

MOTOR RHEUMATISM

The Evening Herald

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PUNCTUATE PROPERLY

Every one who writes for publication will do well to consider the following salient observations on the art of punctuation by the editor of the Sacramento Bee. Every editor has had the same experiences and will endorse the editorial comment, which says:

One of the Bee's special writers the other day had a short article showing the benefit, if not the absolute necessity, of correct and intelligent punctuation.

"Punctuation, like grammar and spelling, seems to be one of the lost arts. It is a matter of common knowledge in newspaper offices that very frequently letters and communications come from graduates of our high schools, and even from our state university, whose spelling is laughable, whose grammar is poor, and whose punctuation is abominable.

"The meaning of an essential point in more than one letter has been spoiled by misplaced punctuation, or none at all—which is worse.

"And it may seem to be quite a fad with only too many of our writers nowadays to use nothing but periods, leaving to the reader, the sometimes hopeless task of placing colons, and semi-colons and commas, and dashes where they should have been supplied by the writer.

"Punctuation is to English in effect what signboards is to a highway. The latter tell you where you are going; the former informs your reader the meaning of what you are saying.

"Without signboards on the highway

PUT STOMACH IN FINE CONDITION

SAYS INDIGESTION RESULTS FROM AN EXCESS OF HYDROCHLORIC ACID.

Undigested food delayed in the stomach decays, or rather, ferments the same as food left in the open air, says a noted authority. He also tells us that indigestion is caused by Hyper-acidity, meaning, there is an excess of hydrochloric acid in the stomach which prevents complete digestion and starts food fermentation. Thus everything eaten sours in the stomach much like garbage sours in a can, forming acrid fluids and gases which inflate the stomach like a toy balloon. Then we feel a heavy, lumpy misery in the chest, we belch up gas, we eructate sour food or have heartburn, flatulence, water-brash or nausea.

He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast and drink while it is effervescent and furthermore, to continue this for a week. While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jad Salts is inexpensive and is made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salt is used by thousands of people for stomach trouble with excellent results.—Adv.

way the traveler frequently gets lost; without proper punctuation the reader is more frequently muddled.

"One of the best stenographers this state ever saw grew to be such by constant application and intense hard work.

"He rightly held that a stenographer who knows nothing about punctuation is not a stenographer but a machine—and not a very good machine at that. And he drilled himself until his punctuation became illuminative and explanatory of his text.

"He learned punctuation by studying the works of Charles Dickens, who was a marvel of marvels in this line. Any person who will read Dickens and remember that his punctuation always was so perfect that it emphasized and enlightened sentences; and never, like the punctuation of his text."

FEW FOLKS HAVE GRAY HAIR NOW

DRUGGIST SAYS LADIES ARE USING RECIPE OF SAGE TEA AND SULPHUR

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmothers made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture, improved by the addition of other ingredients by asking at any drug store for a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. You just 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; 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 brings back the gloss and lustre and gives it an appearance of abundance.



—“and from there we went to Japan”

Talk about adventures!

Men in the Navy come home with the kind of experiences that most chaps read of only in the books.

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Uncle Sam has, as you know, a big Navy and gives red-blooded young fellows like you an opportunity to step aboard and "shove off".

What will you get out of it?

Just this:

A chance to rub elbows with foreign folks in strange parts of the world.

The chance for good honest work on shipboard—the kind of work that teaches you something real; the kind of work that puts

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You will get 30 care-free vacation days a year, not counting shore leave in home or foreign ports.

You will have the kind of comradeship in travel that sailors know.

You will have regular pay, over and above your meals, lodging and your first uniform outfit—good stuff all of it.

You can join for two years. When you get through you'll be physically and mentally "tuned up" for the rest of your life. You'll be ready through and through for SUCCESS.

There's a Recruiting Station right near you. If you don't know where it is, your Postmaster will be glad to tell you.

To any Father and Mother—
In the Navy your boy's food, health, work and play, and moral welfare are looked after by responsible experts.

Shove off! - Join the U. S. Navy

OFF ON BUSINESS TRIP

C. S. Currin, general manager of the Southern Oregon Drug Company, left yesterday for Portland, where he goes to look after his other drug interests in that city and to prepare plans for the new drug store that his company is going to install next April in the room now occupied by the Klamath Falls Music House.

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so he food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomain-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out the thirty feet of bowels the previous day's accumulation of poisons and toxins, and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember, inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.—Adv.

BOLSHEVIKI DEMORALIZED

COPENHAGEN, Oct. 7.—General Denkin's troops are within 30 miles of Orel on the road to Moscow, a wireless dispatch received here says, and the Bolsheviks who have been opposing him are surrendering in great numbers.

The hour was divided into sixty minutes because the number 60 can be divided by 2, 3, 4, 5, 6, 10, 12, 15, 20 and 30.

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Other attractions on the Program are
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The Corn Belt Arctic is strengthened, reinforced, protected at the "strain and wear points." The heel is extra thick and has an "armor plate" toe cap. Wear it over regular shoes. Has four buckles strongly attached. 11 in. high.
This is an ideal shoe for farmers' rough, wet, sloppy work in stable, barnyard or field where a high rubber boot is not needed.
Drop in and handle this good arctic. You'll like it.

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an elephant sleeps only five hours a day.

Do You Drive

a Car?

Eyestrain may very easily be aggravated by driving a car. The attempt to focus the eyes on objects which you are passing rapidly irritates the already strained eyes.

Don't give up the car—but have your eyes attended to.

Begin by letting us examine them to find out what causes the strain. Good sight is too valuable for your success and comfort to run the slightest risk of impairing it.

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