

Bays Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean that you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours. tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a fablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salts is made from the acid of grapes and lemon juice. combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving blådder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of .soft water.



Baby Was So Ill She Couldn't Eat

"I got your Baby Booklet and have" certainly found it helpful," writes Mrs. G. G. Gray, Box 82, R. F. D. No. 8, E., Chattanooga, Tenn. "My baby was so ill the doctors wouldn't allow her to eat, but within a short time after we started giving her Teethina she was as well and playful as you please. It sure is wonderful for babies."



| he could, and must. |To remain in his

able caller.

and softened.

CHAPTER X—Continued

At last a cheerful whistle in the lower regions drew him down a flight of stairs to what appeared to be an underground storeroom. Here a bulky, overalled individual, looming large in the semi-darkness, stopped in his labor of pushing about some boxes and regarded Laurie with surprise. "Are you the watchman?" asked the

latter, briskly. "I am that."

"Were you here last night?"

"I was." "Was anyone else here?"

"Divil a wan.",

"Did you hear any noise during the night?"

"Dlyll-a bit."

"Were you asleep?" "I was," admitted the watchman, simply. His voice was Hibernian, and

rich with tolerant good humor. "I want to make a trade with you." The newcomer held out his silk hat. "Will you give me your hat, or any old hat you've got around the place, for this?"

"I will," said the watchman calmly. Though good-humored, he seemed a man of few words. "And who might you be?", he added. her."

"I came in last night with Mr. Shaw, and I spent the night here. When I woke up," added Laurie dryly, "I found that my host had moved." The watchman sadly shook his head.

"You're a young lad," he said, with friendly sympathy. "'Tis a pity you've got into these habits."

Laurie grinned at him. He had discovered that his money, like his watch, was safe in his pockets. Taking out a bill, he showed it to his companion. "Do you like the looks of that?" he inquired.

"I do," admitted the watchman

JOURNAL RAEFORD N.C.

and not picture them; and as the most merely added to the gloom that byeloped thim, he abjurdowed it that again pave himself up to thoughts of Doria, As he parriet into his clothes. strong temptation came to him to tell glad. But he stood dere, waitin' an' Bangs the whole story. Then Bangs grinnin' nuff to split his haid." strong temptation came to him to tell would understand everything, and be, Laurie, would have the benefit of Rodney's advice and help in untying Doris' tangle." Dorigi ' Again she swam into the foreground of his, consciousness with vividness that made his senses tingle. He was sitting on a low chair. lacing his indes, and his fingers shook as he finished the task. He dressed with almost frantic haste, urged on

by a fear that, despite his efforts, was | she only nod." shaping itself into a mental panle. Then, hair-brushes in band, he faced his familiar mirror, and recoiled with an exclamation. Doris was not there; but her win-

dow was, and hanging from its center catch was something bright that car?" caught his eye and instantaneous recognition.

It was a small Roman scarf, with a narrow, vivid stripe.

CHAPTER XI

Doris Takes a Journey

hair was yallah." Within five minutes he was in the studio building across the square, frantically punching the elevator bell. Outwardly he showed no signs of the anxiety that racked him, but presented to Sam, when that appreciative youth stopped his elevator at the ground floor, the sartorial perfection which Sam always vastly admired and

for such perfection Sam had no eyes he had not desired this continued At this early hour-it was not much more than half-past eight-he had this black boy was Doris' friend. He was doing his small part now to help

est welcome, and half a dozen eye-flashes revealed half a dozen homely little details that were full of reassurance. Here, open and face down on the reading-table; was a book she might have dropped that minute. There was the long mirror before which she brushed her wonder-

Lourig set his teeth. Even Sam foit

"Den I reckon Miss Mayo she put

"Bout two-three minutes she come

out,". Sam went on. ""She had a big

fur coat an' a veil on .. She look aw-

ful pale, an' when dey got in de el'va-

tor she didn' say a word. Dey was'n'

nobody else in de car, an' it seem lak

I couldn't let her go, off nohow, with-

out sayin' somethin'. So I say, 'You

gwine away, Miss Mayo? De man he

look at me mighty cold an' hard, an'

"No, sah. She ain't say a word.

"Was it a limousine, a closed

She jes' stood stiff an' still, an' he

took her out to de car, an dey bofe

"Did the man himself drive it?"?

"No, sah. He sat inside wid Miss

Mayo. The man what drove it was

Laurie recognized the secretary.

landing by this time, and Laurie

Perhäps she left some message."

"I'll take a look around her rooms.

Sam accompanied him, and though

companionship, Laurie for a cer-

tain solace in it. In his humble way

her, if, 'as he evidently suspected.

there was something sinister in her

Entering the familiar studio, Laurie

looked around it with a pang. Unlike

the quarters of Shaw, it remained un-

changed. The room, facing north as

it did, looked a little cold in the early

light, but it was still stamped with the

impress of its former occupant. The

flowers he had given ther only yes-

terday hung their heads in mod-

"Which way did they go?" "

"What did he look Hke?"

"Didn't she speak at all?"

got in."

"Yaas, sah.""

younger."

."East."

strode forward.

departure. ...

and an' dat man wait. I t'ought

be was gwine leave, 'an' I sho' was

Laurie recognized the grin.

the-ophidian in Shaw." "Go ob," he ordered,

ful hair and, yes, the silver-backed brushes with which she brushed it.

Keep En

Good Health Requires Ge JSI Register

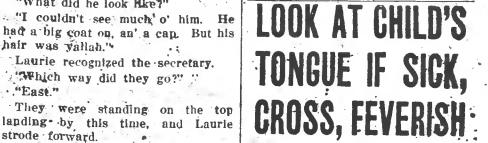
> O be well, you most the blood stream free impurities. If the kidness inc. allowing body poisons mulate, a toxic condition is created. One is ept to feel dull, languid, tired and achy. A nagging beckache is sometimes a symptom, with drowsy headaches and dizzy spells. That the kidneys are not functioning progerly is often shown by burning or scanty passage of secretions. If you have reason to suspect improper kidney functioning, try Doan's Pillso- a tested stimulant diuretic. Users praise them throughout the . United States. Ask your neighbor!

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they love its delicious taste, and it al-

Ask your druggist for a bothe of

'California Fig Syrup," which has di-

rections for babies, children of all

ages and for grown-ups plainly on the

bottle. Beware of counterfeits sold

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ask to see that it is made by the

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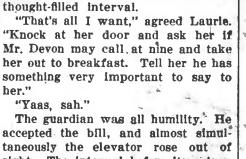
aseline

children's ills.

fuse any other kind with contempt.

ways makes them feel splendid

a well, playful child again.



The guardian was all humility." He accepted the bill, and almost simultaneously the elevator rose out of sight. The interval before its return was surprisingly short, but too long for the nerves of the caller. Laurie. pacing the lower hall, filled it with apprehensions and visions which drove the blood from his heart. He could have embraced Henry when the fatterappeared, wearing an expansively re-

present state of suspense a moment

longer than he need do was unthink-

In a surprisingly short time he was

assuring grin. "Miss Mayo she say, 'Yaas,' he

in the studio building, facing the man Sam had called Henry, a yawning night elevator man who regarded him and his questions with a pessimism partly due to the lack of sleep and fatigue. These combined influences led him to making short work of getting rid of this unkempt and unseason-

"No, sah," he said. "Miss Mayo don' receive no callers at dis yere hour. No, sah, Sam don' come on tell eight o'clock. No, sah, I cain't take no messages to no ladies what ain't out dey beds yit. I got to perteck dese sometimes dreamed of imitating. But yere folks, I has," he ended austerely.

The caller peeled a bill from his today. ever-ready roll, and the face of the building's guardian angel changed brought down only two passengers, "P'haps I could jes' knock on Miss and no one but Laurie was waiting Mayo's do'," he suggested after a for the upward journey. When the

This mother is but one of millions who have profited by ordering Dr. Moffett's Baby Book and by using Teethina, his prescription for Colds, Diarrhoea, Colic, Constipation and such ailments among babies.

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warmly. "Tell me all you know about Shaw, and take it for your trouble." "I will," promptly agreed the other.

"but 'tis not much you'll get for your money, for 'tis little enough I know. The man you're talkin' about, I suppose, is the fat fella with eyes you could hang yer hat on, that had the back room on the ground floor."

"That's the one." "Then all I know is, he moved in three days ago, and he moved out two hours ago. What he did between times I don't know, but he paid for the room for a month in advance, so nobody's mournin' his loss."

"Did he say why he was going, or where?"

"Divil a word did he say. He was in a hurry, that lad. He had a gang of three men with him, and they had the place empty in ten minutes. I lent 'em a hand, an' he gave me a dollar, and that's the last I saw of him." A sudden thought struck the watchman. "Where was you all the time?" he asked with interest.

"In the cellar." The watchman nodded, understand-

ingly. "You're too young for that sort of thing, me boy. Now, I'm no teetotaler meself," he went on argumentatively. "A glass once in a while is all right. if a man knows whin to stop. But-"How about that hat?" interrupted the restive victim of this homily. "Have you got one handy?" "I have."

The watchman disappéared into a shadowy corner and returned with a battered derby.

. "An' a fine grand hat it is!" he earnestly assured the newcomer, as he handed it over.

Laurie took the hat and put it on his head, where, being too small for him, it perched at a rakish angle. He dropped the bank note into his own silk hat, and handed them to his companioh, who accepted them without visible emotion. Evidently, brief though his stay in the building had been, Herbert Ransome Shaw had accustomed its watchman to surprises. Laurie's last glimpse of the man as he hurried away showed him, with extreue efficiency and the swift simultaneous use of two well-trained hands, putting the silk hat on his head and the bill in his pocket.

Laurie rushed through the early East side streets. He was not often abroad at this hour, and even in his came that possibly he and Rodney anxiety it surprised him to discover how many were abroad so early in the morning. The streets seemed full of pretty girls, hastening to factories and offices, and of briskly stepping But he had been wonderfully patient men and women, representing types with this friend of his heart. If it that also would ordinarily catch the were true that the friendship was dyattention of the young playwright. ing under the strain put upon it, and But now he had neither thought nor eyes for them.

His urgent needs were first the assurance that Doris was safe, and next ever full it might be, would lack an the privacy of his own rooms, a bath, and a change of clothing. 'Obviously, and comforting. He tried to think of be could not present himself to Doris what future days would be without in the sketchy ensemble he present. Bangs' exuberant personality to fill ed now; or could he? He decided that them with work and colory but he

briefly reported. Under the force of the nervous re-

action he experienced, Lauriesactually caught the man's arm. "She's there?" he jerked out.

"You're sure of it?" "Yaas, sah." Henry spoke soothingly. By this time he had made a diagnosis of the caller's condition which agreed with that of the nightwatchman Laurie had just inter-

viewed. "She say, 'Yaas,' " he repeated. "I done say what you tol' me, and she say, 'Tell de genman, Yaus,' jes like dat."

"All right." Laurie nodded and strode off. For the first time he was breathing naturally and freely. She was there. She was safe. In a little more than an hour he would see her. In the meantime his urgent needs were a bath and a change of clothing. As soon as he was dressed he would go back to the studio building and keep watch in the corridors until she was ready. Then, after breakfast, he would personally conduct her to the security of Louise Ordway's home. Louise need not see her, if she did not feel up to it, but she would surely give her asylum after hearing Lau-

rie's experiences of the night. That was his plan. It seemed good one. He did not admit even to himself that under the air of sangfroid he wore as a garment, every instinct in him was crying out for the sound of Doris' voice. Also, as he hurried along, he was conscious that a definite change was taking place in his attitude toward Herbert Ransome Shaw. Slowly, reluctantly, but fully, he had now accepted the fact that "Bertie" represented a force that must be reckoned with.

He inserted the latch-key into the door of his apartment with an inward prayer that Bangs would not be visible, and for a moment he hoped it had been granted. But when he entered their common dressing-room he found his chum there, in the last stages of his usual careful toilet. He greeted Laurie without surprise or comment, in the detached, absent manner he had assumed of late, and Laurie hurried into the bathroom and turned on the hot water, glad of the excuse to escape even a tete-a-tete. That greeting of Bangs' added the final notes to the minor symphony life was playing for him this morning. As he lay back in the hot water, relaxing his stiff, bruised body, the thought were really approaching the final breaking point. Bangs was not ordinarily a patient chap. He was too impetuous and high-strung for that. Laurie knew how possible this was, and how swift and intense were Bangs' reactions, life henceforth, howelement that had been singularly vital

Recognition.

wo tenants of the building had walked far enough toward "Its front entrance to be 'out of earshot, Sam grasped Laurie's arm and almost dragged him into the car. As he did so, he hissed four words:

"She gone, Mist' Devon !"

"Gone! Where? When?" Laurie had not expected this. He realized now that he should have done so. His failure to take in the possibility of her going was part of his infernal optimism, of his inability even now to take her situation at its face value. Sam was answering his questions:

"'Bout eight, jes' after Henry went and I come on. An aut'mobile stop in front de do', an' dat man wid de eyes he come in. I try stop him fum takin' de car, but he push me on one side an' order me up, like he was Wilson hlsself. So I took him to de top flo'. But when we got dere an' he went to Miss Mayo's do', I jes' kep' de car right dere an' watch him." "Good boy. What happened?"

"He knock an' nuffin' happen. Den he call out, 'Doris, Doris.' jes' like dat, an' she come an' talk to him; but she didn't open de do'." "Could you hear what else he said?"

"No, sah. After dat he whisper to her, hissin' like a snake."

Fox Fires No Longer Cause Childish Fear

occurrence.

Boys and girls nowadays seldom ex- | thrown out, and in this respect for perience thé thrill of seeing a mysterious light glowing dimly in the depths of the forest or gleaming from some half-buried rotten log- in a lonely swamp. The cutting away of the forests and the draining of swampy land have cleared from much of the landscape the causes which produce fox fire. In early days, however, the feet of pioneer children often were sent scampering home in the twilight when their owners came unexpectedly upon

a light which seemed to have no source, says the Indianapolis News. Ghosts and goblins and all sorts of evil omens ever have been associated with the appearance of fox fire and will-o'-the-wisps. There long has been a difference of opinion regarding the cause of fox fire, but now it is generally conceded to be due to a living fungus growth which permeates decaying vegetable matter and which possessing the power of emitting waves of light. No sensible heat waves are

On the writing-table were a pencfl and doesn't seep, doesn't eat or act natu-rally, or is feverish, stomach sour, a torn sheet of paper, as if she had just dashed off a hurried note.

breath bad; has stomach-ache, sore In short, everything in the room suggested that the owner, whose presthroat, diarrhoea, full of cold, give a teaspoonful of "California Fig Syrup," ence still hung about it, might return at any instant. And yet, there in the and in a few hours all the foul, constipated waste, undigested food and sour window, where he had half jokingly told her to place it, hung the brilliant symbol of danger which he himself bowels without griping, and you have had selected.

the latch. In doing this, he discovered that only half the scarf hung there, and that one end was jagged, as if roughly and hastily cut off. He put the scarf into his pocket. As he did so, his pulses leaped. Pinned to its folds was a bit of paper, so small and soft that even the inquisitive eye of Sam, following his every motion, failed to detect it. Laurie turned to the black boy.

"We'd better get out of here," he suggested, trying to speak carelessly and leading the way as he spoke. "Miss Mayo may be back at any moment."

Sam's eyes bulged till they rivaled Shaw's.

"You don' t'ink she gone?" he stammered.

"Why should we think she has gone?" - Laurie tried to grin at him. "Perhaps she's merely taking an automobile ride, or an early train for a day in the country. Certainly nothing here looks as if she had gone away for good. People usually pack, don't they?"

Sam dropped his eyes. His face, human till now, took on its familiar. sphinxlike look. He followed,"Mist' Devon" into the elevator in silence, and started the car on its downward journey. But as his passenger was about to depart with a nod, Sam presented him with a reflection to take away with him.

(TO BE CONTINUED.)

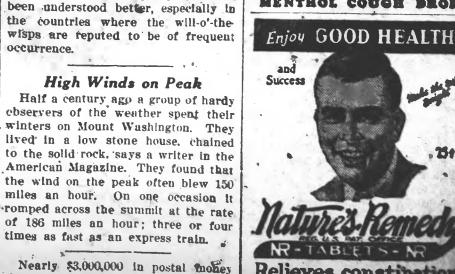
High Winds on Peak

orders were sent from America to

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head cleared, cough relieved-by the exclusive C fire resembles the light emitted by menthol blend in fireflies and glowworms. Many a ghost might have been traced to its lair had the origin of phosphorescence MENTHOL COUGH DROPS



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Doris Was Not There, but Her Window Was, and Hanging From its Center Was Something Bright That Caught His Eye and Instantaneous

He walked over and took it from

