

IF KIDNEYS ACT BAD TAKE SALTS

Says Backache Is Sign You Have Been Eating Too Much Meat.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which 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, also you have backache, sick headache, dizzy spells, your stomach sour, 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 tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Governor for Action Against Bolsheviki Cause

If the bill directed against criminal syndicalism passes the legislature, Governor Withycombe indicates that he will receive his signature. The bill introduced in the senate by Senator Dimick and that in the house by K. K. Kubli are to be combined into one measure to be known as the Dimick-Kubli bill.

"From what I know of the bill now," said the governor, "I will meet with my approval. I have not perused the Dimick and Kubli measures closely, but I think a law along the lines they provide is very necessary, and that unless I find something that I consider is unfair or radically wrong I shall approve the bill."

There will be much interest in the report from Connecticut that the game warden of that state has recently seen several specimens of the wild pigeon that is supposed to have disappeared forever from the United States. If the long-missing birds come back it will be an important fact in connection with our food supply.

HONOR ROLL IS GROWING LONG

Many Parents Respond to Request to Send in Names of Men Lost in Service

In response to The Statesman's published appeal to parents of soldiers and sailors who lost their lives in the service, to notify the paper of such casualties, the honor roll is gradually growing. An accurate list of these names and information concerning them will be invaluable and information concerning gold service stars in both Marion and Polk counties should be sent in as soon as possible.

The following are the names of those from this section who died in France or from disease in camp received up to the present:

- Army—Ivan G. Bellinck, William M. Catton, Edward Gittens, Wayne C. Jackson, Benjamin McClelland, Alfred Deranleau, Ray Mark, Paul Rich, Leslie Tooze, Chester M. Wilcox, Curtis W. Willisp, Chester A. Simmon, Aubrey Jones, Ernest Eckert, Smith Ballard, Wilhelm E. Ahlgren, Milton A. Kooreman, Thomas D. Cooper, Milton Foreman, Benjamin F. Hill, John C. Braden, Stanley F. Thompson, Hans Christopherson, Orley B. Chase, James Gardner.
- Marines—Charles Auer, Emery Bartlett.
- Navy—Kenneth C. Crossan, Joseph Martin, Clarence S. Minkley.
- Nurses—Ora E. Cavitt, Marie Blodgett.

HOTEL TO HOUSE SOLDIERS

BUTTE, Mont., Jan. 17.—Free board and lodging for stranded soldiers and sailors now numbering several hundred in Butte will be provided by the Anaconda Copper mining company, it was said today. For this purpose the mining company has taken over the Florence hotel, the largest in the city.

Another thing, women have made good filling the places of the men in the position of waiters at the restaurants. But few insisted upon putting their fingers in the soup.—Exchange.

OUCH! RUB OUT RHEUMATIC PAIN

Rub Pain, Soreness, Stiffness, Sciatica Right Out With "St. Jacobs Liniment"

Count fifty! Pain gone. Rheumatism is "pain only." Not one case in fifty requires internal treatment. Stop drugging! Rub the misery right away! Apply soothing, penetrating "St. Jacobs Liniment" directly upon the "tender spot" and relief comes instantly. "St. Jacobs Liniment" is a harmless rheumatism liniment which never disappoints and can not burn or discolor the skin.

Limber up! Stop complaining! Get a small trial bottle of "St. Jacobs Liniment" at any drug store, and in just a moment you'll be free from pain, soreness, stiffness and swelling. Don't suffer! Relief awaits you. "St. Jacobs Liniment" has relieved millions of rheumatism sufferers in the last half century, and is just as good for sciatica, neuralgia, lumbago, backache, sprains and swellings.

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old-time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray have disappeared, and after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

Good Used Car Considered Better Than Cheap One

Which will give you the most comfort, service and satisfaction, a good standard, well-made, dependable comfortable car well made (with good genuine leather upholstery) that has been driven one season, but has been overhauled and put in first class mechanical condition, or a cheaper new car with imitation leather upholstery and parts to match.

First consider the second hand car, what it was and what it will be a year or two from now, select the kind that will meet your requirements, and then find one that has been in use several years and see how it has stood the wear, what condition it is in, whether the finish and upholstery is in good shape or not, and what the expense for upkeep has been and if it is a back number as far as looks are concerned or if it still looks like the cars of today.

Then investigate the cheap car that will cost about as much new as the other one will second hand, and see how that looks after it has been used one season or two, look at the condition of the upholstery and finish of the body, and bear in mind that it will be new only a very short time in fact it will be second hand in six months or a year, then consider the comfort and dependability of the two cars and decide which you will buy.

And if you decide to buy a used car, try and buy it from the dealer that sells that particular car, for if he is an honest dealer and in the business to stay, he will see that every second hand car he sells (of the make that he is dealing) is in first class mechanical condition before he lets it go out of the shop, for it is in his interest to see that every car of the make that he is selling gives perfect satisfaction whether it is a new or a used car, as his future business depends on the satisfaction that cars gives.

In the matter of parts, prices of parts, and being able to get them in different sections of the country, you should use the same car that you would in buying a new car. Beware of bargains in extra large cars.



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SALEM BOY IN FOUR BATTLES

Herbert Savage Writes Sister of Experiences — Now Traveling in Germany

After having seen service in four of the biggest decisive battles of the war, Herbert Savage is now traveling in Germany with the American army of occupation. In a letter written to his sister, Miss Helen Savage, just before Christmas, he tells of some of his wanderings. Mr. Savage is with Company B of the first ammunition train. He writes as follows:

"It will probably be some time yet before we get to go back to the United States, as we are now up in Germany. We sure are to have some trip, as we have been moving now every day for over two weeks.

"German people seem to be pretty good to us and we have been getting along fine with them. They have cut out some of the censor's ruse and I can tell where we are, but I am only in town over night and move again the next day. We are going to Coblenz, Germany, on the Rhine river. To let you know how far we moved in the last few weeks I'll tell you we started from Sedan on the Belgian border and moved to Verdun in France and from there through Luxemburg and up into Germany. I think we will go home by way of Belgium.

"The last battle I was in was in the Argonne forest up to the time we reached Sedan. We were in four big battles, the first one Americans ever fought in included. I was in at Cantigny on the English front, then the next one was July 18, which I guess you will remember on the Marne, the turning point of the war. The next one was the battle of St. Mihiel on September 12 and the last one ended the war.

"I'll try to write more often and send some postals as soon as I get back to the company. I have not been with it for quite a while, as I have been with the artillery."

AN INDIAN EAR OF CORN.

Nothing could be more romantic than the true story of Indian corn, yet we have been in the habit of paying no attention to it, or, when we did notice it, of confusing it with many different sorts of grain.

Strange to say, no one can tell when this grain first began to be cultivated, but it is almost certain that it first grew in South America. When white men discovered North America this was the most useful article of food the red men had. True, they had beans and pumpkins and squashes, and they gave these and their corn patches a certain rude kind of cultivation, but corn was their mainstay. Sometimes they ground the kernels into a fine powder and of it made a sort of bread. They gave some pieces of this to Columbus soon after he landed, and he found it capital eating. He wrote

home to Spain about it, calling the powder by its Indian name, "mahis," or as near as his Spanish tongue could come to it, and it is from this that we get our word "maize."

It is hard for us to realize what this plant meant in the early history of our country. Our ancestors saw how the Indians planted this grain of theirs without any long plowing or harrowing of the ground. They watched how they "scratched the seed in"; watched how they "girdled the trees with a stone hatchet, so as to destroy their leaves, and let in the sunshine"; and then saw to their astonishment how the corn grew and flourished. True, it would have given a better crop if the preparation had been better, but it did grow, and best of all, without being either harrowed or winnowed, it made good food. John Fiske, the historian, tells us that in his opinion this plant actually saved the lives of the starving colonists in the first terrible winter or two on that bleak New England coast.—St. Nicholas.

BIG WAR GARDEN BECOMES "PIGGERY"

Twenty acres near Glendale, Ohio, donated for a community-garden project, proved unwieldy, and the Glendale Garden Club called in the county agricultural agent. He advised abandonment of the garden project, putting the entire tract in corn and getting enough pigs to provide a hoof market for the crop. So the garden club turned over its interest to a new organization called the Glendale Piggery. A farmer agreed to put the 20 acres in corn on shares, and from him the club bought 40 pigs with the understanding that he would maintain them until the corn crop was harvested and then feed them on the club's share of the crop. The club got nearly 500 bushels of corn as its share, and this corn is being fed to the pigs, which are making gains that promise a substantial contribution to the club's war-relief fund.

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YOUR BOY.

Your boy has fallen on the field of honor, a brave defender of righteousness, humanity and freedom. May a stranger, who is also a friend, venture into the sacred quiet of your sorrow, to say a word of sympathy and comfort? He was your baby, your own, flesh of your flesh, bone of your bone—a long time you carried him under your heart. But all the while you wanted him to be a man, true and fearless. He was. He heard his country's call. He counted not his own life dear, but offered it gladly to defend the world from the menace of Prussian paganism.

Weep for him, yes, but do not forget to be proud of him, and to rejoice in him. No possible ending of his earthly life could have been more glorious, more rewarding for all that you have done for him, than this. He went forth, an American boy—your boy—to fight for the liberty and the peace of the world. You made him and you sent him. It is your right and duty to be proud of him.

Do not be anxious about his lot in the unseen world. Leave that to the Righteous God who is the Father of us all, and to Christ who said: "He that loseth his life for my sake shall find it." Self-sacrifice is the key to heaven.—Henry Van Dyke.

FRIENDSHIP.

Friendship implies dealing lovingly with our friends. The more we love one another, the more anxious are we to have the object of that love conquer a weakness, and so friendship is never censorious, but always gently helpful. The loving zeal we show in helping a friend to overcome a weakness, stamps our friendship as whole-hearted.

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