\section*{TAKE SALTS FOR THE KIDNEYS IF YOUR BACK HURTS

We Should Drink Lots of Water and Eat Less Meat, Says Noted Authority on Kidney Disorders

## Recommends a Spoonful of lad Salts In Class of Water Before Breakiast to Stimulate Kidnnys and Eliminate the Uric Aciil

Uric acid in meat excites the kidneys, they
become overworked set sluggish, nche, and fer hecome overworked. eet sluggish, ache, and feel
hike lumps of lead. The urine becomes cloudy.
the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush
off the body's urinous waste or you'll be a real ziek person shortly. At first you feel a dull mitery iu the kidney revion, you suffer from
backache, sick headache, dizziness, stomach gets
 Eat whes theat, wetriner iots of did Trom any pharmacist four ounces of Jad Sallts:

## JUNE

 "Firestone"hreakfast for a few days and your kidneys will
tiven act fine. This famous salts is made from the acid of grapes and lemon juice, combined
with lithia, and has ben to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids
in urine, so it no longer is a source of irritation thus ending bladder weakness. Jad Salts is inexpensive, cannot injure, makes
a delightful effervescent lithia-water drink which kidneys clean and active. Druggists heep the kidneys clean and active. Druggists here say
they sell lots of Jad Salts to folks who believe in overcoming
trouble.

Enjoy That Trip By Equipping With

## $* * * * * * * * * * * * * * * * * * * * * * *$ $*$ ELECTRIC CITY SPARKLETS <br> Items of Interest and Persenal Mention Caught Over the

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Blue Ridge Railway Co., Announces Vary Low Rates for the Follow-
ing Occasion, From Anderion, S. C.

## Birmingham, Ala. and Return

Account Sunday School Congress (Colored) June 9-14th \$12.45 Tickets on sale June 7, 8 and 9, limited to return June

## Nashville, Tenn. and Return

Account Peabody College Summer School June 17thAugust 28th, 1915
Tickets on sale June 15, 16, 17, 18, 21, 26, July 22nd 23 rd, and 26 th 1915 , limited to return 15 days from date of sale.

Knoville, Tenn., and Return
Account Summer School of the South, University of Tennessee, June 22nd, July 3oth, 1915
Tickets on sale June 20, 21, 22, 26, 27, July 2, 3, 10, and sale for returning.




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