



TACOMA WOMAN GAINS 25 POUNDS

MRS. PERRY WILL PRAISE TAN-LAC FOR THE REMAINDER OF HER LIFE, SHE SAYS.

"I will certainly praise Tanlac the remainder of my life," said Mrs. George Perry, residing at 1920 North Stevens Street, Tacoma, Washington, recently for the medicine has really and truly made me feel like a new woman and in just about two months time after I began taking it my weight had increased twenty-five pounds.

"Seven or eight years ago," she continued, "my stomach began to

act in a very peculiar manner. Things I had always been eating failed to agree with me and I had no relish for my food any more. Then my appetite left me entirely and what I ate seemed to do me harm instead of good, as I would bloat up so with sour gas that I was miserable all the time. My whole body, even to my face, would bloat terribly and this gas would press on my heart, causing it to jump and palpitate fearfully. I suffered so with shortness of breath that I could not walk a block without having to stop several times to get my breath, and was completely exhausted by the time I had walked that far. I felt absolutely worn-out all the time, although I did very little work, being physically unable to do much, and was so nervous and restless that I would lay awake night after night—my eyes just seemed to be propped open—and there was no

sleep for me. I often had raging headaches, my kidneys were in bad shape, too, and there was such awful cutting pains in my back that I could hardly bend over to put my shoes on. My limbs and feet got so they would often swell until I could not get my shoes on and sometimes I could not walk at all.

"I was paying out money all the time for treatment and medicine, but only got worse, and at last reached the point where life did not seem worth living. My mother finally persuaded me to take Tanlac and the results are I am a well and happy woman. My appetite is splendid and I eat just anything I want at any time without suffering the least bit afterwards. Since the gas has stopped forming on my stomach I can walk any distance, in fact, I am walking nearly all the time every day, and never suffer any more from palpitation of breath. I have also gotten entirely rid of the headaches, as well as the pain in my back, and my kidneys are in fine shape. I sleep like a child every night, and I never have that tired feeling any more, although I am going all the time. To put it all in a few words, I was never in better health than I am right now and words cannot express the gratitude I really feel for what Tanlac has done for me. It has been a godsend to me."

Tanlac is sold in Klamath Falls by the Star Drug Co., and in Lorella by the James Merc. Co.—Adv.

and evenly. You dampen a sponge or soft brush with it, and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

DRINK A GLASS OF REAL HOT WATER BEFORE BREAKFAST.

Says we will both look and feel clean, sweet and fresh and avoid illness.

Sanitary science has of late made rapid strides with results that are of untold blessing to humanity. The latest application of its untiring research is the recommendation that it is as necessary to attend to internal sanitation of the drainage system of the human body as it is to the drains of the house.

Those of us who are accustomed to feel dull and heavy when we arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should each morning before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the day's indigestible waste, sour bile and poisonous toxins; thus cleansing, stomach, liver and bowels the previous sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying hot water and limestone phosphate on your breakfast the phosphated hot water is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatic stiffness; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

BE PRETTY, TURN GRAY HAIR DARK

TRY GRANDMOTHER'S OLD FAVORITE RECIPE OF SAGE TEA AND SULPHUR

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, gray or streaked. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened

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SPEED when you need help, at the point you need it, quick a tire, repair, adjustment.

EXPERIENCE that has solved dozens of other problems, affording quick, accurate diagnosis of your needs.

EFFICIENCY that goes to the root of the trouble and sets you going with the least possible loss of time.

SERVICE, a small word embracing a lot of things which we are striving to do for you.



The Thrifty Housewife

has for her motto "One Hundred Cents for Every Dollar Expended."

She believes in a full return for every outlay.

She is not tight-fisted. She knows that the cheapest materials are often the most expensive in the end.

She has an Account Book which shows what becomes of the money she spends, and a Bank Book which shows what becomes of the money she saves.

Her funds receive absolute protection

First State & Savings Bank

KLAMATH FALLS, OREGON

WATER

Just a few years ago the City of Klamath Falls was "Up against it." Perhaps there wasn't one person in five hundred knew it, but, nevertheless, it was a fact.

The situation was critical, the future of the City hung in the balance. Few realized, busy in their everyday affairs, that the Queen City of Southern Oregon, standing as she does on the banks of a great river and touching with her boundaries two great lakes, was famished for water.

There was "Water, water everywhere, but not a drop to drink;" it was starvation in a land of plenty, for the water of these big lakes and in the river was tulle soaked and germ contained.

The only available supply was being pumped from an open spring into distributing reservoirs, but the quality was questioned and the supply inadequate.

Something had to be done; something was done! And today the City of Klamath Falls is possessed of an abundant supply of the purest artesian water in the world.

Three 12-inch wells were drilled through hard rock, one to a depth of 78 feet, one to 80 feet and one to 160 feet, from which pure, cold, clear water gushed. These wells were cased, capped used in the City today is being pumped—water free from contamination of any kind, for it does not see the light of day until and sealed, and it is from these rock covered strata that the water it pours into the reservoir, and then only until it again runs away into the mains to serve you at the faucet.

California-Oregon Power Company

M'CORMICK DEVELOPS FAST IN G. O. P.



Senator Nedell McCormick of Illinois through intensified activities is fast becoming one of the big leaders in the Republican party. Mrs. McCormick is also very active in the women's affairs, co-operating with her husband. This is a new picture of Senator McCormick on the capital steps.

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