

BIG EATERS GET KIDNEY TROUBLE

Take a glass of Salts before breakfast if your back hurts or Bladder bothers you.

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.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and brings in every toxin, because nobody can make a mistake by having a good kidney flushing cup this.

IF KIDNEYS ACT BAD TAKE SALTS

Says Bookman is a sign you have been eating too much meat, which forms uric acid.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and laggard. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water solids and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or 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 clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

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, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

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, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than external.

Rhett Plan For \$25,000,000 Bond Issue For Building Good Roads in So. Car.

In response to many requests we publish below the Rhett plan for a bond issue of \$25,000,000 for good roads in South Carolina, the interest on the bonds to be paid by a special automobile tax and a sinking fund for their retirement in twenty years to be created in the same way. This is the plan that has been endorsed by the good roads convention, the South Carolina State Automobile Association, the Columbia, Greenville, Rock Hill and Charleston Chambers of Commerce and many other organizations over the State. It is to be submitted to the General Assembly at the approaching session in the form of a bill.

The plan follows in full as endorsed by the good roads convention: Your Committee on Plans begs to submit certain facts which should be known and understood before its proposals are presented.

There is at present no State Highway System in South Carolina. The State Highway Commission, created in February, 1917, is composed of five members, of whom three are senior professors of engineering at colleges, and the other two are appointed by the Governor. It is limited in its powers and duties to investigation and advice. At least four-fifths of the amount it collects from licenses is turned over to the counties. Under the present Act, it is not possible to establish a system of State Highways, and your committee's recommendations contemplate such amendments to this Act as, in its judgment, would be necessary, both to establish and maintain in good condition and repair at least fifteen hundred miles of well-surfaced highways, connecting every county seat in the state.

To do this would require a very large sum of money—possibly twenty, or even twenty-five million dollars—and without the credit of the State behind it, this would be unobtainable. Under the Constitution, this credit may not be extended "unless two-thirds of the qualified electors of this State, voting on the question at a general State election, be in favor of it." Until November, 1920, there will be no opportunity for submitting this question to such a vote.

However, there is much to be done in the establishment of a System of State Highways before surfacing them and it will be found that a year and a half will not be too long a time to lay out such a system and acquire title to the roads. In the meantime, however, your committee has proposed plans which would enable each county, as may desire to have their highways completed within their limits, to do so.

It is clear at the spring that two-thirds of the qualified voters voting on the question would favor any large issue of State Bonds, to be retired by general taxation. It must be made clear that the general public are to pay no part of this tax. It is a public improvement which is particularly desirable to the motor vehicle owner that he can well afford to pay in full, and he should so unhesitatingly improve himself. There are now over 65,000 automobiles registered in this State, and they have paid in license during the year, in round numbers, \$200,000. The increase of automobiles in the State for the past two years has been from 18,000 in 1918, to 27,000 in 1919, to 65,000 in 1920. The increase in the United States from January 1, 1914, to January 1, 1920, was over 100 per cent. Lovers already has one car to every six persons.

The entire \$25,000,000 of 4 1/2 per cent bonds payable in twenty years would require about \$1,500,000 per year. An average license of \$30.00 per car on 100,000 cars would yield \$3,000,000 per year; 150,000 cars it would take \$1,500 per car. The present average license is \$5.25 per car.

If every owner of a car would agree to have his gasoline, repair bills, and in wear and tear provided there were 1,000 miles of well-surfaced highways, kept in good order, in the State, it would be found that this will amount to between \$100.00 and \$200.00 per annum. He, therefore, is asking the State to permit him to invest from \$10.00 to \$15.00 per annum, say, to come from \$100.00 to \$200.00, a total saving to the automobilists of the State of over \$10,000,000 per annum, in money. It would be hard to compute the saving in time.

With this principle, your committee begs to suggest its recommendations, as follows:

1. The State Highway Commission should be given the power to acquire rights-of-way and lands, by purchase or condemnation, for the purpose of establishing a State Highway System connecting all the county seats; to construct and maintain the highways in such a system so as to take care of the traffic which may be developed upon them; and to keep such highways in proper condition and repair.
 2. The State Highway Commission should be seven in number, and should be composed of one from each Congressional District, with the three senior professors of engineering, provided in the present Act, as advisory members. It should elect its own chairman, and have full power to employ its own engineers, and fix its compensation, and also the compensation of all its employees.
 3. There should be two or more issues of State of South Carolina Highway Bonds, aggregating a sufficient amount to connect every county seat with a well-surfaced highway, each issue to be retired serially, or by amortization, within the life of the road upon which the proceeds are expended.
 4. There should be levied by the Legislature an annual license tax upon motor vehicles—all of which should go to the State Highway Commission—sufficient to enable the Commission to keep the highways in the System in proper condition and repair; to pay interest on all outstanding State Highway Bonds, and to retire same in accordance with their terms.
 5. The counties of the State should be authorized by the Legislature to issue County Highway Bonds, and construct such parts of this highway system within their borders as their people may ratify.
 6. There should be levied for the next two years a one-mill tax, to be distributed to the counties proportionately, for road purposes; provided that, in the event any county should desire to turn this fund over to the State Highway Commission for expenditure on a highway in the State System, within the limits of its county, the Commission should be required to add a like amount from its license fees for the same purpose.
 7. The present motor vehicle license tax should be at once raised to 50 cents per horsepower for automobiles and motorcycles, and \$1.00 per horsepower for motor trucks, with \$5.00 for trailers and \$35.00 for dealers, unless there is an opportunity of securing Federal aid, in which event this should be increased to such an amount as will supply the portion which this State must furnish in order to obtain the full portion to which it would be entitled.
 8. Any moneys which a county may turn over to the Highway Commission, to be expended on a State highway, should be refunded such county out of the proceeds of any State Highway Bonds, which may be issued, without interest.
 9. Whenever any highway which is now improved, or may hereafter be improved, shall be taken into the State Highway System, so much of the surfacing improvements as may be available in the said System, shall be appraised, and the value thereof paid to the county out of the proceeds of any State Highway Bonds that may be issued.
- Your committee believes that under such a plan a System of State Highways can be begun and be prepared for construction by the time the State Bonds referred to in Paragraph 3 may be submitted to the people, in November, 1920.
- (Adopted by and recommended for enactment into law at a convention of the South Carolina Automobile Association, December 11, 1918.)

Note the Tremendous Growth of the South Carolina Automobile Association in One Year.

Columbia.—A year ago the South Carolina State Automobile Association was unknown. Today it has several thousand members and new clubs are being formed weekly in every section of the State. The association has been formed during the last few weeks a movement for a \$25,000,000 bond issue for a State-wide system of good roads that bids fair to culminate successfully. If it does the good roads system will stand as a lasting monument to the automobile association.

Much of the credit for the wonderful work done in the organization of the association must be given to C. W. Coffield, the tireless secretary and treasurer. When he came to the State a year ago he found the organization practically defunct. He took hold of it with a vim and has accomplished wonders.

The State headquarters of the association are located in the Imperial Hotel at Greenville. There Mr. Coffield has compiled a list of every automobile owner in the State of South Carolina. He is also compiling through the different local clubs a complete description of every car in the State. This will be of benefit in recovering stolen cars.

The auto association furnishes each member with a copy of the Blue Book.

Convinced of Tanlac By Aid Given Wife.

HUSBAND SAYS SHE ADDED FIFTEEN POUNDS ON FOUR BOTTLES.

Knew Tanlac Would Help Him Greatly When He Began It, And He Tells Details.

Cases in which two or more people in the same family have been so greatly benefited by Tanlac that they have offered a double endorsement of this famous Master Medicine and common. When you see a person relieved of suffering and made strong again, it is the most natural thing in the world for you to want the same benefits. This is how Charles E. Whitmore, of 103 Bradford St., Albany, N. Y., happened to take Tanlac.

"My wife, who had been all run-down and nervous and getting weaker right along, began to take Tanlac," Mr. Whitmore explained. "Well of course, I watched the results and it was wonderful to see the way it built her up. On four bottles she gained fifteen pounds. I had been doubtful about Tanlac, but that settled me. When I started Tanlac I could hardly eat one good meal in a whole week. From suffering with a bad stomach I had become nervous and restless at night and all run-down. Instead of digesting, my food would lie like lead on my stomach and sour and ferment and form gas. Because I had sour stomach—acid stomach—so long, my mouth had gotten sore. I could not sleep restfully but would wake up every hour or two and would roll and toss. I was tired in the morning and by mid-afternoon I was so tired out it seemed I couldn't get through the day. I had lost all ambition and I did not care. Seeing what Tanlac had done for my wife encouraged me to take it, and I was not surprised when it began to brace me up right away. It did as much for me as it did for her. I slept right through the night, woke up rested, with a good appetite and was able to enjoy

my meals. My food digested, and the gas, bloating and sour stomach disappeared. I felt like a new man, and the old, tired, worn out feeling went with the rest of my troubles."

Tanlac, the master medicine, is sold exclusively by P. B. Speed, Abbeville; A. S. Cade, Bordeaux; J. T. Black, Calhoun Falls; J. H. Bell & Sons, Due West; Cooley & Speer, Lowndesville; R. M. Fuller & Co., McCormick; J. W. Morrah & Son, Mount Carmel; Covin & LeRoy, Willington. Price, \$1 per bottle straight.

LONG CANE.

Long Cane, Jan. 1.—Miss Nina Beauford spent Saturday in the city with Mr. and Mrs. J. M. McKellar.

Misses Eva and Estelle Finley spent a few days in the city with relatives.

Mr. Joe Beauford spent a few days of the Christmas holidays in Bethia with his father and friends.

Mr. and Mrs. W. S. Bosler and children spent the week-end in the city with Mr. and Mrs. W. H. Beauford.

The Misses Beauford had as their spend-the-day guests Christmas day, Misses Lila Morrison, Mary Kay, Beatie Erwin and Eva and Estelle Finley, and Messrs. George Morrison and Clarence and Roy Kay and J. L. Stewart.

Mrs. John Cromer and Miss Eppie Beauford spent Saturday in the city with relatives.

Master Leslie Finley and little Miss Irene Finley spent Christmas in the city with Master Curtis Beauford and little Miss Helen Beauford.

Mr. Dock Cromer spent Thursday evening with Mrs. John Cromer.

Mrs. W. S. Bosler spent Thursday with Mr. and Mrs. W. D. Beauford.

Misses Allie, Clara and Viola Beauford spent Friday night with Misses Eva and Estelle Finley.

Misses Linnie, Nina and Lena Beauford spent Saturday in the city with Mr. J. M. McKellar.

Mr. Walter Hughes and mother, Mrs. John Stone, spent Friday with Mrs. Mattie Stewart.

Mrs. W. D. Beauford spent Saturday with Mrs. L. F. Finley.

I Ate Beefsteak The First Time In Many Years

Greenville Lady Describes Her Struggles When She Is Able to Enjoy Good Meal After Years of Stomach Distress.

"For many years I have been a victim of stomach disorder, getting worse until I began to feel in other parts of my body. I went bad, I had headaches, was emaciated and suffered from the limbs. My sleep lay awake night after night, not eat a good meal without giving me great trouble. I tried everything I could find but gave me permanent relief. I decided as a last resort to try the new herb medicine. It did me wonderfully from the first day I started to take it. I had a big meal of beefsteak for the first time in many years, and I felt fine at all. The awful pains in my limbs are all gone and I feel better now and feel ready to get up in the morning. I am recovering to Dues and am able to tell every person I know how good it has done for me."

(Signed) Mrs. J. C. ...

No person can keep the stomach, liver and bowels good working order. It is a matter to keep the stomach, liver and bowels in first class shape. The use of Dues is a great one. Each meal for a short time accomplished wonderful results. Hundreds of men and women are cured.

Dues is inexpensive, safe, quick and efficient. Modern drug stores where are now dispensing it, it is particularly recommended at Abbeville by P. B. Speed.

Engraved Cards and Invitations. The Press and Banner Co.

TAILORING OPENING

LET US MAKE YOUR NEXT SUIT

We have with us for a few days Mr. George Cross, showing the Spring Tailoring line of...

Schloss Bros. & Co.

of Baltimore, Md.

Many New Styles and Patterns

will be shown and we will be glad to have you come in and look them over.

PARKER & REESE



SCHLOSS BROS. & CO. Tailors Baltimore New York