

**A Light Supper**

— should satisfy without surfeiting Snow Flakes are of a wonderful texture and crispness—perfect for suppers. Sold fresh everywhere by grocers.

Don't ask for Crackers — say Snow Flakes

**SNOW FLAKES**

Pacific Coast Biscuit Co.

tion so far and am back on the job feeling fine. I can do more work in a day now than I have been able to for years and am just like a new man. My meals are a pleasure to me for I can eat anything I want—and I sure want for my appetite has come back in full force. The fluttering spells with my heart have disappeared, gas does not form in my stomach and I haven't a pain left. I can almost run up a ladder when I am at work, for my arms and legs are as good as new since the rheumatism has gone. I can swing my arms in a circle like a school boy at play and never feel a catch or a tinge of pain, and am just simply a well man, so it's no wonder I praise Tanlac, for it's the only medicine that ever helped me."

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

France is making systematic plans to attract the automobile tourist. Under a new order all the villages in the country are to have their names shown in eight-inch letters on postoffice, police station and the municipal offices. National roads will have red-painted milestones, while the old-fashioned sign posts are to be replaced by large blue enamel plates, with the direction to the next town, and its distance, displayed in big white letters, so as to be easily read from passing cars.

Hand-made paper is produced in Japan principally by farmers as a secondary occupation which they can pursue in seasons when there is nothing to be done in the fields. There are no fewer than 60,000 families engaged in this industry.

The origin of playing cards is one of the things enshrouded in mystery. There is a pack in the British museum known to be over a thousand years old, and there were Japanese and Chinese playing cards in the twelfth century.

### MANY CASES OF RHEUMATISM NOW

**SAYS WE MUST KEEP FEET DRY, AVOID EXPOSURE AND EAT LESS MEAT**

Stay off the damp ground, avoid exposure, keep feet dry, eat less meat, drink lots of water and above all take a spoonful of salts occasionally to keep down uric acid.

Rheumatism is caused by poisonous toxin, called uric acid, which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine. The pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly, cold weather the skin pores are closed, thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating thru the system, eventually settling in the joints and muscles causing stiffness soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which overcomes uric acid and is beneficial to your kidneys as well.—Adv.

### MILK STANDARD TO BE SET BY HEALTH BOARD

(By Dr. A. A. Soule, City Physician)

Klamath Falls needs a pure milk supply. The city health board is going to take steps to safeguard nature's most valuable food. In taking control of the milk supply of the city ideal conditions cannot be established at once, but complete control must be approached step by step.

No city feels itself safe unless it possesses a pure water supply. Water is a public question and public opinion demands that it be pure. During the summer months our water reservoirs have been cleaned; in fact, sterilized, with chlorine. In like manner we must look after our milk supply, as the danger to the health of our citizens from this source is far greater than the danger from water.

Milk has a high food value, not from the sugar, casein, albumin and salt it contains, but from its digestibility and its peculiar usefulness in feeding the young. One quart of milk is equal in food value to three-quarters of a pound of lean beef, or to eight eggs, or to two pounds of chicken.

The milk industry is said to be the backbone of agriculture. Among the products of the soil, corn comes first, then beef, then milk.

Every day the people of the United States use 30,000,000 quarts of milk, in addition to condensed milk, butter and cheese. Four million dairy cows are milked each day. Dairying is a great industry. It is close to the pocketbook of every farmer and close to the health of every consumer.

A clean dairyman can produce clean milk anywhere. A small-mouthed pail to keep out the dirt, plenty of boiling water to keep pails and cans sterile, a tank of ice to keep milk cool. These three things alone will produce wonderfully clean milk.

A little calf can run into any cow stable and take its dinner and run out again with certified milk in its little stomach. Nature has protected the calf from dirty barns, milkers and milk delivery, where milk contaminations take place.

One grain of table dirt has been found to contain 32,875,000 bacteria, or tiny plants. Dirty milk contains millions. Clean milk contains only a few hundred. Clean milk is winning its fight and dirty milk is losing ground every day.

(The subject of milk will be concluded in two other articles).

The native women of Morocco are very particular about the preservation of their complexions. They wash their faces in rose water in which apricot kernels baked and powdered are introduced. The apricot kernels are supposed to preserve the natural tinge of the complexion.

Miss Hannah Jane Patterson of Pittsburg, who was awarded the Distinguished Service medal for work during the war, has been appointed an assistant in the office of Secretary of War Baker in Washington.

### MUSCLES WERE TIED IN KNOTS

**THAT IS THE WAY McCOY SAYS HIS RHEUMATISM MADE HIM FEEL.**

"Tanlac put me back on the job again and I'm ten pounds heavier than I was when I started taking it," said H. McCoy, a well known plasterer living at 506 Sixth Avenue South, Seattle, Wash.

"Stomach trouble and rheumatism had kept after me for six years until I had to quit my work entirely," he continued. "From the back of my neck down into my arms and shoulders the pains would strike me and it seemed that all my muscles were tied in knots. I couldn't lift my hand to my head and instead of getting relief I got worse all the time. In my right hip the rheumatism settled and I got so I couldn't move without being in such pain that big beads of sweat would form on my forehead. I would take a catch in my neck and for days I wouldn't be able to turn my head, and whenever I had to, look to one side or the other, I would have to turn my whole body. My stomach was in a terrible shape. After every meal, my food would sour and form gas which crowded up into my throat and choked me until I couldn't get a deep breath and my heart would skip and flutter until I was afraid I had heart trouble. I was dizzy all the time and my head would swim until I couldn't walk along the street without holding on to something. I was half-starved because I couldn't eat anything to build me up and was going down hill all the time.

"I actually believe Tanlac saved my life, for I couldn't have kept up much longer like I was. I saw Tanlac advertised in the papers and started taking it and commenced to improve before I had finished the first bottle. I have taken eight bot-

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Nice Juicy Cuts <b>Klamath County BEEF</b>	<b>BIG SPECIAL ON FANCY VEAL</b>
CHOICE RUMP ROASTS 25c	CHOICE LEG ROASTS 28c
NICE JUICY SHOULDER STEAKS 24c	CHOICE RUMP ROASTS 25c
FANCY SHOULDER ROASTS 18c to 23c	FANCY SHOULDER ROASTS 20c to 23c
PLATE BOILS First Cuts 18c Second Cuts 15c	VEAL CHOPS AND STEAKS 22c to 30c
	VEAL STEW 15c
	<b>CHICKENS FOR YOUR SUNDAY DINNER</b>
	Hens .....30c Springers .....35c

We now have the local agency for the **FAMOUS SINCLAIR FIDELITY HAMS AND BACON**, strictly an Eastern product. These goods are stamped with U. S. Inspected No. 141, which means that they were cured and prepared at Cedar Rapids, Iowa. All goods marked with U. S. Inspected No. 138 means that they were cured and prepared at Swift & Co.'s plant at Portland, Ore., and never saw the Swift & Co.'s plant at Chicago. We slice Fidelity Hams.

**Klamath Packing Co.**  
524 MAIN STREET PHONE 68

The National Woman's party has started a drive to obtain ratification of the suffrage constitutional amendment in order to allow women all over the United States to vote in November.

When a Japanese maiden desires to show marked attention to her lover she uses the sharpened point of her finger-nail in writing to him.

A number of French girls have taken up business as official guides to pilot tourists desiring to view the great battlefields of the late war

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