

Meroy Hamman, president of the club from secretaries of the following Ad clubs: A. L. English, and; C. A. Briggs, Tacoma; L. afford, Seattle; L. B. Mills, San Francisco; George C. Larsen, Stockton, J. F. Holden, Sacramento. The birds were released from the hands of six girls from the Moore & shipyards last Tuesday at the hotel. The flight was under the direction of A. P. Smiley, president of the Pacific Homing Bird association.

## Median to Tell Turk Experiences

experiences Among the " is the subject of the lecture given tonight by George S. y of Alameda, speaking in the room of the Claremont school, e avenue and Birch court. The begins at 8:15 o'clock and is the course for adults arranged Board of Education.

## AT INJURIOUS TO THE KIDNEYS

a Tablespoonful of Salts Back Hurts or Bladder Bothers

are a nation of meat eaters ur blood is filled with uric acids a well-known authority. arns us to be constantly on against kidney trouble. kidneys do their utmost to e blood of this irritating acid, weak from the overwork; t sluggish; the eliminative clog and thus the waste is d in the blood to poison the system. your kidneys ache and feel mps of lead, and you have e pains in the back or the cloudy, full of sediment, or dder is irritable, obliging you relief during the night; ou have severe headaches, and dizzy spells, sleepless- id stomach or rheumatism in ther, get from your pharma- out four ounces of Jad Salts; tablespoonful in a glass of efore breakfast each morning a few days your kidneys will e. This famous salts is made e acid of grapes and lemon ombined with lithia, and has sed for generations to flush mulate clogged kidneys, to ze the acids in urine so it is er a source of irritation, thus urinary and bladder dis-

Salts is inexpensive and can- ure, makes a delightful cent lithia-water drink, and can make a mistake by tak- tle occasionally to keep the clean and active. After-

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