

# IF KIDNEYS AND BLADDER BOTHER

Take Salts to Flush Kidneys and Neutralize Irritating Acids

Kidney and bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, sealding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a sealding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it, because they can't control urination.

While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again. Jad Salts is inexpensive, harmless, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and cause no bad effects whatever.

Here you have a pleasant, effervescent lithia-water drink, which quickly relieves bladder trouble.—Adv.

### ALIENS UNDER BAN

RAYMOND, Wash., Nov. 30.—All lumbering plants in the Willapa harbor district have decreed that alien employes must at once take steps to become American citizens. One mill released seven men who refused to declare intention to become Americans. After January 1 all employes who have not started toward citizenship will be dropped.

I haven't got much room—but have always got room for one more article, especially if it is a used one. The Furnisher of Happy Homes.

### NEW CITY LAUNDRY

FINISHED WORK  
FLAT WORK  
ROUGH DRY

"Put Your Duds  
In Our Suds"

PHONE 154

Corner Main and Conger

### THE PUBLIC HEALTH

By DR. A. A. SOULE, CITY HEALTH OFFICER.

Klamath Falls water supply has always been open to attacks by health officers and the public in general. But there are far worse perils to our health than our water supply and for that reason more can be accomplished in other lines such as safe guarding the milk supply and care in handling it, keeping street and alleys clean, proper disposal of garbage and rubbish, procuring a sewer system, looking after the welfare of babies, school children and installing safety first devices and measures.

Klamath Falls water compares favorably with that of Ashland and other Oregon towns as far as the laboratory tests go. The officials of the California-Oregon Power company are always ready to meet any reasonable demand in correcting their water system, but the system is a bad one.

It would not be so bad if Klamath Falls were like Salem and other towns and was forced to drink river or lake water, but it is on the other hand bestowed by nature, with cold water of crystal purity from rock bound springs in the forest primeval at its very door—Wood river.

Medford gets its water supply from our county at a greater distance than Wood river is from us.

Our water system as it is, while it was good in the last analysis looks bad. Its supply consists of drilled wells on the banks of Link river, one being in a fish pound or warm spring. This semi-warm water is pumped into a net-work of pipes, spread throughout the town and when this net work of pipes is filled the water is forced to higher and higher levels until it flows into the reservoirs through a hall or pipe in the bottom of each reservoir. The pipe of entrance is also the pipe of exit when the water level gets low. One reservoir is also very poorly ventilated and vermin can easily get into it.

Here is something that could happen. Say that the pumps supplied the pipes that are laid all over town with just the amount of water that is being used with say a six foot supply in the reservoir, off of which are at the same water level. Then if this condition remained for ten days, the water in the reservoir would be stagnant now if an unusual amount of water is used or a sump is broken the supply will draw from this stagnant water in the reservoir and you will hand your child a glass full of this water to drink.

If I'm not correct in these observations, I am willing to be corrected. It seems to me that the water should be pumped into the top of the reservoir and allowed to flow through and out at the bottom.

I will say however that water carries very few diseases, as compared to milk and raw food. We have pure water as compared with milk and raw foods and let's correct this thing before we condemn our water supply.

In Mills addition irrigation is carried on from the U. S. canal and there is no sewer system, so very little city water is used, hardly enough to maintain itself an hence the company can hardly afford to make improvements there.

Until Klamath Falls makes the health, joy and happiness of its children and citizens its greatest motive rather than to have the dollar its God, we will continue to pay tribute for such water as we now drink, and continue to let mother nature's bountiful gifts of pure cold spring water flow to waste.

From a dollar and cents point of view, pure cold water would bring and hold more people in our city. Therefore steps should be taken right now to buy or get control of Wood river springs for future use.

We surely don't intend to live here always and drink poor water when nature has endowed us with springs unequalled anywhere.

### VISALIA TO BUILD HOMES

VISALIA, Cal., Nov. 30. So serious has the housing situation here become that the city trustees have undertaken a municipal building program which contemplates the erection of 20 temporary homes upon property which has been leased. If the new plan finds favor the city's plan is to lease other residential blocks for further building.

### CAT SHOW AT S. F.

SAN FRANCISCO, Nov. 30.—The Pacific Cat club will hold its annual show here December 10 and 11. The proceeds will be used for the maintenance of the free emergency hospital and clinic for small animals at the San Francisco society for the prevention of cruelty to animals.

The Pacific Cat club is one of the largest organizations of its kind in the United States.

**Klamath Lodge No. 137  
I. O. O. F.**

Meets Friday night of each week at I. O. O. F. hall, 5th and Main streets. H. H. Ogilvie, N. G.; W. C. Wells, Secretary; W. D. Cofer, Treasurer. Ewauna Encampment No. 46, I. O. O. F., meets Tuesday night of each week at I. O. O. F. hall. Harry Loucks, C. P.; W. D. Cofer, Scribe; Fred Buesing, Treasurer.

# EASY TO DARKEN YOUR GRAY HAIR

You Can Bring Back Color and Lustre With Sage Tea and Sulphur

When you darken your hair with Sage Tea and Sulphur, no one can tell because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. At little cost, you can buy at any drug store the ready-to-use preparation, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." 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 all gray hair disappears, and after another application or two your hair becomes beautifully darkened, glossy and luxuriant.

Gray, faded hair, though, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur Compound, and look years younger.—Adv.

You will find "The Fountain of Youth," at the Hot Springs bath house.



**Hot Cakes**  
- like Mother used to make!  
**only 15¢**  
- and my! how delicious with a piping hot cup of Coffee - and pure cream

**DOUGHNUT SHOP**

Take Home a Dozen Doughnuts 30¢

SHIP YOUR CASES or parcels by our transfer service. That will insure that they will be carefully handled and that they will always reach boat or train on time. We don't believe in any last minute shipments. We always get there in plenty of time to make sure the goods we carry will not be left behind.

**Western Transfer Co.**  
419 Main St.

# Just Like Clock Work

Except that you never lose any time when you eat in this cafe. We try to make every second count from the time you give your dinner or lunch order until it is placed before you.

Long waits in cafes sometimes ruin the very best appetites—makes people out-of-sorts, and places them in anything but an eating humor.

Nothing like that in this cafe! Quick service and excellent meals—that's the combination! You'll get it at the

# REX CAFE

## "NOW-A-DAYS" says the Good Judge

A man can get a heap more satisfaction from a small chew of this class of tobacco, than he ever could get from a big chew of the old kind. He finds it costs less, too. The good tobacco taste lasts so much longer he doesn't need to have a fresh chew nearly as often.

Any man who uses the Real Tobacco Chew will tell you that.

Put up in two styles

W-B CUT is a long fine-cut tobacco  
RIGHT CUT is a short-cut tobacco



# Refrigeration and Meat

In less than an hour after an animal is dispatched in a Swift & Company packing plant, it is hanging up as meat in a room brought by refrigerating machinery to a temperature just above freezing.

From that time until it is in your own ice box—within two to three weeks—it is kept at the same temperature; first in the coolers at our packing plants; next on our refrigerator cars, more than 6,000 of which are constantly moving to market with their perishable cargoes; then in our refrigerator rooms at our branch selling houses; then in your dealer's ice box, and last in your own.

Only for the few minutes while it is being put into the refrigerator cars at our packing plants, or taken out of them at our branch houses, or whisked to your retailer in our trucks, is it exposed to any change of temperature.

Without a skilled use of this system of cooling, made possible by modern science, you could not get fresh meat, prepared under most sanitary conditions, except at greater expense—unless you happened to live so near live stock raising centers that your needs could be supplied from live stock raised near-by.

If the foregoing raises any question in the mind of the reader, we will endeavor to answer it, upon request.

**Swift & Company, U. S. A.**

SWIFT DOLLAR OF SALES WHERE IT GOES TO ASSIST FOR LIVE STOCK (Former Payne Large Part of This Labor-Freight) For Producing and Marketing. Cost 13% 1919.

Swift & Company's Profit 1 1/2%

Shorty gets an Earfull!

Friday

Howdy from New Orleans, PETE!

Say, old clock, you've got the time—maybe you'd like to hear this one! As we were rolling into New Orleans yesterday one of the men in the club car was recounting his cigarette experiences; how he finally pulled a trick on his luck and got set right!

"Well, I've had my cigarette lesson", continued the traveller, "I went up and down the line on cigarettes until I got hold of Camels and got deep into their quality and mildness and delightful flavor! There never was a blend such as Camels combination of choice Turkish and choice Domestic tobaccos! I'll say it—Camels taught me what a cigarette should be and they'll teach any man who smokes!" Thinks I to myself — "Sic 'em, judge, every word you spill is a sentence!"

Now, Pete, that's the kind of Camel thanksgiving stuff you get North, East, South, West and through the middle! That's all as true as that little sheep will wag their tails!

I did some tall thinking as I browsed through the quaint old French quarter this evening—how universal the appeal of Camel cigarettes really is! Figure the travelling I've done and the people I've met—each city different from the other—AND Camels have been the ONE cigarette to be found everywhere—and the cigarette most smoked at each point! Pete, old backstop, it's wonderful the way smokers are sliding home to Camels!

Dallas, Texas, for me!

Yours  
Shorty

**Camel CIGARETTES**