

KIDNEY TROUBLE MEAT CAUSE OF

Take Salts to Flush Kidneys If Back Hurts or Bladder Bothers

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy free; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness

Common garden sage brewed into heavy tea, with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store, all ready for use. This is the old-time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. 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 hairs have disappeared, and after another application or two your hair becomes beautifully dark, glossy, soft and luxuriant.

DO YOU KNOW—Regular semi-annual clearance sale now on at Gertrude & Co. Entire stock of millinery, waists and petticoats just one-half price. Gertrude & Co. 15-17

First class dressmaking; work guaranteed. Reasonable prices. Mrs. R. V. Jefferson, 4 1/2 Main St. Apt. 1. 15-18*

Ham and Eggs 45¢



fried in fresh creamery butter

And a cup of Good Coffee with real Pure Cream

5c

DOUGHNUT SHOP

Take Home a Dozen Doughnuts 30¢

CALIFORNIA NEWS

TRUCKEE, Dec. 17.—Indications point to a large crop of ice at Boca, Prosser Creek, and Polaris, although the late fall of snow caused considerable extra work and keeping the ponds scraped. Large gangs of men are doing this work with the aid of horses and plows.

CHICO, Dec. 17.—The local lodge of Elks is making preparations to aid needy families during Christmas. Monte Walker axalted ruler, is in charge of the cheer drive.

MARYSVILLE, Dec. 17.—Yuba county and Marysville enjoy a unique distinction in as much as during 1926 not a single death has occurred in Yuba county from an automobile accident. This is according to Coroner Jack Kelly. One man died here who was injured in another county in an automobile accident, said Kelly, but not an accident has occurred here which resulted in a single death.

SACRAMENTO, Dec. 17.—Discontinuance of the practice of city Plumbing Inspector Henry Guthrie in refusing to grant plumbing permits to any plumber other than a master plumber was ordered by the city commission after the practice had been scored by Commissioners Gus S. Turner and D. W. Carrichael.

CHICO, Dec. 17.—Loaf B. Mitchell of this city has received two decorations from the United States government for service in two major engagements during the recent war.

CHICO, Dec. 17.—The cellar of Frank Floravanti in Chappantown was entered Tuesday and 32 gallons of wine taken from demijohns. This is what he reported to City Marshal J. A. Peck. The thieves broke a large padlock on a cellar door to effect entrance.

SAN DIEGO, Dec. 17.—The city authorities have discovered that all of the water recently stored in the new La Jolla reservoir at the top of the Biological grade, north of this city, has run out through a hole about two feet in diameter. Officials of the water department expressed the belief that the reservoir had been dynamited, and the police were set to work on the case.

ROSEVILLE, Dec. 17.—That a recent masquerade dance in which several of the women dancers appeared costumed in bathing suits of brief proportions, with their legs encased in fleshing tights, is the cause of the request by the Roseville women's improvement club and others for an ordinance banning dances here after midnight, is the statement advanced by Dr. Bradford Woodbridge, mayor, and by proponents of the late dancing.

FRESNO, Dec. 17.—William Rowell, 14, son of Milo L. Rowell of Fresno and nephew of Chester H. Rowell, California publisher, escaped from a lone kidnaper, who had taken him Friday to Pinchurst, near General Grant park, and returned to his home in Fresno. A posse, organized by Sheriff Jones, returned tonight with I. M. Stalker, who, the officers said, had confessed to taking the boy from his home.

STANFORD UNIVERSITY, Dec. 17.—The Ohio state football team, western conference champions, will be guests of Stanford university December 23d, and will practice on the Stanford turf en route to Pasadena, where the Ohioans will meet the champion University of California team January 1st. During its stay here the team will be luncheon guests of the Skull and Snakes Athletic society.

SACRAMENTO, Dec. 17.—With Oscar Miller, 55-year-old laborer from Stockton, dead from the effects of a cheap variety of jackass brandy, Coroner John T. Skelton declared he is going to conduct investigations to try and run down the origin of the liquor. The stomach of the dead man was nearly eaten out by the potion he drank, the coroner said.

ORLAND, Dec. 17.—In order to guard Orland against any possible invasion of gangsters in San Francisco, an American legion patrol has been established here.

SAN FRANCISCO, Dec. 17.—"Save the Redwoods before it is too late!" is now the popular cry in California. The whole state is up in arms over the wholesale destruction of these oldest and rarest trees, which is now going on. If you are a loyal Californian—if you were born here or if your loyalty is based merely on a two weeks' visit which you have never been able to forget, or let your friends forget—join this

"Save the Redwoods" campaign, and send an angry protest to your congressman.

LOS ANGELES, Dec. 17.—Crackling flames and clouds of smoke confronted the firemen when they drew up in front of a restaurant on Fourth street. The proprietor stood in the street bemoaning his misfortune, and crying waitresses worried about their vanishing jobs.

The firemen rushed into the burning building with their axes and hose lines, and there they found an elderly gentleman placidly eating ham and eggs and reading his morning paper.

SACRAMENTO, Dec. 17.—Invitations are being sent out this week by Sacramento post No. 61, American legion, to members of other patriotic bodies in Sacramento and to legion posts throughout superior California, to attend a big goose stew and jollification at the armory tomorrow night.

SUSANVILLE, Dec. 17.—A temporary injunction was issued by Judge J. O. Moncur in the superior court restraining E. L. Nash, superintendent of streets, from completing a contract with Warren Brothers for paving the streets of Susanville.

PARADISE, Dec. 17.—The ses-

on's rainfall to date in the Paradise district is 31 1/2 inches.

Old timers claim it the heaviest for more than 20 years. For the past three weeks water has been running over the spillway at the irrigation district dam above Magalla, with a heavy flow into the reservoir from the flood water of Little Butte Creek, which is the source of supply.

OROVILLE, Dec. 17.—So acute has become the housing situation in Oroville that the Sunical colony, which consists of 20 small bungalows constructed by the Sunical Packing company two years ago for the accommodation of its employes, has become a thriving village of its own.

How about that Aeolian phonograph for Xmas. Winters Jewelry Store. 16-18

Hair Dressing and Manicuring Booth at Catholic Ladies Bazaar from 1 p. m. to 7 p. m. 15-17

See Winters for bargains in Brunswick and Pathe phonographs. 16-18 Buy your Xmas presents at Winters and save 20%. 16-18

NO RESERVE—Entire stock of Gertrude & Co. cut in half. Exquisite hats, dress, dancing, tailored. Newest mid-season styles. All one-half price only. Gertrude & Co. 15-17

CROWN ARMY SHIRTS

FOR MEN AND BOYS
MADE OF GENUINE UNITED STATES ARMY SERGE
ASK YOUR DEALER

GREENSBAM, WEIL & MICHELS
HATERS
SAN FRANCISCO, U.S.A.

USEFUL GIFTS ARE ALWAYS WELCOME

WASHINGTON FARMER SUFFERED TEN YEARS

GUSTOF NELSON COULDN'T RAISE HIS HAND TO HIS HEAD BEFORE TAKING TANLAC—IS FEELING FINE NOW, HE SAYS.

"Any one who wouldn't say a good work for a medicine that had done for him what Tanlac has for me would be ungrateful," said Gustof Nelson, a farmer, who lives at Gertrude, Wash., McNeil Island, twenty miles from Tacoma.

"For the past ten years I suffered with rheumatism in my left hip and right arm all the time, and at times in different parts of my body. My hip pained me so I could hardly walk and my arm would very often hurt so badly I could not raise my hand to my head. The pains in my back were so bad I could scarcely bend over, my kidneys bothered me a great deal also, and I would have the worst sort of dizzy spells. I

could get but little sleep at night, my appetite was very poor and I had become so weak and run down I could not do any heavy work at all.

"I saw so much good said about Tanlac in the newspapers I decided to try it, and it was only a short while before I began to gain in weight and strength and my appetite improved wonderfully. Now I can eat anything I want and everything agrees with me. The rheumatism is gone and I can get about all right and do hard work with the greatest ease again. I never have those pains in my back any more nor those dizzy spells and can sleep all night long as peaceful as a child. In fact, I feel just fine all the time and I owe it all to Tanlac."

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

GOOD FOR NOTHING SPACE Can Be Made Useful and Attractive



There's a room in your home you have never been in. It is the attic. It isn't a room yet.

Amiud wall board, either plain or veneered, will transform this attic into a neat, comfortable and convenient winter play room for the kiddies.

Give the Children a Room of Their Own

You, yourself can do the work during spare hours. A few dollars will cover the total expense.

Make the Attic Good for Something.

Big Basin Lumber Company

Exclusive Representatives of the National Builders Bureau

A Few Suggestions Buy Useful Christmas Gifts

FOR THE LADIES	FOR THE FAMILY	FOR THE MEN
1. A pair of our High Grade Shoes.	We carry a complete line of Staple and Fancy Groceries.	1. A serviceable pair of Shoes.
2. A pair of House Slippers for comfort.		2. A pair of Hose that will please.
3. A pair of Phoenix Hose, that satisfy.	A fresh stock of Xmas Candies, Nuts and other good eats for Xmas dinner.	3. A pair of Slippers to rest the feet after a day's work.

We Carry a Complete Line of Work Shoes

Our Motto is, Quality and Low Price

J. E. Enders & Co.

Sixth and Main THE HOUSE OF MERIT Sixth and Main