

EAT LESS MEAT IF BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; 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 clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

STAKING GOLD CLAIMS

CLINTON, B. C., Jan. 18.—More than 100 claims have recently been staked out in the Clinton and Lillooet district along the Caribou road in the direction of Scotty Creek. As says, it is stated, show a high percentage of gold. A large body of hematite ore carrying gold values has been located about 15 miles from here.

Fortunes in Cats



If you owned a few cats like these you could live in ease a long time. They are three of the many famous cats on display at the annual cat show at the Waldorf Astoria Hotel in New York. Miss Serene Richardson is holding "Seraph," a white prize winner. The black cat is "Kagis Bifil," owned by Mrs. B. F. Heagy. The prize winner with the striped nose is Mrs. Frank Ostender's "Ensign."

The Office Cat



BY JUNIUS

Yep, Just Keep on Readin' it—We Don't Expect to Stop It

Dear Office Cat: The Office Cat is something that says a lot of rot, and like as not some of it's true.

Yes, some of it is really wit, Part is all right, While some's a fright Yet we read it through.

—A. HASHER.

Men naturally don't know much and much of that is usually wrong. But what we started out to say was that some women must have the impression that they are not well dressed unless they are half-dressed.

Some people shine their shoes carefully who have not had a bath for several years.

Can You Tell?

Why it is
A fellow will take such terrible chances?
Why is it he runs the risk
Of police courts, divorce courts, Newspaper scandals?
Why is it he sallies forth
And gets himself shot
Through the left lung
Just to kiss some other fellow's wife—
When all the time his own wife sits at home
Waiting to be kissed, And kissing her would't come half so high!
Why is it?

And Nobody Wants To
Harry Delaney—Do you understand women?
Mark Howard—"Yep, I know they can't be understood."

Scientists say there are many reasons for insomnia. A couple of them, selected at random, are the price of pork chops and the wife's hankering for a car.

No Hurry

The title of one of the new books asks "Is Hell Eternal?" Not yet. Decision whether to make it so can be postponed for another 495,000, 000-000,000,000,000,000, years, you know.

Today

(Cartoons Magazine)
Noses are red,
Owners are blue;
Whisky is high
And risky, too.

An Ode to Ads

A merchant had a lot of goods he wished to quickly sell:
He advertised in The Herald and then they went like h-h-hot cakes!

One Sale Lost

A bride and groom were inspecting the furniture at Johnstone's furniture store. "Is this a good strong bed?" asked the groom. "Yes, sir," responded Mr. Johnstone "I stand behind every bed I sell." "Oh my," whispered the bride to the groom, "we don't want to buy a bed here."

Home-Products Only

"Who was the first man, Bobby?" asked Miss Farrand. "George Washington." "Why, Bobby, you ought to know better than that. It was Adam." "Aw, I wasn't countin' foreigners."

POLICE ATTEND COLLEGE

TACOMA, Jan. 18.—Five local police officers will be sent to the University of California this spring to take a special course of study, Commissioner of Public Safety Fred Shoemaker plans. Five of the best men in the department will be detailed to take the course, for one month, and upon their return they will establish a school for the remaining members of the force and impart what they learn.

Little Blood Is Shed on Mexican Fields of Honor

MEXICO CITY, Dec. 29.—(By Mail)—Duelling as practiced in Mexico is the most harmless of outdoor sports. Although scarcely a week passes but some person whose pride has been hurt challenges the offender to "pistols at 20 paces in the Bosque of Chapultepec," few reach beyond the stage of talk and none even ventures close to reality.

A deputy from one Mexican state rises in the chamber and bitterly assails a member from another state for his attitude on certain public measures. The other replies with equal vituperation. Before the day is done the chances are a challenge will be carried to one or the other by two seconds who later describe their efforts in a verbose report to all the newspapers.

Once in a while the challenge will be accepted and then there is a scramble on all sides to see to it that the "government intervenes" at the proper moment. Whether there is official "intervention" is conjecture but the announcement is always the same—that "high authorities frowned upon the contemplated struggle to death and forbade it." Pride is always satisfied by such announcement and the incident is forgotten.

Lunar Changes Affect Wireless

PARIS, Dec. 27.—(By Mail)—The changes of the moon have been found by the radio officers of the small American fleet in the Adriatic sea to have a striking effect upon the efficiency of the atmosphere for transmitting radio communications. The officers have succeeded in drawing curves and other diagrams, based upon months of observation, which, they assert, reliably serve to indicate what atmospheric and celestial conditions affecting radio service will be met at any particular date in the future.

The discovery apparently has special application to the vicinity of the Adriatic, for there the changes in the atmospheric conditions caused by the change in the world's relation to the moon are much more marked than anywhere else in the world, so far as yet discovered.

The Adriatic fleet under Admiral Andrews depends almost entirely for its communications upon radio service, and having only receiving and sending apparatus of moderate efficiency it has specially benefited from the discoveries. The powerful wireless stations, such as the new Lafayette station near Bordeaux, manage to overcome unfavorable conditions by using great power and so are not concerned about which way the moon turns.

FOOT SPECIALIST AT K. K. K. STORE, JAN. 26

January 26 to 29 inclusive are the dates set for the appearance of Harry Richards, foot specialist, who is coming here at the instance of the K. K. K. store from the Scholl Manufacturing company of Chicago, to give advice and relief to any person afflicted with trouble of the feet. Mr. Richards' help will be given to anybody gratis on those days, and the K. K. K. store asks the public to keep the dates in mind and to avail themselves of the opportunity offered.

A classified Ad will sell it.

LUMBER CRAFT MAKES PORT; BATTLED BIG SEAS

HONOLULU, T. H., Jan. 18.—The lumber schooner Helene, from Port Angeles, Washington, with lumber for Honolulu, arrived here recently more than two weeks overdue after a voyage of 36 days, during which she weathered a 100-mile gale which blew for 24 hours, according to Captain A. Lumbke, her master.

Describing the storm in which Captain Lumbke said he expected from hour to hour to lose his ship, he asserted that at times the waves coming down on his craft were from 75 to 100 feet in height.

PAIGE

The new series, five-passenger "Glenbrook" model is a six cylinder gasoline car but it rides with the smoothness of an electric.

The impulses merge into a continuous flow of power that is almost magic in its effect.

From 5 to 25 miles per hour in 9 seconds flat—that is standard performance, and a clear index of giant energy.

Take just one ride. It will prove a revelation so far as luxurious motoring is concerned.

Glenbrook "6-18" Five Passenger Touring Car \$1770 f.o.b. Detroit
Aristocrat "6-18" Four Passenger Sport Model 1920 f.o.b. Detroit
Lenox "6-18" Roadster Two Passenger ... 1770 f.o.b. Detroit
Coupe "6-18" Four Passenger ... \$2280 f.o.b. Detroit
Sedan "6-18" Five Passenger ... \$2440 f.o.b. Detroit

All models will be exhibited at Automobile Shows throughout the country

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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¢

Order Your Suit Now

Prices of Woolens have been reduced—Perfect fit guaranteed. Prompt delivery.

Your inspection invited.

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CASCARA BROMIDE
AND
QUININE
FOR
Colds, Coughs
AND
La Grippe

Neglected Colds are Dangerous
Take no chances. Keep this standard remedy handy for the first sneeze.
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

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The first step in good baking is the order you place with your grocer for OLYMPIC FLOUR

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Sacks of all sizes: 10lb., 24lb., 49lb.

ONE DOZEN

OLYMPIC FLOUR