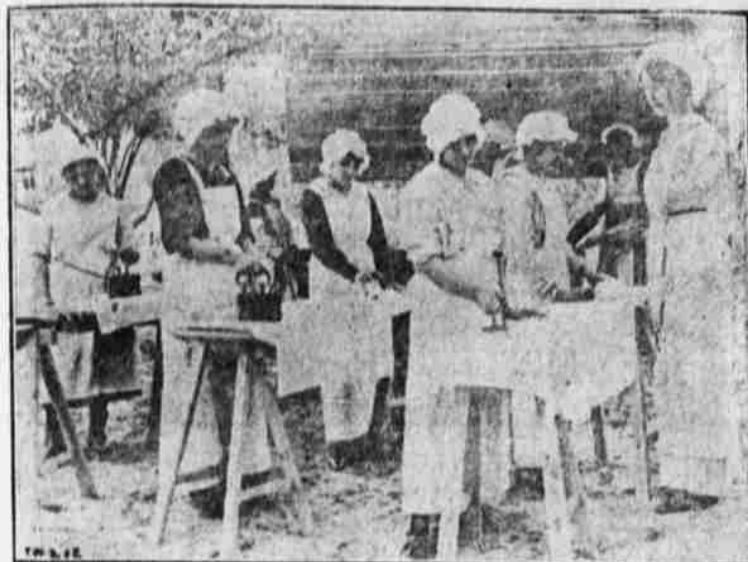


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No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, look out! Danger is in sight. Find out what the trouble is—without delay. Whenever you feel nervous, weak, dizzy, suffer from sleeplessness, or have pains in the back, wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from your system. Get some GOLD MEDAL Haariem Oil Capsules at once. They are an old, tried preparation used all over the world for centuries. They contain only old-fashioned, soothing oils combined with strength-giving and system-cleansing herbs, well known and used by physicians in their daily practice. GOLD MEDAL Haariem Oil Capsules are imported direct from the laboratories in Holland. They are convenient to take, and will either give prompt relief or your money will be refunded. Ask for them at any drug store, but be sure to get the original imported GOLD MEDAL brand. Accept no substitutes. In sealed packages. Three sizes.

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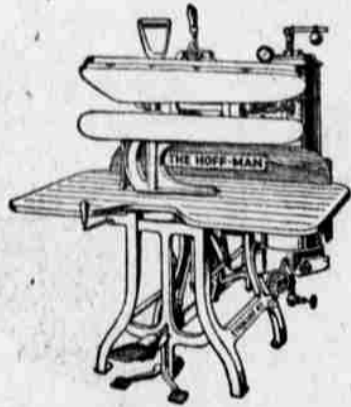
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DOMESTIC SERVICE COURSES PLANNED

Trained Home-Maker Is to Have an Eight Hour Day and Standard Minimum Wage.

Courses for training home assistants, who will go into the home by the day, hour or week and work on a schedule of hours and fixed wages, have been inaugurated by the Young Women's Christian Association as a means for meeting the problem of domestic service.

The object of this course, now being tried out in New York City, is to place domestic service on the same dignified basis as clerical work, trained nursing or other professions open to women.

The home assistant will work eight hours a day for a salary of \$15 a week. She will not live in the home of her employer or take her meals there. She will have an hour for luncheon, when she can go to a restaurant or eat a lunch which she has brought with her just as she would were she employed in a factory. The employer will not address the home worker by her first name. She will be Miss Smith or Mrs. Brown, as the case may be.

Applicants for the course are carefully selected, and registrants are appearing in large numbers. With the same independence as to recreation hours, places of eating and living as the factory girl, house-work has a greater appeal, as being a less monotonous and more interesting work to the average woman.

The course is a thorough one in plain cooking, waiting on table and door, chamber work, plain sewing, care of children, making of menus and the washing and ironing of light things. Heavy work is to be done by outside workers. On graduation the student receives a certificate which proves her qualification as a dependable home worker capable of attending to all ordinary duties in a home.

The Young Women's Christian Association has been interested in the problem of domestic service both from the standpoint of the employee and from that of the employer for some years. The first commission on Household Employment made its report at the fifth national convention of the Young Women's Christian Association held in Los Angeles, Cal., in May, 1915.

The difficulties of attracting capable women in this field of work were laid to the long hours, lack of independence in arranging recreation hours, lack of opportunities for growth and progress and lack of social standing.

Girls have acquired a distaste for the conditions which govern household work since the freedom they have experienced in working in munition factories. By standardizing domestic service it is believed by the Young Women's Christian Association that a higher type of worker may be attracted to the necessary work in homes.

The American Y. W. C. A. has opened a Hostess House in Germany, which will serve as a residence house and social center for American women war workers who have advanced to do can-teen, Red Cross and Signal Corps work with the Army of Occupation.

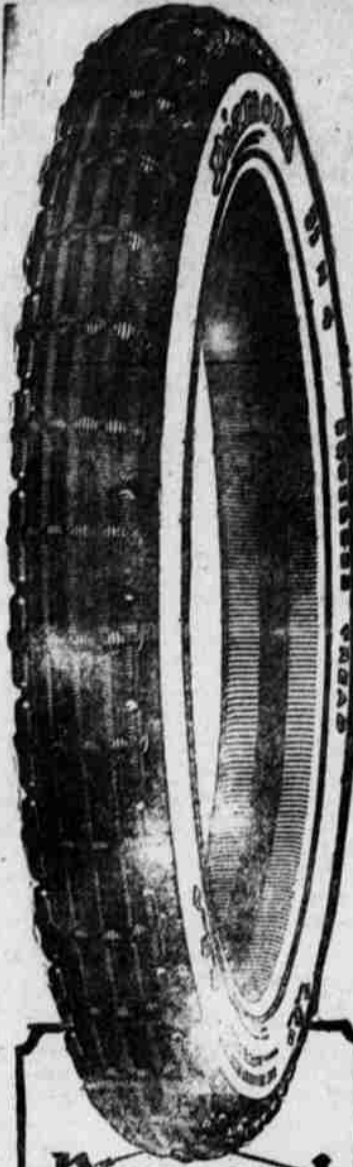
Every man invited, whether you smoke or not. If you don't smoke, maybe you eat. It not either, will furnish pills.

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Daily Health Talk

URIC ACID IN THE SYSTEM  
BY LEE H. SMITH, M. D.

Uric acid is now generally recognized as the cause of more diseases than was heretofore believed. When the kidneys are out of order uric acid accumulates within the body in super abundance. The disordered kidneys do not filter the poisons out of the blood, as they ought to do, and so the poisons remain in the blood and float around until they find a place to lodge, in form of urate salts. The thing to remember is that you may have rheumatism in any part of the body—you may have pains anywhere—your back may ache and your head may be dizzy—but the trouble is not where the pain appears. The trouble is in the kidneys, and what is the first thing to do? You must get that excess uric acid out of your system, which can be done by taking Anuric Tablets, the splendid remedy which Dr. Pierce, of Buffalo, N. Y., has put on sale in the drug stores at a low price. Anuric Tablets (made double strength), when taken into the system as medicine, have the peculiar power of dissolving the uric acid deposited there. Drop a bit of sugar or salt into hot water, and it will disappear. In precisely the same way do these Anuric Tablets dissolve uric acid. Of course, after ridding the system of uric acid, it may return again unless you eat the right foods and live the right kind of life, but Dr. Pierce will advise you fully on proper food and correct living if you write and ask him. He makes no charge for such advice. Take Anuric Tablets to-day, by all means, and get that uric acid out of your system. Don't, don't, don't, put the matter off.



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FOR SALE CHEAP—40 acres, 6 miles from town on the Crescent City road. Mrs. W. H. H. Taylor, 421 West L street. 25

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SECOND HAND goods of every description bought and sold. A. J. Powers, 408 South Sixth street. 11  
ANGEL CAKES 75c. Phone 190-J.  
TIRES—Used tires bought and sold. Auto Service Co. Phone 324-J, opposite Oxford hotel. 19  
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**FOR SALE**—Portable six horse power gasoline operating American well drill. L. S. Morrison, Leland, Ore. 09  
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**GONE OUT OF BUSINESS** and have tools, cultivators, seeds and orchard ladders for sale at bargains at 208 West I street, Grants Pass, Ore. Come and see. 12

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CATTLE WANTED—G. W. King, Montague, Cal. 23  
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**WANTED**—A good, gentle work horse, weight about 1300. Chunky built. Inquire Peter Olson, phone 500-R-2. 11

**STRAYED**  
TAKE NOTICE—On the 20th day of January, 1919, there strayed onto my inclosed land at Williams, Josephine county, Oregon, one 3-year old heifer, a black and white, with a swallowfork and under bit in right ear, crop and under slope in left, brand on left hip. Anyone claiming the above described animal can obtain possession of same by furnishing sufficient proof of ownership, and paying all expenses and costs. S. I. Tetherow. 111

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Arrive Waters Creek.....2 P. M.  
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