

# SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

**GOLD MEDAL**

**HAARLEM OIL**

**CAESURES**  
The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1896. Take regularly and keep in good health. In three sizes, all druggists. Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation.

## Fruit-Juice Essences

Jiffy-Jell desserts carry real fruit flavors in essence form, in vials.

A wealth of fruit juice is condensed for each dessert. So you get a fresh-fruit dainty, healthful and delicious.

This is the new-type quick gelatine dessert—five times as good as the old kinds.

Loganberry and Pine-apple are two of the best flavors. Try them.

They're found only in

**Jiffy-Jell**

10 Flavors, at Your Grocer's 2 Packages for 25 Cents

## CHEAPER WOOD

For a limited time we will make the following prices on—

### BLOCKWOOD

delivered to your home.

Cord, or single load \$3.50.

Double load..... \$4.50

O. Peyton

501 Main. Phone 187

## A Better Bath

Your bath will not be complete and comfortable unless you have the right sort of accessories. One essential is a good

### Bath Spray

We have them in the most approved models—prices from \$1.50 to \$2.50.

Some of them have a massage attachment

**ROOMS ARE NEEDED**  
Anyone who has a room who has not already turned it over to the Elks should immediately phone the Elks Lodge and give the committee on accommodations information on it. Every room in town is needed to house the visitors. Many families have not turned their rooms over to the committee. Unless we have all possible space for accommodations many visitors will be disappointed in securing rooms.—C. H. Underwood, Exalted Ruler

## WILL TALK OVER LABOR PROBLEMS

OTTAWA, Ont., Aug. 13.—The industrial future of Canada may be influenced to a marked degree by the meeting to the National Industrial conference to be held here September 11th, to discuss labor problems in the Dominion.

Building contracts said to amount to millions of dollars have been held up, pending some action by the federal government, or an agreement between capital and labor which would tend to restore industrial tranquility.

The conference will be attended by representatives of the Dominion and provincial governments, employers and labor leaders from all branches of industry.

Subjects to be considered will include the right of employees to organize, recognition of labor unions, collective bargaining, and the suggestion by the Royal Commission on Industrial Relations that a bureau be established to promote the organization of joint industrial councils. Labor features of the peace treaty will be brought up for discussion.

In most of the cities of Chile women are employed as street car conductors.

### RARE CHANCE.

Will sell our homestead of 160 acres at 17 dollars per acre, also 178 acres timber on lake front at 15 dollars per acre. Address H. Newnam, P. O. Box 1112. 13tf

On account of car shortage we will sell blocks at \$2.50 per cord at our factory until further notice. Now is the time to get in your winter blocks. 17-tf. Ewauna Box Co.

## DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so food and drink taken each day leaves in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or palid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking, and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowels pores do.—Adv.

## LIVE IN PRIMITIVE STATE

Tribes in Interior of Venezuela Have Had Little Contact With Civilization.

Almost every tribe and race has found the secret of fire, even though civilization has not come near them. Needless to say, matches are unknown except as they have been carried into distant lands by white men, and fire is made by rubbing sticks together, with a sort of flint and tinder or, as in the case of the Macacos, with a drill.

These "people of the mist," as the explorers into the interior of Venezuela call them, keep their fires burning steadily from one year's end to another, but if a new one is needed it is started by drilling into wood until it bursts into flame.

The Macacos share the Indians' love of painting their faces and, like them, use bow and arrow for hunting, but go about swathed in heavy clothing, much like that of the Arabs, because of the cold of the region in which they live.

The homes of the Macacos are all built on hilltops, and the average altitude of the settlement is 3,000 feet. They cultivate sweet potatoes, bananas and maize, out of a combination of which they make a very strong fermented drink for use at feasts, and they are also exceedingly clever at basketry and other weaving, but are among the most uncleanly of all tribes and never, so it is said, take a bath unless unexpectedly caught out in a rain.

## GOOD HEALTH RULES FOR ALL

English People Have Many Ideas Which It Would Be Well for Americans to Copy.

One of the most popular forms of food in England is cheese. This supplies a highly concentrated protein food which, when properly ripened and matured, is usually well assimilated. Not only does this food contain a large percentage of protein, but it also contains fat and mineral salts. When combined with bread, which is a carbohydrate food, cheese makes an ideal combination, supplying as it does all the elements necessary for nourishment—protein, fat, carbohydrate and mineral salts.

Cheese and bread is a very popular form of food in England and it is eaten by all classes. Being an economical food, it is eaten to a larger extent by the laboring classes, who, owing to the sort of work they do, require a good tissue builder at a moderate price.

It is well to remember that part of the health of the English race is due to the fact that the English life is an outdoor life, and it is a very good thing for us to profit by this and cultivate at all times, in ourselves and in our children, the habit of getting outdoors as much as possible.

## Where "Loot" Originated.

The word "loot" came into the English language by way of India, and is supposed to be derived from the Sanskrit "lota," signifying booty. Originally all booty taken from the enemy in war pertained to the crown of the victorious nation, the title thereto being regarded as indisputable. The crown was supposed to dispose of these spoils of war according to its pleasure, bearing in mind the services of the captors of the matter. This was, indeed, the basis of prize law at sea. But at every international congress at which the laws of war and of mutual relations came under discussion it was agreed to exempt from seizure private property on land and to restrict confiscation to the national property of the foe.

## Art for Many.

"I do not want art for a few," said William Morris, "any more than education for a few, or freedom for a few"—and civic art is essentially public art. It has been likened to "a fire built upon the market place, where every one may light his torch, while private art is a fire built upon a hearthstone which will blaze and die out with the rise and fall of fortunes.

"Beauty in art is truth bathed in the Impression, the emotion that is received from nature. Seek truth and exactitude, but with the envelope of sentiment which you felt at first. If you have been sincere in your emotion you will be able to pass it on to others."—Industrial Arts Magazine.

## Consistency.

A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers and divines. With consistency a great soul has simply nothing to do. He may as well concern himself with his shadow on the wall. Speak what you think today, in words as hard as cannon balls, and tomorrow speak what tomorrow thinks, in hard words again, though it contradict everything you said today. Ah, then, exclaim the aged ladies, you will be sure to be misunderstood. To be great is to be misunderstood.—Ralph Waldo Emerson.

## The Higher Learning.

The schoolmaster was calling on an indignant mother. "For my part," babbled the good woman, "I can't deceive what on earth eddification is comin' to! When I was young, if a gal only understood the elements of distraction, provision, replenishing, an' the common dominator, an' knew all about the rivers an' their obtuaries, the currants, an' the dormitoories, the provinces an' umpires, they had eddification enough!"—Success.

## TURN HAIR DARK WITH SAGE TEA

IF MIXED WITH SULPHUR IT DARKENS SO NATURALLY NOBODY CAN TELL

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grand-mother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound" for about 50 cents a bottle. It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time: by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive

## OFF FOR HONOLULU

LOS ANGELES, Calif., Aug. 12.—Secretary of Navy Josephus Daniels left for Honolulu on the battleship New York today, accompanied by four destroyers.

You Save Money While Enjoying the Finest Flavored Tea in the land when you buy



## TREE TEA

**49c** A Pound 16 oz. Full Weight

Half Pound 8 oz. 25c Full Weight

YOUR MONEY BACK IF YOU DON'T LIKE IT If You Like BLACK TEA Ask for CEYLON If You Like GREEN TEA Ask for JAPAN

## KLAMATH CASH GROCERY

"QUALITY STORE" WE SELL FOR LESS

Phone 420 717 MAIN STREET

A German has been arrested in Frankfurt-am-Main for posing as an American. If an American in this country should pose as a German we shouldn't jail him—we'd put him in an asylum.—Tacoma Ledger.

The price of food has declined one-half of one per cent, the government experts tell us. Less than one-half of one per cent of the retail dealers have had this sad news broken to them, however.—New York Evening Sun.

Prior to this year no woman ever held a salaried office on any state commission in New York.

British miners are now receiving wages of 25 to \$50 a week, while farm laborers get only \$10 a week.

In their retreat in Russia the bolshevik troops have taken very little with them except large numbers of women, whom they have "nationalized."

A big crop of anything these days appears to be the necessary prelude to a price increase.—Indianapolis News.

# Palace Market

The only Market in the city operating its own GOLD STORAGE ROOMS for the proper handling of fresh and cured meats. Our coolers are open to the public as to quality of meats handled.

## ?=LOOK=?

## Special Prices on Your Meats for Elks' Week

- CHOICE POT ROASTS— Per lb ..... 20c
- BEEF BOILS— Per lb ..... 15c
- CHOICE ROUND STEAKS— Per lb ..... 25c
- BRISKET CUTS— Per lb ..... 15c
- PLATE BOILS— Per lb ..... 17c
- NICE, JUICY RUMP ROASTS— Per lb ..... 25c
- SALMON AND HALIBUT— Per lb ..... 30c

## Klamath Packing Co.

524 MAIN STREET PHONE 68