

BIG EATERS GET KIDNEY TROUBLE

Take Salts at first sign of Bladder Irritation or Back-ache.



The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out. They weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health. When your kidneys feel like lumps of lead, your back hurts, or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts: 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 clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Badness Conquered

RECIPE MAILED FREE

A veteran business man, who was almost completely bald and had tried numerous tonics, lotions, shampoos, etc., without benefit, came across while on a journey, an Indian's recipe by which he grew a constant, luxuriant hair that he now possesses.

When baldness and women—have reported remarkable hair growth by the same method. Whoever wishes to obtain a thick, free hair by writing to John Hart Brittain, Station F, New York, N. Y.

Indians' Secret of Hair Growth

In a vast number of cases, when hair falls out, the roots are not dead, but remain imbedded in the scalp, alive, like seeds or bulbs. Without the proper nourishment, etc., are of no avail in such cases. The Indians' method is supposed to nourish hair and stimulate its growth. Wonderful results reported.

When your back is sore and lame or lumbago, sciatica or neuritis has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Liniment" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating liniment takes the ache and pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn or discolor the skin.

Nothing else stops lumbago, sciatica and lame back misery so promptly and surely. It never disappoints. (Advertisement.)

PERSONS COMING TO SEATTLE. W. Frank Persons, director general of civilian relief at National Red Cross headquarters, will arrive in Seattle about noon Monday and will probably stay at the New Washington Hotel until Wednesday or Thursday.

MORE LANDLORDS TO BE REGULATED

Fair Rentals Bureau Has Many Protests of Raised Rents to Be Heard This Week.

Further investigation of excessive rents for apartments and houses in Seattle, by the Fair Rentals Commission of the United States Emergency Fleet Corporation, has resulted in ordered rents lowered on seventeen complaints brought before the commission Monday. The board has been investigating by the commission since its organization in September. The landlords have responded to questionnaires.

Authority to regulate rents was vested in the commission by the Federal Corporation when it was given the power by Congress on March 1, 1918, to house shipyard workers, commandeering private property, if necessary, to provide shelter for the workers and their families. The board's orders are intended to lower their rents, as ordered to do by the shipping board, their protests were considered. To the present, however, Seattle landlords have cooperated in all possible ways with the Emergency Corporation and have expressed perfect willingness to abide by the findings of the commission's investigation.

Many complaints have been lodged with the commission. The board's orders are being carried on every day. So great has the work grown in the month and a half since the board was established, that the board will probably be greatly enlarged very soon, to care for the heavy work.

The Rentals Commission meets twice a week, on Tuesdays and Fridays. Twenty-two cases were discussed on Monday. The board's orders were issued on seventeen and five were continued until Tuesday for further application.

In one case handled by the commission Friday, complaints had been made by shipyard workers living in an apartment house where rents had been increased. The following rents were ordered: The first room at \$24.00 was lowered to \$20; \$25, lowered to \$22.50; \$28, lowered to \$24; \$32, lowered to \$27.50; \$42.20, to \$30; \$32.40, to \$26; and \$34.40, to \$25.

Four shipyard workers, who had been occupying two rooms and a bath, whose rent had been raised from \$45 to \$55, had their rent fixed at \$42 by the Fair Rentals Commission.

In another case, the rent had been raised from \$10 and \$12 to \$20. A shipyard worker in a hotel, whose rent had been raised from \$22 to \$27.50, the increase denied. In a dwelling house where the rent had been raised from \$12.50 to \$18 and the tenant notified to vacate, the rent was reduced to \$10, and the tenant was given permission to stay. In another case, where the rent had been raised from \$23 to \$25, with orders to vacate, the rent was reduced to \$23 and the tenant given permission to remain on the premises.

Every case is thoroughly investigated by a committee of property and personal property appraisers. The property appraisers are: C. H. Fisher, E. C. Warren and R. M. Kinney. The personal property appraisers are Samuel D. Jones, John Bushnell and Joseph Ryan.

Decisions fixing new rentals are made only after careful consideration of an address on behalf of the tenants. The side of the landlord and from the tenant, officers of the commission said Monday. The appraisers are required, one from the landlord and one from the tenant. The appraisers are required to make a statement regarding the investment and the expense of operating the property and the cost of maintenance. The number of members of the family, including wage-earners, is also considered in the determination of the apartment or dwelling.

TURN HAIR DARK WITH SAGE TEA

If Mixed With Sulphur It Darkens so Naturally Nobody can Tell.



The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Weyth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or soft brush with it and draw the through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Weyth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also produces that soft luster and appearance of abundance which is so attractive. This ready-to-use preparation is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease. (Advertisement.)

DON'T NEGLECT A RHEUMATIC PAIN

Go After It With Sloan's Liniment Before It Gets Dangerous.

Apply a little, don't rub, let it penetrate, and—good-by twinges! Some for external aches, pains, strains, stiffness or joints or muscles, lumbago, neuritis, instant relief without messiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason enormous sales. Keep a big bottle ready at all times. Ask your druggist for Sloan's Liniment. 30c, 60c, \$1.20.

Sloans' Liniment Kills Pain

Humphreys' "Seventy-seven" breaks up Coughs, Colds, Influenza, Cold in the Head, Catarrh, Sore Throat, Quinsy, Tonsillitis and Grip. All Druggists

COMMITTEE URGES RESIDENTS TO TAKE ADVANTAGE OF INFLUENZA BAN AND DIG.

President T. H. Bolton of the City Council, who yesterday was sued for separate maintenance by his wife, Mrs. Rose Bolton, was cited yesterday afternoon by Superior Court Judge Boyd J. Tallman to appear in the Superior Court next Tuesday and show cause why he should not be directed to pay \$100 at once to his wife for maintenance and \$100 to her for attorney's fees. In her action for separate maintenance Mrs. Bolton alleged cruelty and desertion.

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, will be heard and compelling personality will be heard at the Arena Monday evening, October 28.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, before putting more food into the stomach.

QUICK RELIEF FROM CONSTIPATION

Get Dr. Edwards' Olive Tablets. That is the joyful cry of thousands since Dr. Edwards produced Olive Tablets, the substitute for calomel.

Dr. Edwards, a practicing physician for 17 years and calomel's old-time enemy, discovered the formula for Olive Tablets while treating patients for chronic constipation and torpid livers. Dr. Edwards' Olive Tablets do not contain calomel, but a healing, soothing vegetable laxative.

DRUGGISTS' TREATMENT COULD SAVE CASES OF EAR RINGING, EARACHE, NOISES, DIZZINESS, HEADACHE, ETC.

Bolton Ordered to Appear in Court. President T. H. Bolton of the City Council, who yesterday was sued for separate maintenance by his wife, Mrs. Rose Bolton, was cited yesterday afternoon by Superior Court Judge Boyd J. Tallman to appear in the Superior Court next Tuesday and show cause why he should not be directed to pay \$100 at once to his wife for maintenance and \$100 to her for attorney's fees.

Pyramid Pile Treatment gives quick relief, stops itching, bleeding or protruding piles, hemorrhoids and all anal troubles.

Pyramid Pile Treatment gives quick relief, stops itching, bleeding or protruding piles, hemorrhoids and all anal troubles. The privacy of your own home. On a box at all druggists. A single box will cure you. Free sample for trial with booklet mailed free in plain wrapper, if you send us coupon below.

LUCIEN MURATORE, the great French tenor, who is to appear in Seattle at The Arena, Monday, October 28.



MURATORE'S VOICE PRAISED BY CRITICS. San Francisco Examiner Declares Artist Has an Ideal Dramatic Tenor.

Lucien Muratore, the great French tenor of golden voice and compelling personality will be heard at the Arena Monday evening, October 28. He is accompanied on this tour by his beautiful wife, Mme. Lina Cavalieri.

Of his appearance in San Francisco a few weeks ago The Examiner says, in part: "There are any two characteristics that stand above others the secret of the individuality of an artist which radiates from the personality of a great artist, whether musician, poet, painter or sculptor. In Lucien Muratore they are a balanced force, irresistible in charm. Lucien Muratore: they have attained a degree of emotional intensity which is a spontaneous overflow by those balanced qualities."

MILLS APPEAL BEFORE COURT. OLYMPIA, Saturday, Oct. 19.—Although the appeal of recommended suspension from the bench for one year and his later motion asking the Supreme Court to declare itself disqualified to hear his case on account of prejudice, with the exceptions of Judges Mackintosh and Tolman, was voted in favor of the recommendation of the regular motion docket, Edgar C. Mills did not appear and the matter is set for the next day.

DAILY STATISTICS. Marriage Licenses. Harold R. Anderson, 24, Salem, Ore., and Rosa Walker, 21, Seattle.

PRINCE CAUSES STIR IN JUMBLE SHOP. HIS ROYAL HIGHNESS, PRINCE AXEL OF DENMARK, has requested a visit to the Red Cross Jumble Shop.

WHAT'S VIT-O-NET?

The VIT-O-NET is a Magnetic Health Garment that has proven most wonderful in all cases where the body is not eliminating the toxic substances and waste from the body.

VIT-O-NET. THE VIT-O-NET has over 16,500 feet of Magnetic Wire so placed that there is a definite Magnetic Field created. When a sick, pain-racked body is placed in this Magnetic Field every cell in the body is stimulated and NEW LIFE takes place. The Poisons and Uric Acids are neutralized and they are quickly eliminated through the Natural Drainage Channels. The results we gain through this NEW and wonderful method is almost unbelievable. This treatment will reach your case in a most pleasing manner.

GOVERNMENT INDORSEMENT. The Government Hospitals have indorsed this system of treatment and show nine cases out of ten cured of RHEUMATISM, Lumbago, Neuritis, Neuralgia, Stiff Joints, etc.

No matter whether you have rheumatism, dropsy, kidney trouble, skin disease, asthma, heart trouble, catarrh, blood disorders, stroke of paralysis, high blood pressure, low vitality, nervousness, SPANISH INFLUENZA—or what not the VIT-O-NET will cleanse your system and raise your vitality and surely and positively NATURE will make her own balance—HEALTHY.

Millions Use It For Colds. Because "Pape's Cold Compound" relieves cold or grippe misery in a few hours—Really wonderful!

CONGRESS QUITS TO WIND UP CAMPAIGN. Members Leave Public Business to Engage in Close of Bitter Political Fight.

WASHINGTON, Saturday, Oct. 19.—Congress tonight deserted Washington and returned to their homes for the next two weeks in a strenuous wind-up of the congressional campaign.

NEW TREATMENT THAT KNOCKS RHEUMATISM. 75c BOX FREE TO ANY SUFFERER. In IPYACUS, N. Y., a treatment for rheumatism has been discovered that hundreds of users say is a wonder, relieving cases that seem little short of miraculous.

Rupture Kills 7,000 Annually. Seven thousand persons each year are laid away—the burial certificate being marked "Rupture." Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the abdomen and not the cause, what a tragedy.