a | dead, a victim of the divine punishman say, rather whimsically, "then ment. When he merely shook off is the time that I am surest to give the creature into the fire (which act to charity; when I'm hardest hit some sentimentalists would not be myself, then I make my greatest ef- above calling cruelty to animals!), fort to do something for somebody the fickle crowd decided that this shipwrecked stranger was a god!

Possibly as a result of this, or because of what Centurian Julius reported of him to his fellow Roman officials, Paul and his party were why I should go back on the world; hospitably enertained for three days in the home of the highest Roman I am not entirely dominated by my acknowledgement of this courtesy the wreckage of his vessel, upon the Greeks, of the island is of a piece rocky shores of the Island of Malta with his urbane manners. To him, -where, by the way, just to link folks were folks everywhere. One the Lesson with the news, the peo- reason the missionary is usually ple were a few days ago granted a more popular than other foreigners new charter of self-government by in pagan lands is that he displays Great Britain, after a period of un- this Pauline spirit of gracious rest and disturbance. Starting out friendliness, which always evokes as despised prisoner in chains, and friendliness. If we were all like ending up as practical captain of the Paul there would be no occasion to ship and commander of the troop, quote the prayer of the little girl; the great missionary turned at once "O God, make all the bad people to humble service, gathering wood good; and, if you can, ma'e all the

home of Publius; and secured the opportunity to heal the governor's father of fever and dysentery; and so, in turn, a chance to cure many sick in the island, rendering a servfires on the vacant lots, we had a lee that brought great honor to the kindness is often like the small door Paul was the sort of honorable soul of the Church of the Nativity in who, whether at the tent-maker's Bethlehem: it leads into a vast and take a Glass of Salts If Your Back task, aboard a storm-tossed craft or wonderful opportunity and privi-

Friends in a Strange Land. Life is full of joys, small and great-the glory of the rich, red ripeness of the Autumn foliage; the graceful flirt of a gray squirrel's tail, such as I saw this instant, in This man had so much dignity glancing out of my window; the that he did not need to think about light in a mother's eye as she lifts it. I heard General Charles G. her baby; the lavish beauty of the When your kidneys feel like lumps Dawes once say, "There is nothing clouds that sail lightly across the of lead; your back hurts or the urine so really dignified and great as sim- heavens; and of the sunset's splenis cloudy, full of sediment or you are ple naturalness." As we see all sorts dors; the word of praise from a felobliged to seek relief two or three of pershons, from diplomats at the low craftsman; the quiet peace of times during the night; if you suffer Washington conference to actresses spiritual communion; the charm of spells, acid stomach, or you have in the meanest road company, jeal- a book by a master, read at one's rhoumatism when the weather is bad, ously watching out for their own own fireside; the magic of music's get from your pharmacist about four place of precedence and their own melody; the glow in the face of a ounces of Jad Salts; take a table- "honor" we may recall the greatest friend at reunion-what a horn of spoonful in a glass of water before human being since Jesus Christ, plentious happiness the Lord of life firewood for a crowd, many of whom this life, few can surpass that of a lonely man's finding friends and

fellowship in a strange land. We do not well to be sorry for this harried, heavy-laden and hatehounded man, Paul. He had royal pleasures. One of them was the meeting of fellow Christians on his journeys. Thrice on the way to Rome, after three month's sojourn in Malta and a safe passage to Italy, Paul and his companions had this rich experience. Seven days were spent with the brethren at Puteoli on the Bay of Naples: and who does not envy the Puteoli Christians the privilege of hearing, hot from the chief actor's own lips, the story of God's providences in the ministry of

As one who has shared the same joy of friendliness and hospitality in more than one lonely land, I can testify to the thrill that must have been Paul's, as he found himself met And it isn't the fact that you're hurt by fellow disciples who had come out from Rome to welcome himone group having travelled forty miles and the other ten. Last night, in New York, I attended a farewell dinner to Fred B. Smith, as he set out on a religious mission around the world; and I mused "Is there any other tie on earth, except only that of blood, so sure and strong and satisfactory as that of Christian fellowship." We can understand inland English city. I found him bit- Paul's mood, as he welcomed this terly rebellious at the inadequacy of foretoken of the brotherhood that

At Brewer's Mills.

Brewer's Mills, Nov. 29 .- The painting and decorating of the interior of St. Barnaby's church ha

Mrs. Aloysius Keys and children time recipe improved by the addi- gathering of sticks for the common from diphtheria. One of the children fire of patriotism and war ideals; he died on Sunday morning. The remains of the late Mrs. Harry Rannot sinful, we all desire to retain our seer of firewood-collectors! By just dall arrived this afternoon from and that of the shipwrecked apostle relatives have the sincere sympathy James Dockrill, Buffalo, N.Y., is

A man's chance is "the next thing" visiting his parents here. Mrs. James it and draw this through your or it is nothing. During the Iroquois Smith, who has been ill, is recover-

Isoked All Right.

Mother was terribly upset by Tommy's appearance, particularly his unwashed face. "Tommy, Tommy! she exclaimed in great distress. "Your face needs wathing terribly: Did you look at it in the mirror this Temmy, with every indication of sur-

The Hypnosis Political.

quenos Aires has a hotel for the hand of the Apostle. Horror-eyed, refused to be bothered, win long Que, the natives looked for him to fall hair.



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ONE WIFE ABANDONS HER COUNTER-ATTACK

Mrs. Stillman Is Not to Further Assail Her Husband's Conduct.

Poughkeepsie, N.Y., Abandonment of the counter-attack upon the couduct of James A. Stillman by Mrs. Anne U. Stillman in the divorce proceedings instituted by the New York morning?" "No, mother," sald banker was forecast after the adjournment of a one-day hearing before Referer Daniel J. Gleason. That and the announcement test John. F. Brennan, counsel for Mrs. Stillman and J. E. Mack, guardian "John", whispered wife into hub- ad litem for Guy S. Stillman, will A dramatic incident befell while by's ear, at three a.m. "Wake up, heave for Montreal today to make preparations for hearings there, were complaint, was a guest at the hotes and rain, was cowering about the "Right you are," he retorted sleep- the chief developments of the profire. Paul carried a bundle of sticks fly, "and this darn government went cedings. Testimony to be taken in Canada is expected to be regarding the relations of Mrs. Stillman and Tuesday. Siamese women wear knee-length Fred Beauvais at and near the Still-

Mrs Stillman it was said prob-

nesses in support of charges that her husband was guilty of misconduct with Florence H. Leeds, former Broadway show-girl. The testimony of all witnesses to be called, it was emplained; would be devoted to defending Mrs. Stillman and the paternity of baby Guy Stillman, wnom. Mr. Stillman seeks to have adjudged

Testimony at the hearing was understood to have set forth that Mr. and Mrs. Stillman and two of their children stayed at a sui'e in gis hotel, New- York, for two weeks during February, 1918, nine months before the birth of Guy Stillman. it that Fred Beauvais, the Indian guide employed by the Stillmans and nam-Adjournment was taken until next

ably would not call any more wit- | HAREM PARTY SPONSORS

Held a Side Show at Which the Feature Was a Young

Chicago, Dec. 1 .- Certain and frisky members of the Casino club, an ultra-exclusive north shore ociety rendezvous, are to learn that the war is over and that with ending there also came a cessation of some wild-eyed capers that were tolerated during the national strain. Mrs. Joseph G. Coleman, president fof the club, has called a meeting he board of directors and there are nints that two members may be ask- If Tormented With ed to resign. It is no trifling matter to be expelled from the Casino club, as that action automatically closes nany bospitable doors.

The trouble appears to have come to a climax at a "harem party" at which a "side show" was staged The manufacturing industry in The feature of the show was said the corn, root and branch, leaves the Japan employs more than I and and to be a beautiful young woman. Her skin smooth as silk. No failure with

jout of the affair. Also, it is hinted MAY LOSE SOCIAL LIFE there was too free a display and consumption of hip liquor.

OLD COLONY

Landis and Ruth. Chicago, Nov. 29 .- Judge Kenesaw M. Landis, Baseball Commissioner, Tuesday completed the draft of his decision in the case of Babe Ruth, New York Yankee outfielder,

who played exhibition games in violation of major league baseball rules, but withheld announcement of what action he had decided upon. The judge said he wanted to go over the decision again, before announcing # but was too busy in court to do so. I will be given out soon, he said

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