

Owensmouth Gazette

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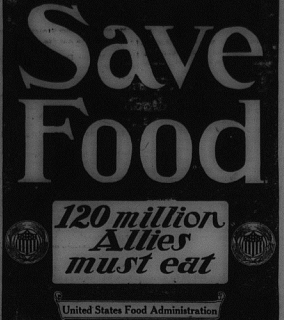
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REAL STUFF

A SFTICH in the back, gripe in the calves of the leg, or hitch in the side, sore toes and enlashed feet, pain in the back of the head, or a pain in the bowels, and wind on the stomach, or diarrhea, it is because your blood is starving for water.

You might drink lots of water but the water don't become a part of the blood. The water goes through the blood like kernels of wheat roll in between and finally reach the bottom of a basket of potatoes. So the water goes in between the cells of the blood. The reason why the water and blood cells cannot unite is that they are not the same temperature.

Cells of living matter are constantly revolving and when the water hits these revolving cells it flies off like water is thrown off from the grindstone when we turn too fast. The cells of water must turn at the same gait as the cells in the blood. The actual temperature of the blood is determined by the size of the cells. Natural, raw foods produce large cells but the artificially prepared foods produce small cells. The large cells thrive off moisture as heat escapes while small cells throw off less moisture and retain the heat which is dry heat.

Dry heat burns up the nerves and lungs and splits up the cells in the blood which develops fats. Excessive dry heat resolves the oxygen from green and red cells to white powder called oxalates. The oxalates join to the elements of fatty matter and absorb the gas that would produce paralysis, rheumatism, consumption, neuralgia, headache and thirst for hot and stimulating drinks.

While the body becomes fat and apparently in perfect health, some day we are surprised to be told that so and so just laid down and died without any apparent cause. The small cells with high heat produce the same temperature to the thermometer as the large cells with low heat. But

the dry heat of the small cells is transposed or transformed into fat cells.

This high heat of the cells produces some digestive ferment as hogs use and the muscles and tissues change into wine flesh which is formed of fats interwoven with cords and tendons of white texture in place of red muscles. Fats have fears but muscles have conscience. Persons with conscience take the world as it comes to them but people of fear always want change from nature's plans. If they picked fruit off a tree they want to take it into the house and boil it before they eat it.

The reason that osteopathy, hydrophaty, neuropathy, chiroprathy, etc. work so well in some cases and not in others is because they use the elements of nature while the dry remedies work on meat and cooked food elements. Water should become changed into blood but by application of artificial heat in the preparation of food blood is changed into the watery fat. Fats are cold but they produce excess of heat by expansion of brain matter by dry heat.

Dry digestive ferments supercede the moisture ferments because they work much quicker. Yet the slow working ferments are the strongest and the most resistant to germs of disease. In time the resistant germs can all precede the weaker germs. All disease germs are weak but quick.

Quick ferments borrow their seeds or spores directly from the gas and animal refuse that float in the air. Gas is formed like straws which lie entangled in all directions. Living constructive matter consists of cells which are arranged with one end pointing toward the sun while the other is pointing away from the sun.

Sunlight first passes into the earth and then turns and goes upward into the plants and trees and we obtain the sun's force by eating the leaves and fruit. Adjustment of the cells without the change in the ferment that pro-

SHARE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month. French Pound and Half, Italians One Pound.

GERMAN SUPPLY PLENTIFUL

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is quite liberal when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation in the matter of sugar consumption—is sharing on near-est possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair and just distribution of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little sacharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

duces the seeds for new cells is relief from pain but it cannot arrest the disease. Pain is health not disease. Fats are a method for preserving diseases without pain.

Pain is produced when these tangled straws of gas become entangled in healthy tissues of muscular flesh. Strong ferment twists the straws into the outside coats of rounded, oval cells. The strongest ferment is produced of water and honey ripened red. All other colors produce straws and straws are disease itself. If these straws are not changed by a ferment they destroy the membranes of the stomach which is the cause of food souring. Then the lining of the throat fills up with fat which absorbs the gas from the souring food which lies in the stomach.

Fats are produced by the intensely soured food getting past the stomach without being changed from straws into cells. When the taste prefers the sweetest proteins it is evidence that the stomach is producing sour. For this reason nearly all of our food should be eaten in the process of fermentation.

Ferment reorganizes the cells of our food by taking up water. Without a ferment the cells are reorganized by withdrawing the moisture from the blood and infusing it with gas. With gas added to the blood atmospheric microbes of every description can live and thrive in the flesh.

It is the refuse and offal from these atmospheric microbes that causes the diseases and the cure for the diseases is to get shut of the microbes. Stop their gnawing the bark off from the nerve filaments. Microbes never can eat the nerve filaments until they become so dry from lack of water that they are unable to transport choloral from the brain.

It is red ripe honey and red ripe fruits that enables you to rid sufficient water.

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