

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood, where it continues to circulate, collecting grain by grain in the joints of the body, much like rust collects on the hinge, as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints, should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of

the stomach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store, but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath.

Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate, drank before breakfast, is wonderfully invigorating; besides, it is an excellent health measure, because it cleanses the alimentary organs of all the waste, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, salivaceous, nasty breath and stomach acidity.—Adv.

BIG CROPS YIELDED BY IRRIGATION LAND IN DONNA DISTRICT

Agricultural Agent Robb Tells of the Increased Production Through Use of Water in One Section of County.

Drought is beginning to have no fears for the farmers living near Donna, according to County Agricultural Agent N. S. Robb, who made a trip to that district Tuesday. First it was one man and now there are several who are beginning to use water for irrigation, according to Mr. Robb, who has prepared an account of the success of irrigation in that section of the county, as follows:

"The pioneer in irrigation at Donna is undoubtedly Alex Lewis, who has one 100 acres under the ditch and has successfully irrigated the land for seven years. After this experience with irrigation Mr. Lewis asserts he positively would not be without water and try to farm, for he credits his success in farming entirely to the use of water.

"It's a shame to see the waste of water in this valley continued, Mr. Lewis said. 'Think of the money that would have come into the county just during the last two years alone if large tracts of land had been irrigated,' he said. 'Why, it would have more than paid for all the costs alone.'

Gets Second Crop Clover.
"The best evidence of proof to back up Mr. Lewis' statements was his large field of second crop clover. Most fields in the valley are showing little tendency to revive after being cut, but this field already has a good, rank growth of clover coming on and Mr. Lewis asserted that he would not only get a second crop of hay, but would get a lot of good fall pasture. This will be utilized by sheep this fall. Mr. Lewis stated that he is becoming interested in sheep-raising.

"When Mr. Lewis was asked what he thought about the theory of the water being too cold and well-water being too cold to irrigate with, he just smiled, and remarked that he heard some peculiar ideas sometimes about irrigation, but that there was nothing to them.

"The cattle on the irrigated pastures on the Lewis farm were in good condition and lay about under the shade trees contented.

"On a small pasture there were pigs, a number of growing, thrifty hogs. These hogs, according to Mr. Lewis, were not receiving any other feed. The scarcity and high price of hog feed evidently did not carry much trouble for this successful farmer, for the higher the price of feed the more irrigated hog pasture is the owner's opinion.

Ditches Drain Land.
"After I had irrigated for a couple of years I found my irrigation ditches also served as drainage ditches," Mr. Lewis stated. "I found that this meant a great deal, as one of my fields was rather seepy, but after irrigating I found the ditches also drained the field and I had no further trouble along this line."

"Mr. Crenshaw, who lives southeast of Donna, is also irrigating this year, and is likewise very enthusiastic about the results derived from irrigation. One of the most noticeable examples on the Crenshaw farm is the value of water to the black sticky land. Here irrigation is working wonders and proves its worth beyond all doubt.

"It is the opinion of both these men that irrigation is a much needed practice and that it will make farming in the Willamette valley much more profitable, and the sooner it is put into practice the better for the country."

ALLIED FORCES SWEEP-ING OVER ALL OF ALBANIA

(Continued from page one)

the Marne, taking the villages of Corcy, the war office announced today.

"On the borders of the Retz forest the French enlarged their gains, taking the village of Corcy, the station and castle and St. Paul farm," the communiqué said. "We captured 50 prisoners, including 1 officer."

"Two raids in the region of Maison Champagne and Mount Sansonnet netted 10 prisoners."

British Improve Positions.
London, July 11.—British troops again advanced south of the Somme, improving their positions east of Villers-Bretonneux last night, Field Marshal Haig announced today.

"It was here that Australians and Americans advanced on the Fourth of July."

"We improved our positions slightly during the night east of Villers-Bretonneux," the statement said. "Enemy artillery fire was directed at our positions on both sides of the Somme."

"Our troops made successful raids yesterday noon and during the night near Morris and Festubert (in Flanders), capturing some prisoners and a machine gun."

DE LACEY STARTS SENTENCE
San Francisco, Cal., July 11.—Lawrence De Lacey, convicted of plotting to effect the escape of German consular officials from Angel Island, was en route to McNeil's Island today to begin serving his 18 months' sentence.

WANTED—Girls and women to volunteer services for canning fruit for soldiers. Phone to Mrs. A. T. Cockertine or register at the headquarters of the National League for Women's Service at Coe's Bookstore; open from 2 to 4:30 every afternoon. If

STATUS OF BASEBALL PLAYERS DETERMINED

San Francisco Exemption Board Rules that Professionals Must "Work or Fight."

San Francisco, Cal., July 11.—Baseball players making their livelihood from the sport in the San Francisco bay region must "work or fight" unless the district exemption board changes its views.

Warren Olney, Jr., president of the district board, declared today that baseball players would be considered as following a non-essential calling. Olney made his statement following a meeting of local exemption boards with the district board and Adjutant General J. J. Borree here. The work or fight order was explained by Borree and methods of enforcement discussed.

It was emphasized at the meeting that the order is not designed to impose hardships and men must be given plenty of opportunity to find useful employment before being transferred to class one. Police must not make arrests under the order until the actual transfer to class one has been made, Borree declared.

Shipboard Libraries Mean Much to Men in the Navy

Libraries are maintained on all craft belonging to the navy, including submarines, submarine chasers, transports, receiving ships, and warships. On the warships the chaplain has supervision of the libraries. From the U. S. S. Iowa comes the following:

"Do you ask if the boys appreciate the books from the library? There would be no question in your mind if you had the privilege some afternoon of standing on our berth deck shortly after 'knock off.' They come from all parts of the ship. They read everything, from biography and science to the technical books of trade, from the textbooks of college to the latest popular fiction, and they are at it all the time. Anywhere after working hours, you can find men perched near any light plugging away the lonely hours with a fascinating novel of adventure. Nearly every man not standing watch can be found poring over a book somewhere in the decks."

Judge Kelly Refuses Nomination to Supreme Court

Salem, Ore., July 11.—Judge Percy R. Kelly, of Albany, has refused the Democratic nomination for justice of the supreme court and announced that he will support Judge Johns for the office. In a letter to Secretary of State Olcott, Judge Kelly says:

"I cannot sign this acceptance, nor in any other way accept this nomination, despite the feeling of gratitude and appreciation I entertain toward my Democratic friends who so kindly and generously supported me.

"This for the very good reason," continues Judge Kelly, "that in a contest ethically, honorably and courteously conducted, my own party expressed a preference for Judge Johns, who thereby became entitled to my loyal and unswerving support at the polls and to the office in question."

LANE COUNTY NEWS

LORANE

Lorane, Ore., July 10.—Miss Pearl Ashby, who has been staying with Mrs. Ralph Lynch, returned to her home at Silk Creek on account of illness.

Mrs. Minerva Jackson, age 84, died at the home of her son, W. W. Jackson, the evening of July 4. She leaves many friends and relatives to mourn her loss. Through her long illness and suffering she always appeared cheerful. The remains were laid to rest in the Cottage Grove cemetery, after Reverend Spangler, of Eugene, spoke at her home.

John Gilbert, of Cottage Grove, spent several days visiting relatives on the Siuslaw river last week.

Lawrence Leff, of Glendale, celebrated the Fourth with friends and relatives here.

Mr. and Mrs. Elmer Crowe motored to Elmira Friday.

Miss Eva Wentworth arrived last week to spend the summer at her home here.

Mr. and Mrs. George Hawley and Mrs. R. White were Eugene visitors over the week-end.

The Hadleyville and Lorane Red Cross gave a picnic dinner here the Fourth.

Several from the Grove attended the dance in the grange hall July 4.

Mr. and Mrs. Ralph Lynch motored to Triangle Lake to visit at the Billings home last week.

Mrs. E. R. Perkins, who has been staying with her daughter, Mrs. Elmer Crowe, returned to the Grove Monday to visit her mother.

WALTERVILLE.

Walterville, Ore., July 11.—Mrs. Florence Hays left Monday evening for Roseburg, being called by the death of her sister-in-law.

Mrs. George William and Mrs. Frank Page left Wednesday morning for Lebanon, where they will visit their brother, L. K. Stacy, and family. They expect to be gone the remainder of the week.

J. H. Devor is hauling his wheat this week.

Mrs. Anna Stacy and Mrs. Clara William spent Monday with Mrs. A. T. Morris.

The Rebekahs had a very successful meeting Saturday night, a larger number than usual being present. The meeting nights were changed from the first and third Saturdays to the first and third Wednesdays of each month. Picas Hartwig made a business trip to Eugene Monday evening.

GERMAN DESIGN TO SEIZE TERRITORY IN AMERICA, ASSERTION

Berlin Statesmen and Industrial Leaders Look This Way for Territorial Expansion, Dr. Powers States in Lecture.

Checkmated in its advance to the east, shut out of Africa, Germany has turned its eyes west to the American continent as the seat of expansion, which, its statesmen and industrial leaders believe, it must have if it is not to drop to the condition of a second-rate power, Dr. Henry H. Powers, authority on history, stated in a lecture at the University of Oregon Wednesday.

The German colonization of southern Brazil, where there are from a quarter of a million to a half a million Germans, was referred to by Dr. Powers as part of this scheme for expansion on this continent. In this connection Dr. Powers called attention to the Delbruck double-citizenship law of 1913, under which a German could swear to "throw off his allegiance to the 'Fatherland'" and then go before a German consul and arrange to retain the citizenship he had sworn to renounce. "This is nothing but the legalization of perjury," said Dr. Powers. "It would be infamous on the part of any nation."

The hand of Germany, through the Danish senate, in blocking up to the opening of the present war, the sale of the Danish West Indies to the United States, was traced, and the action of this country in moving to protect its interests there, was recited with approval. The German plan, as seen by Dr. Powers, was to have Denmark hold on to as much as possible, and then absorb Denmark, perhaps not by annexation, but at least by other means of control.

Dr. Powers called attention to a map of the United States which has had a considerable circulation among the school children of Germany. This map, he said, according to Owen Wister and others who had seen it, divides the country into three parts—one section, fringing the Gulf of Mexico, is labeled "Negroes"; the second, including the southwest and the Pacific coast, labeled "Indians." The third is marked "German domain." This, the speaker asserted, represented what the German government wanted the German school children to believe, hoping that in time this country could be more or less completely Germanized.

To Lift Chinese To Woman's Rights by Movies



Alice Lee, a pretty Chinese girl with the World Film Corporation, has gone into the movies largely because she is a reformer and an educator. She wants to learn every detail of the business so she can put on pictures for a woman's rights propaganda in China.

Phone S. E. Stevens for piano tuning.

Try the Guard "Want Ad Way"

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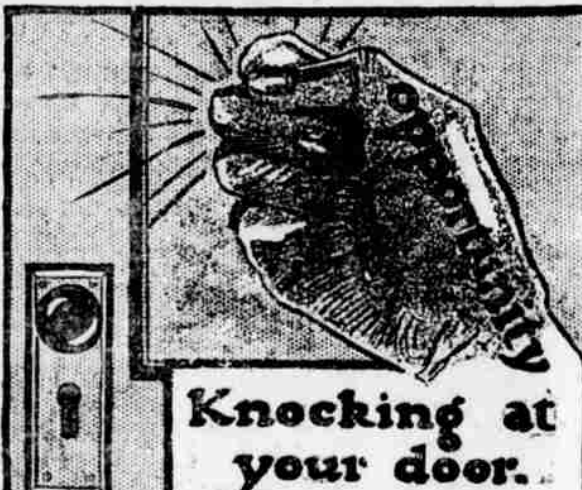
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Cook's Inn	3.00 4.50
Blue River	3.25 5.00
Belknap Bridge	4.00 6.00
McKenzie Bridge	4.25 6.50
Foley Springs	4.50 6.75



You can't make connection by looking over the transom — you must unlock the door and greet the visitor with a smile. A classified ad in THE GUARD will furnish the key. It matters not whether you want to buy, sell, exchange or rent, seeking a better position or seeking some one to fill a position or a location, you can help opportunity find you by using THE GUARD CLASSIFIED WAY.

PHONE 19

WANTED CHICKENS
Early tomorrow morning. Phone 550-J. Tamale Factory, 682 Oak st. If Try a Eugene Special for a good cigar.

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BOND EXPERTS
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The First National Bank
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Member Federal Reserve System.

TO BE SOLD AT AUCTION
Sam Rush is donating his fine driving mare and two-seated rig and harness to the Red Cross, to be sold by Mrs. J. J. Harbaugh on Saturday, July 13th, at 2 o'clock at the market on East Eighth street. Proceeds to be given to the Red Cross. jy12

IF YOU have more fruit than you can use, don't sell it, give it to the men who are giving their LIVES for you. Telephone to the headquarters of the National League for Women's Service at Coe's Book store, open from 2 to 4:30 every afternoon. If

GRANGE DANCE
at the Four Oaks grange hall, Friday, July 12. Gentlemen, 50 cents; ladies, free. Everybody invited. jy12

Showanda the choice of the smoker. If

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