

Drugs Excite the Kidneys, Drink Water

Take Salts at First Sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble because we often eat too much rich food. Our blood is filled with acids which the kidneys strive to filter out; they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night; if you suffer with sick headache, or dizzy, nervous spells, acid stomach, or if you have rheumatism when the weather is bad, begin drinking lots of good soft water and 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 may then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate clogged kidneys, to neutralize the acids in the system so they no longer are a source of irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive; can not injure, makes a delightful effervescent lithia-water drink and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time. By all means have your physician examine your kidneys at least twice a year.

EPISCOPALIANS TO BUILD U. S. CATHEDRAL IN WASHINGTON, LARGER THAN WESTMINSTER, ENG. ABBEY

WASHINGTON, Feb. 13.—(By the Associated Press)—Plans for immediate completion of a great American national cathedral, larger than Westminster Abbey and rivaling the celebrated structures of Europe, was announced here today at the annual convention of the Episcopal diocese of Washington.

Costing ten million dollars, and with its great central tower rising above the Washington monument, the great edifice is planned to take in the hearts of Americans the place which the old Abbey occupies among the British nation; to probably become the final resting place of America's celebrated dead and as "A witness for Christ in the capital of the nation."

The plans contemplate more than a diocesan cathedral—they embrace a national shrine.

Although the construction of a cathedral on the heights of Mount Saint Alban, in the northwest section of Washington, has been going on slowly for some time, it was not until very recently that it was decided to raise the funds to complete the edifice immediately as a national undertaking.

Making the announcement today, the Right Reverend Alfred T. Harding, bishop of Washington, pointed out that at the last general convention of the Episcopal church, both houses unanimously adopted a resolution which "commends the erection without delay at the capital of the nation of a great cathedral witness to the spiritual ideals of America."

"This," said Bishop Harding, "is the basis of the appeal we are now making to the church men and church women of our land. We are convinced that this witness for Christ in the capital of the nation will be a potent agency in lifting the minds of men to spiritual realities and thus counteract the trend so evident in our time towards materialism."

The cathedral has been designed by one of the greatest English archi-

ects, the late George F. Bodley and his American associate the late Henry Baughman. It has been pronounced one of the most beautiful in the world. It will be seen that in its great proportions the cathedral will be larger than Westminster Abbey, for its whole length, outside measurement, will be five hundred feet; its width one hundred and thirty-five feet. Its great central tower will rise to two hundred and sixty feet, and its twin front towers will be one hundred and ninety five feet tall. The massive central tower erected on the great eminence will have an elevation of six hundred and forty-four feet above the city of Washington, making it the most conspicuous and commanding object in the capital.

The Apse, already erected, was the gift of the late Mrs. Archibald D. Russell, in memory of her mother, Mrs. Percy R. Pyne. The Bethlehem chapel, beneath the Apse, is at present used for services. A considerable portion of the choir already is in process of construction, largely through the gift of a Washington layman whose name is withheld, and the foundations of the entire structure, also in process of construction will be completed within the coming year. The present value of the property with its endowments and investment funds has been conservatively estimated at more than four million dollars, of which the largest single gift was five hundred thousand dollars by the late John A. Kasson, once time United States minister to Austria.

SAYS OREGON SCHOOL BILL WILL DIE SOON

SEATTLE, Feb. 15.—Dr. Livingston Farrand, president of Cornell university, was scheduled to leave for Spokane today after a two day visit in Seattle.

An existing law in this state prohibiting reading of the Bible in the public schools is wrong said Dr. Farrand in an interview, and so is a measure before the legislature to require such reading. To let the schools decide this and other questions for themselves was his admonition.

Dr. Farrand predicted that a law voted in November by the people in Oregon banishing private schools would not last long. He said that the people would rebel against it after some experience.

BURNS DETECTIVE AGENCY FAVORED POISONING LENINE

CHICAGO, Feb. 15.—A deposition for use in the trial of 22 alleged members of the communist party at St. Joseph, Mich., being made here by Alfred Ballin, alias Balanow, confessed paid informer today although unfinished, contained a startling story of alleged methods allowed by private detective agencies retained to restrain radical agencies in this country.

Balanow, former operative for the Burns international detective agency and Thiel agency, under oath yesterday admitted that many of his reports while in the employ of these agencies were lies.

Radical meetings, Balanow charged, were so largely attended by operatives and agents provocateur, that they reported one another as dangerous radicals.

Balanow also said that Alano Meyers, head of the radical bureau of the Burns agency proposed that he (Balanow) go to Russia and kill Lenin and Trotsky by putting poison obtained from Burns' operatives in Poland, in their drinking water.

Free Lectures On Dress Making Monday, Feb. 19

Under the auspices of the Federal and State Boards of Vocational Education and with the co-operation of the local school board and superintendent of city schools, Mr. Edmund Gurney, vocational trade instructor in ladies' tailoring and dressmaking will give two free lectures on making and fitting ladies garments, especially the one-piece dress.

These lectures will be given Monday, February 19 at 2 p. m. and 7 p. m., in the public library. Everyone interested in such work is invited to attend. All questions regarding fitting problems will be answered and if sufficient interest is shown, classes in vocational trade courses will be organized.

WEDDING BELLS

Nathan Grisham and Miss Wilma Thurber were married Feb. 13 at the M. E. parsonage by Rev. Hubbard at Yreka, Calif. Mr. and Mrs. Grisham are well known Central Point young people, and their many friends join in wishing them a long and happy life.



"Palomar" Has Trilling Race, Page

One of the thrilling scenes in "The Pride of Palomar," Peter B. Kyne's romance of southern California, is the race where Don Mike's pet, Panchito, runs away from a field of thoroughbreds and wins not only a neat sum of money, but in doing so brings about a chain of circumstances which returns the home of his fathers to the young Californian.

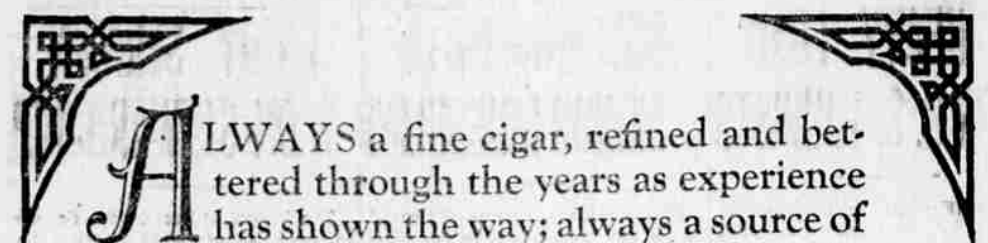
"The Pride of Palomar," now showing at the Page, is adapted from Peter B. Kyne's novel, which now ranks among the best sellers of the current book season. The story was printed serially in the Cosmopolitan Magazine. Admirably suited to adaptation to the screen, the novel was pictured on the precise spots where the action of the story takes place. Many of the scenes were photographed at the old mission where Ramona was born. Interesting scenes of the Rancho Guadalupe, formerly part of the San Luis Rey mission, are a feature of the picture.

"Thirty Days," at Rialto
A typical Reid comedy, which is to say, popular entertainment, is the late Wallace Reid's "Thirty Days," which had its initial showing of a four days run at the Rialto theatre yesterday.

It deals with the efforts of a wealthy young man to avoid being murdered by his mother's Italian butler, Polenta. The star, as John Cadwalader Floyd, has a sympathetic nature, and his efforts to console the butler's wife are construed by Polenta to mean something else. Polenta swears death to John and enlists the aid of his secret "Society of the Thousand Eyes." John is in a quandary as to the best place to hide until it is suggested that he go to jail for thirty days, as Polenta is due to sail for Italy in twenty-eight days. John serves an amusing month in jail, but Polenta himself becomes a prisoner in the same jail. Then there is more fun.

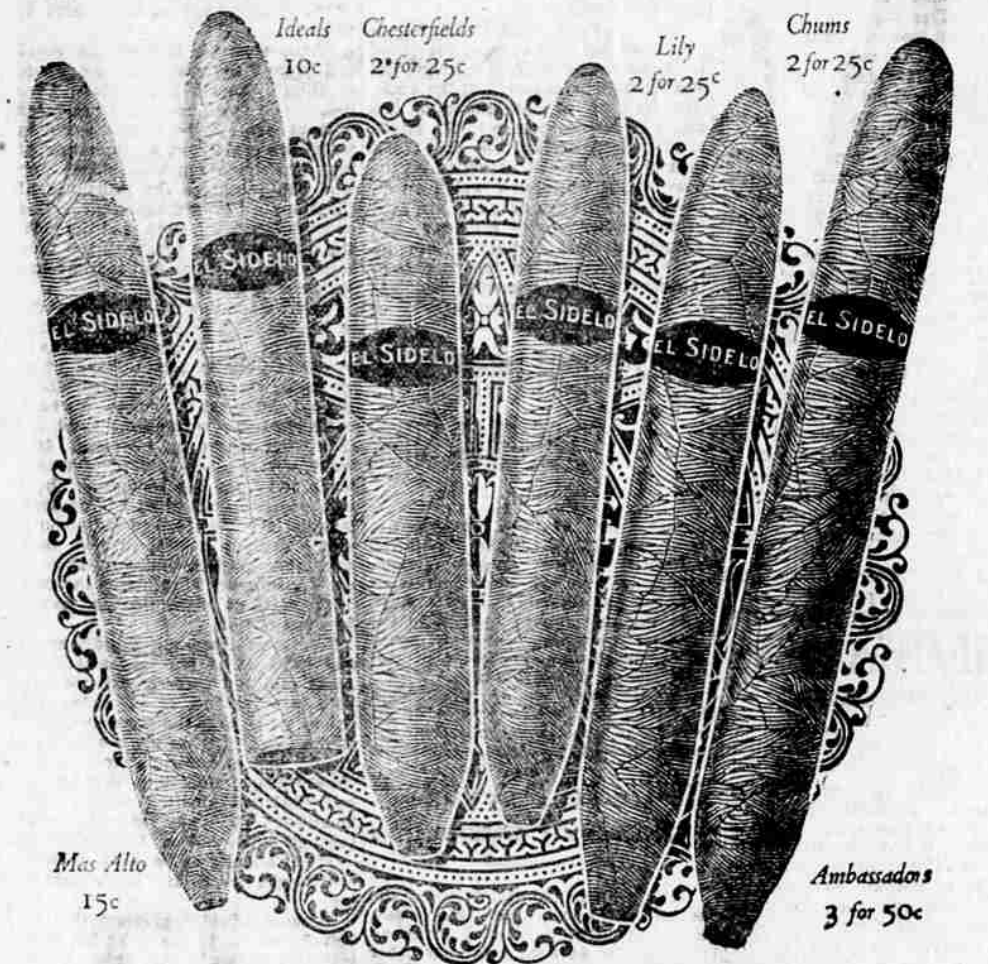
Wanda Hawley has the feminine lead.

Cut This Out—It Is Worth Money
Cut out this slip, enclose with 5c and mail it to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound for coughs, colds and croup; Foley Kidney Pills for pains in sides and back; rheumatism, backache, kidney and bladder ailments; and Foley Cathartic Tablets, a wholesome and thoroughly cleansing cathartic for constipation, biliousness, headaches, and sluggish bowels. Sold everywhere.



ALWAYS a fine cigar, refined and bettered through the years as experience has shown the way; always a source of keen pleasure to its smokers—so reads the history of El Sidelolo.

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A BACK yard or vacant lot garden is always the source of pleasant recreation, interest and enjoyable, fresh food. How convenient it is to step out into the yard and select your vegetables fresh from the soil!

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