Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food crates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatsim, headaches, liver troubles, nervousness, constipation, dizziness, pleasness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act

This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause Giant Sub Able to Cross Atlantic | Over Thousand Accidents an Hour irritation, thus often relieving blad-

der disorders. Jad Salts is inexpensive and can not injure; makes a delightful effervescent lithia-water drink, which believe, by the "V-1," the giant subma- according to figures compiled by the goveveryone can take now and then to selp keep the kidneys clean and the lood pure, thereby often preventing serious kidney complications. By all means have your physician examine your kidneys at least twice a year.



College Girl Chums

are the ideal shoes for girls in their "teens." Correct in shape for growing feet, yet stylish in appearance, and, most important of all, providing long months of wear. .

Chums shoes are made of the very best leather it is possible to secure, and the Ahrens tradition of "Quality First" is behind

every pair of Chums. There is no shoe like Chums for boys and girls. Ask for them by name.

Write for our Chums booklet and nearest dealer's name. Made Only By Kitchene Ont.

For Sale at Lockett's Shoe Store

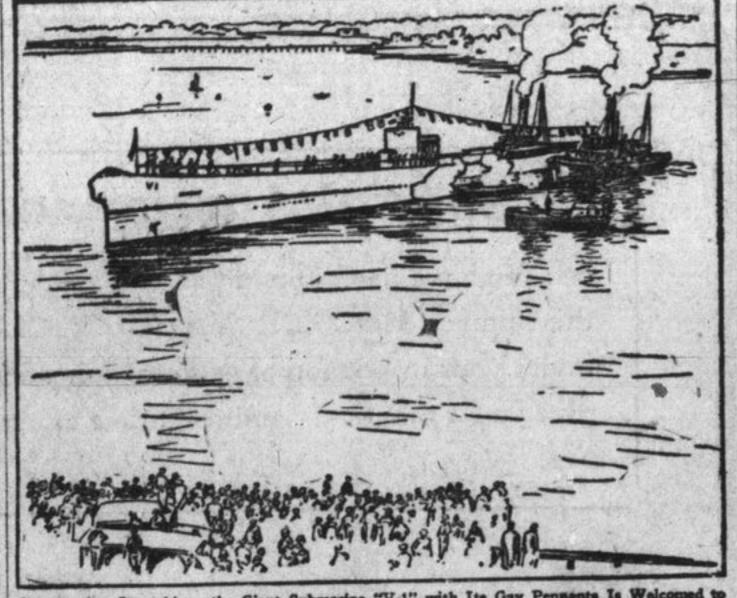
**Don't Suffer** With Piles

> SAFE AND SURE REMEDY FOR

AS SWEET AS SUGAR

Pale blue tinted pearls are con ined with pink ones to make chokers and long necklaces.

# IF BACK HURTS What the World Is Doing BEGIN ON SALTS What the World Is Doing



with Crew of Eighty-Seven The fighting efficiency of Uncle Sam's navy will be greatly increased, officials occur every minute in the United States, rine, nearly twice as large as any pre- ernment, those caused by automobiles will not need the services of a "mother in a similar report made up by an inship." The huge boat, the first of a fleet surance body. This record does not incross the Atlantic and return without re- hiking trips or pleasure tours. One in- knobs. When a station is received as plenishing its supplies of fuel. With a surance company reports that fifty-six loudly and distinctly as possible, one of displacement of 2,164 tons, it develops a policy holders were accidentally killed in the knobs is turned until the call letters face and nine knots an hour submerged. recreation. It is 341 feet six inches long, has a maxicrew of seven officers and eighty men. salt and wood ashes into a paste.

Cause Heavy Loss in U. S.

An average of twenty-one accidents riously built here. It is said to be ca- leading in number. Baseball is said to pable of sailing as fast and as far as the head the list of mishaps in athletics and battle fleet in any kind of weather and sports, while polo has the lowest figure of nine similar fighters to be built, can clude accidents to campers or persons on ward or backward by means of two small speed of twenty-one knots at the sur- the past ten years while engaged in of that station are found, and the dial

Making Sure of a Harbor Berth!

An Artistic Storm Door for the Home

There seems to be no happy medium between the expensive glassed-in porch and the ugly, drab storm doors used on the more modest houses. One home owner could not afford the glass porch but he could see no reason why he could not make the storm door as artistic as

Almost every storm door on the street was painted a dull gray, regardless of the house had rich brown shingles, trimmed with cream, so he made the storm door of tongued and grooved cypress, which has a pretty grain, put m a generous win-dow, and stained the door with a darkoak oil stain, then finished it with spar varnish. The door was hung with iron T-hinges painted with gold-bronze paint, which gave a pretty effect against the dark-brown stain.

The result was a sturdy storm door which harmonised with the quiet tones of the house and was not an eyesore. This hint may be useful to other householders who are dissatisfied with the appearance of the front of the house storm-door time.

Logging Radio Stations

Neatness and compactness are the outstanding features of a new device for logging radio stations. The call letters and tions are printed on a strip of paper,

which is held on two rolls and turned forreadings are jotted down so that the same station can be tuned in later without de-

mum breadth of twenty-seven feet eight [A good filler for cracks in stoves and lay. There is plenty of blank space on and five-eighths inches and will carry a furnaces is made by mixing equal parts of the paper so that call letters, etc., of new broadcasting stations can be added.

## Staying Power!

ON the rugby field, in sports of any kind, the athlete prepares himself for staying power. He develops himself to the maximum of efficiency. He makes of his body a veritable storehouse of energy so that he will be "there" when he is needed.

The athlete daily eats the foods which give him the greatest amount of energy without taxing his digestive organs. So should you. Grape-Nuts is the food you should eat every day. You need the nourishment that wheat and malted barley give, the vitality and strength of phosphorus and iron, the laxative bran from the whole wheat berry.

Ask your grocer to send you Grape-Nuts for to-morrow. Four teaspoonfuls with cream or milk are sufficient for each serving. Add sugar if you wish. You'll feel a new tingling through your veins-a new feeling of strength and vigour that will carry you through each day always at your 1 st.

GRAPE-NUTS VEGETABLE SOUP

cup Grape-Nuts, 1 pound real stew, 3 tablespoons ium size, I quart tomatoes, 2 quarts water, 1 cup carrots, sliced, 1 cup peas, 4 table-spoons salt, 1 teaspoon black papper, few sprigs parsley, 2 cups potatoes, sliced.

Put shortening in stew pan when it starts smoking put in stew meat cut in small pieces. When light brown, slice in onion. When onion is brown, put in tomatoes and cook 20 minutes; add 2 quarts water and let boil 15 minutes; then put in sliced carrets, peas, parsley, salt and pepper. Let cook until peas and carrots are quite when potatoes are almost done, put in Grape-Nuts and

This recipe serves ten to

"Theres a Reason"

# Grape=Nuts

Made in Canada

CANADIAN POSTUM CEREAL CO., LIMITED Factory: Windsor Head Office: Toronto

of S.S. Pomeroy

As the Great Lakes grain carriers unload in Montreal harbor, waiting their turn in endless procession, the big ocean-going steamships line up at adjacent berths to fill their holds

with the same grain as it pours in a phone by Long Distance from far- 30th this year, Montreal exported 22,golden stream from the spouts of the away lake ports to reserve accommo- 000,000 bushels more grain than the harbor's efficient carrier system. So dation for unloading when they shall seven next important ports of America great is the pressure on the Port's reach Montreal. facilities that the Lake Captains tele- From January 1st to September 99,000,000 bushels.

By Williams

OUT OUR WAY

NOTHIN FUNNY ABOUT MOW WOT THAT THAT' IN TH' SPRING FIRE MAKES ME THINK OF CHUB? YA THINK ABOUT FISHIN DONKHA? AND SWIMMIN FUNNY, BUT IT IN SUMMER - AN SKATTN MAKES ME THINK O INDIAN CAMPFIRES IN WINTER DONTCHA? WITH CHIEFS SETTIN WELL IT'S NO MORE N OUTA THUM ROUND N EVERTHING NATURAL T BE THINKIN IF YOU RE O INDIANS WEN ITS GONNA BE INDIAN SUMMER ALLERS GITTN OH MADY UM DOWN LOOMIT' LIME A PEATHER BED' JP williams MOMENTS WED LIKE TO LIVE OVER THE FLAME GAZERS

Weed BH Shbte III Joni cure now e change when it shows any signs of in its natural state.

The world changes. When a girl she gets drunk instead of crying.

keep your cake moist. See, of course, white of egg is much more palatable omit all eggs over two and substithat the apple is a perfect one and to the average individual than taken tute two tablespoons of cornstarch

Flowers worn on ribbon bracelets | Left over cake makes very delicmake very quaint accessories for lous puddings if milk and eggs are quarrels with her lover these days bouffant evening dresses of pastel added, and a fruit sauce poured shaded taffeta.

for each egg omôtted

### WHY THE WEATHER?

UR CHARLES F. BROOKS Secretary, American Meteorological Secrety, Tells How.

Clouds as Thermostats. It is well known that cloudy days and nights have more equable temperatures than clear ones; but it is not so well appreciated that to a large extent the clouds are the result of daytime heating and nighttime cooling. When heated, the more or less humid air near the ground is usually forced upward, expanding as it rises, and cooling till, if it goes high enough, cumulus clouds are formed here and there. If the wind is a cool one and not very dry, as a northwest wind usually is shortly after it begins to blow, the cumulus clouds rising through the cool wind reach a ceiling that marks the plane of contact between this lower wind and the warmer one usually found above under such circumstances. Against this ceiling the clouds flatten almost as does smoke in a room, and soon close up the sky. The sunlight shut off, the surface temperature stops rising, and clouds stop forming till evaporation of the sheet above allows the sun to shine again. Wherever the sun shines now, new clouds are formed, and the holes through which the sunlight came are sealed again and the temperature kept steady. The process continues till with the setting sun the evaporating clouds are no longer

"Cascarets" 10c if Constipated, Dizzy, Bilious



light spot, so that a person entering the room could not help but see M and admire it. Of course; this place ment should in no way break up the

to be noticed in a room, place it op-

socite the entrance doorway in a

replaced, and the thermostat ceases to function. During the night, however, if the air is damp, the formation of a fog or low cloud sheet may take place as a result of the cooling by radiation and conduction, and such a fog or cloud will virtually prevent a further fall in tempera-

harmless laxative thor announced here.

cathartic. It Ibanez, who recently denounced you like pills, oils, calomel and salts. King Alfonso and the reigning mil-Tastes nice-acts wonderful. 10c., itary directorate, said that two air-

## FOR SALE

SOLID BRICK HOUSE on stone foundation, double parlors, dining room and kitchen, 4 bedrooms and den, hardwood floors throughout; lights, gas, three piece bath, hot water heating, wall plugs, garage. This house is newly decorated and in

M. B. TRUMPOUR

BEECHAM'S PILLS

to drop the pamphiets over

The first edition of the Ibanes pamphlet will total some 2,000,000 ples, and it will be printed in Spanish, with French editions for distribution in Paris and copies printed in English for New York The title will be "Alfonso XIII Un-If you have any special piece of masked, or the Militaristic Terror turniture or art object that you want in Spain.

> Very fine machine stitching done with a gold or silver thread is one effective form of trimming. Lemon juice and whiting makes a

good paste with which to clean ivory

## SAYS RED PEPPER HEAT STOPS PAIN

backache, stiff neck, sere muscle strains, sprains aching joints. Who you are suffering so you can hard get around, just try Red Pepper Ru

ombarded aerially shortly after Just as soon as you apply Red Pe ing. Millions of Nov. 20th by two airplanes charged per Rub you feel the tingling heat. I men, women and with Vincente Ibanez's anti-King three minutes the sore spot is warm-children take this Alfonso pamphlets, the Spanish au- ed through and through and the tor-

Rowles Red Pepper Rub, made drug store. Get a jar at once. sure to get the genuine, with the 25c. and 50c. boxes-any drugstore. planes had already been chartered | name Rowles on every package.