

ABOUT YOUR Health

Things You Should Know



by John Joseph Gaines, M. D.

DISEASES OF THE KIDNEYS

Kidneys are remarkably free from sensory nerves, hence are not sensible to pain. If you have a headache therefore, do not insist that your "kidneys must be affected," and do not be alarmed if your neighbor tells you that you are getting Bright's Disease. The chief thing I wish my reader to remember is, that kidney diseases of serious nature may exist, without a trace of headache—ever. One thing I have observed, finding it true always, is this: The individual who is compelled to rise at night more than twice had better consult his physician about his kidneys. Most kidney diseases that I have met, have high blood pressures,—hence in all high blood pressure cases, the kidneys should be carefully looked after by a capable examiner.

One of the most painful affections known to man is "gravel" or renal calculus. But the offender is never in the kidney when pain is caused. The gravely crystals form in the funnel-like cavity at the point where drainage starts from the kidney. If they are washed down this small canal, the rough concretions produce agonizing pain, requiring the most powerful agencies at our command to relieve it, and if complicated, even the surgeon may be needed to save life!

Indolent or sedentary habits tend to produce stagnation always, and stone in the renal passages is a result of stagnation. Drinking plenty of wholesome water is always a preventative of stagnation, most of the channels of elimination, and is hence a potent factor in maintaining good health.

TOWN AND VICINITY

In from Vida—Mr. and Mrs. John Lilly of Vida were in town for a short time yesterday.

Goes to Leaburg—W. H. Craft, who has been spending some time in Eugene, was a Springfield visitor yesterday. He left here for his home at Leaburg.

Visiting at Gillespie Home—Mrs. Lee Fountain and daughter, Rosa Lee, of Leaburg, are visiting at the home of Mr. and Mrs. Vincent Gillespie for a few days. The little girl, who has been seriously ill, is considerably improved.

QUIZ



Editor's Note:—Through special arrangement with The Educational Book Co., N. Y., this newspaper now offers its readers this interesting feature, "QUIZ," being extracts from that book, endorsed by Eugene C. Gibney, Director of Extension Activities, New York Board of Education. These puzzles will be found intellectual as well as instructive.

Puzzle No. 21
A Mental Cold Shower.

Re-arrange these figures, so that each line totals 46.

12	34	18	2	36
8	32	16	38	34
22	28	20	30	28
14	26	20	10	

Puzzle No. 22
Easy to Memorize

A duel was fought in Texas by Alex Shott and John S. Nott. It is reported that Nott was shot and Shott was not.

No doubt it is better to be Shott than Nott.

There is a rumor, however, that Nott was not shot, though Shott admits he shot Nott, which suggests either that the shot Shott shot at Nott was not shot, or that Nott was shot notwithstanding.

It may appear when the trial comes on that the shot Shott shot shot Nott, or as accidents with firearms are not uncommon, it is quite possible that the shot Shott shot Shott himself, when the whole affair would resolve itself into its original elements, and Shott would be shot, and Nott would be not.

We think, however, that the shot Shott shot shot not Shott, but Nott, though it is still hard to be certain who was shot and who was not.

Solutions of Last Week's Puzzles:—Puzzle No. 18 Sing a song of Christmas, A season full of cheer. Four-and-twenty happy hours—soon they will be here. When your stocking's opened, Oh what fun there will be. All the gifts and pretty things, You will love to see. Puzzle No. 19, Nine cents. Puzzle No. 20, Holidays.

Send your answers to this newspaper. The first five subscribers to each set of puzzles will receive ten credits; when such winner has obtained 100 credits he will be entitled to a "QUIZ CLUB" button or pin. 500 credits will entitle the winner to receive an attractive prize and also have his name printed on the honor roll.

Scotts Here—Mr. and Mrs. Burt Scott, of Winberry, were visitors in Springfield yesterday morning.

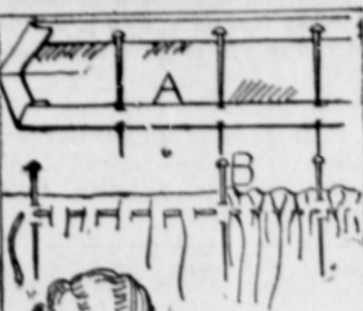
Inspector Here—R. O. Solum, Southern Pacific Inspector, was at the Booth-Kelly mill yesterday.

Here from Waltherville—Frank Brown and son, Homer, were in Springfield yesterday from Waltherville.

Power Official Here—Walter Smith, distribution superintendent of the Mountain States Power company, with offices in Albany, was in Springfield yesterday consulting with officials of the local plant.

Practical Instructions in HOME SEWING

by Ruth Wyeth Spears



ADJUSTING GATHERS

When the band is cut, turn and crease all its edges. Divide it first into halves, then quarters, eighths, and sixteenths and mark these divisions with pins as I have shown in sketch A.

The next step is to divide the material to be gathered into the same number of divisions and also mark with pins. Then run in your gathering thread and draw the material up so that its markings exactly match those of the belt as shown at B.

When the gathers are pulled down straight and basted to the belt, remove the pins and fold the belt over, being sure to crease it exactly through the centre as at C. Then stitch as shown at D.

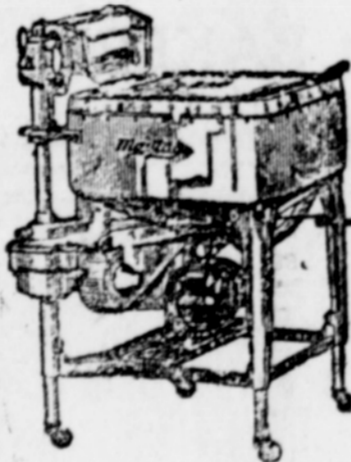
READERS—RUTH WYETH SPEARS illustrated pamphlet "CLOTHES ETIQUETTE" is free. Still answer your Sewing problems. Write her in care of this newspaper, enclosing stamp for postage.

In from Blue River—Ben Helfrich of Blue River was among the out-of-town visitors in Springfield yesterday.

Reassemble Generator—The 200 kilowatt generator at Mountain States Power company plant is being reassembled after a general overhauling. The turbine in the same unit soon is to be repaired. Work on repairing the boilers at the plant is progressing.

Large new shipment of Christmas Goods just arrived at the Novelty store. Come in and let us show you.

For homes without electricity, the Maytag is available with in-built gasoline motor.



Easy Deferred Payments

Christmas Happiness that Last for Years

A Maytag for Christmas means washday happiness for years and years—means cleaner clothes—washed faster—easier. Tubfuls in 3 to 7 minutes. Whole washings—50 lbs. of dry clothes in one short hour. And no hand rubbing—even of collar and cuff edges.

Try the Maytag FREE

Phone 180 for demonstration

Maytag Shop

76 W 9th, Eugene



Christmas Cards

We Can Fill a Few More Orders at the News Office

What Do You Think of Her?

—every woman wants the proof!



Next to a Diamond She Wants a

Wrist Watch



\$29.50

Famous Movement in hand engraved filled white gold case. A wonder watch at a wonder price.

A Christmas DIAMOND

In Her Stocking Soaks Plainier than Words

Every diamond in our stock is back by a quality guarantee. Season's newest mountings of rare design in white gold and platinum.

\$15.00 to \$600.00

For "Him" a Sturdy

Pocket Watch



\$20.00

Guaranteed to give perfect satisfaction and priced to prove the economy of buying the best.

Open From Now 'til Santa Gets Stuck in the Radiator

SKEIE'S, Jeweler

Eugene, Oregon

Jasper Man In—Dan Allison of Jasper was a business visitor here yesterday.

Tonsils Removed—Neyca Parker, and the little daughter of Mrs. Anna Parker of Motor Route 2 underwent an operation on her tonsils here Wednesday.

Undergoes Operation—James Aubrey, of Springfield, underwent a major operation at the Pacific Christian hospital Tuesday morning.

Eastens Here—Mr. and Mrs. Arthur Easton and daughter were visitors from Waltherville Wednesday.

A whole shipment of Christmas decorations have just been opened. Come in and make your selections early from our large stock.

Suggesting Sensible Gifts

- PERFUMES
- TOILET SETS
- ATOMIZERS
- STATIONERY
- DESK SETS
- FOUNTAIN PENS
- LEATHER GOODS
- IVORY GOODS
- CHINA, CUTLERY
- CAMERAS, BRUSHES
- MANICURE GOODS
- SHAVING SUPPLIES
- BOOKS, BIBLES
- SPECTACLES
- VACUUM BOTTLES

Of course, there are other things that convey the Christmas spirit which come under the head of essentials.

Christmas would not be complete without them.

Candies, Cigars, Nuts, Pop Corn, Etc.

The selection of sensible gifts from our stock means a happy and economical Christmas for all.

Shop Early



S. & H. Green Trading Stamps

Furniture for Practical Gifts



A nice piece of our Furniture makes a gift appreciated by the whole family, not only for a short time, but for years.

Our store is crammed full of excellent gifts. You will be sure to find something for everybody at very reasonable prices here.

A Few of Our Christmas Gift Suggestions

- SMOKING STANDS
- POCKET KNIVES
- EASY CHAIRS
- HAND PAINTED CHINA
- CUT GLASS
- SILVERWARE
- ELECTRIC GOODS
- EASY CHAIR

- DAVENPORTS
- FLOOR LAMPS
- ROLLER SKATES
- PERCOLATORS
- WAGONS
- SCOOTERS
- KIDDIE KARS
- PEDAL CARS

We have an exceptionally fine showing of Dining Room, Bedroom and Living Room Furniture.

Beautiful Rugs for every room, Piano Lamps, Lineoleums and other furnishings that will please the women are very appropriate for the housewife.

Why not a Colonial Range for Christmas?

Wright & Son

Springfield, Oregon



Every year you vow that you and those dear to you will have a Christmas really worth-while. Here is your opportunity.

Cut out all costly luxuries—pool the family funds and own a Ford. It's easy. Buy one "on time!" Everybody does. A little down and this beautiful automobile is yours. Pay the balance as you ride and enjoy it.

A most superb car! Admired for its beauty of design and appearance. Recommended by everybody who drives one, for its Pullman car riding qualities, its ease of operation and its high mileage per gallon.

You and everybody in your home needs the new Ford. It means days and years full of merry happy hours of enjoyment. See us NOW and arrange for delivery early Christmas morning.

E. R. Danner Motor Co.

Agents for the



See us in our new garage after Monday at 5th and A streets.