Diese Abteilung ift für die familienglieder, welche am liebsten Deutsch lesen.

Bom Schauplate des europäischen Bölferfrieges foitet.

Grant S. Simonds, der wütendite Alliierte und militarifche Cachverftundige für die Alliierten Preffe, ließ in der nem york Tribune bor worin er unverhohlen die Erfolge der eder etwa 7 Cents pro Pfund, Bentralmächte zugibt.

"In zwei Rriegsjahren", fo ichreibt bon Franfreich, Belgien und Bolen Berftort und die Schiffahrt feines eigentlich allein inbetracht fommenden Gegners arg verfrüppelt."

Benn morgen Frieden geichloffen würde, fo würden Deutschlands Sabrifen, Induftrie anlagen, die Edjiffsgelegenheiten etc. in befferer Bofition fein wie im August 1914. Während Deutschland feine Industrie in Bewegung feten murde, um den Beltmarft gu füllen, wurde Franfreich, Belgien und Bolen ihre abrifen aut. Rem Dort "American" befenn! die bauen, Maschinen faufen und von vorne anfangen muffen.

Bas die Amerifaner jest noch nicht flar versteben, ift der Umftand, daß de, einen großen Gieg für Dentichland bedeutete. Die Grunde habe ich eben angegeben und das ift auch die mahrend Frieden anbietet auf grund der "europäischen Landforte."

Deutschland würde gur Beit den es feinen Bug Randes in Belgien, Frankreich oder Polen beanspruchte, da es den Einfluß auf Konstantinopel, auf den Beg nach Alein-Afien Abfunft? befist, dabei hatte es nicht unter Invafion zu leiden und feine Induftrie ift überall intatt geblieben.

Natürlicherweise würden Defterreid, Bulgarien und Gerbien auch nach dem Ariege unter denticher Rontrolle fteben, mabrend Rumanien und Griechenland demfelben Ginflug nicht entgeben könnten. Die deutsche Bahn würde ununterbrochen von Samburg bis Bagdad laufen und deutsche Energie würde bald Suez erreichen, nad Aegypten und sogar nach Indien hin jich fühlbar machen. Deutschland würde in furger Beit ebenfo wie auf dem europäischen Kontinent fo der Beberricher der afrifanischen Ruften des Mittellandischen Meeres fein. Bas Millionen Frangofen, Ruffen und Englander jest feben, mar ibnen noch bor 2 Sahren unbefannt. Bas damals nur als ein Traum erichien, ift jest beinahe Tatfache. Es wird eine dauernde Tatfache fein, wenn nicht ein Sieg über Deutschland errungen wird, der die Grundlage seiner Plane zerftort. Doch es Lauerte zehn Jahre, um den napoleonischen Traum ein Ende gu machen.

Anzunehmen, daß Deutschland nach Erreichung folder Borteile, jest au-Berft wichtige Teile derfelben freiwillig fallen laffen würde, ohne zuvor einem Schlage, ähnlich wie er Napoleon bei Mostau, bei Leipzig erreich- ten follte. Und wir find auch vollte, ausgesett ju fein, das ist mider- ständig davon überzeugt, daß die

land die Eroberungen diefes Sahres gegen ihre Mitburger beuticher Abbon der Donan bis jum Goldenen Horn abzunehmen. Sodann haben fie Mordfranfreich, Belgien und Polen gu befreien. Angunehmen, daß die Alliierten dies in diefem oder im nadfien Jahre erreichen fonnten, er- fich duntende moderne Menfchheit gar icheint unvernünftig. Darum teile Bieles gelehrt und manches alte ich den Glauben vieler im Auslande, bağ ber Krieg bis jum Jahre 1918 wieder ju Ghren gebracht. Das gill dauern wird.

wie ein berbiffener Alliierter die gegenwärtige Rriegslage zugunften Deutschlands beurteilt. Deutschland aufgenommen murde, obwohl es an hat nach ihm bereits gesiegt; nur die Nährgehalt das aus ausgesiebtem Hoffnung lebt noch in den Alliierten, Dehl hergestellte Brot weit überdaß fie ben Bentralmächten burch trifft. Sinausgiehung bes Rrieges ben Gieg Mergte ben überhand nehmenden frürauben konnten. Gine neue Dab- ben Berfall ber Bahne hauptfachlich nung für die deutsche Beeres- und auf Rechnung des ichon feit Genera. Marineleitung, mit allen zu Gebote ftebenden Mitteln rudfichtslos breinaufahren und bor allem das perfide Albion, ben eigentlichen Störenfried, feit Sahren haben fie und andera auf die Rnie gu zwingen.

in Dentichland.

Berlin, brahtlos. Die deutichen Zeitungen ftellen anläglich der Preisreduftion der LebensmittetBergleiche zwischen ben Preisen auf bem deutschen und auf dem englischen Lebensmittelmartt an.

In Berlin ift ber Brotpreis bon 42 Pfennig oder 10 Cents pro Rilogramm auf 34 Pfennige oder 8 vielen Sahren als vorzugliches und Cents pro Rilogramm gefallen. Bier gefundes Getrant empjohlen hat, wie Bfund Brot toften alfo jest 68 Pfennige ober 17 Cents.

In England ift ber Brotpreis im Berlauf der letten Wodjen wieder- ge Entdedungen inbezug auf Genußholt gestiegen. In London mußte mittel murden in den vergangenen, man Ende Auguft für einen - Laib bon bier englischen Pfund neun und aber die borftebende Sinweise moeinen halben Benny bezahlen, und in gen für heute genügen. Birmingham 10 Bennies. Gine weitere Steigerung bes Preifes fteht bevor. Auch ift es eine befannte Tatfache, daß der britische Bier . Pfund- Portion Safenbraten gefällig?" Laib in der Lat weniger als sein no- Gaft: minelles Gewicht wiegt, aber selbst wirt."

wenn das nicht der Fall mare, bann mußte bei gleichen Breifen ein britiider Bierpfund . Laib in Deutschland über 90 Pfennige toften, mabrend er in der Cat nur 68 Bfennige

In ähnlicher Beife murde auch der Preis für Safer von 45 Pfennig oder 11 ents pro Bfund auf 28 Btennig ober 7 Cents pro Pfund redugiert, und der Preis für enthülfte Gerfte von 40 Pfennig oder ema 10 einigen Bochen einen Artifel los, Cents das Pfund auf 30 Pfenntg

Mle dieje Breisreduftionen find auf die gute Ernte gurudguführen. er, "hat Deutschland die Industrie Auch kindigen die Beitungen an, daß mahrend des Winters der Breis für Rartoffeln gurudgeben wird und die einzelnen Städte icon beträchtliche Summen für diefen 3med bewilligt haben. Die deutsche Breife briidt ihre Bufriedenheit mit diefen Magnahmen-aus und teilt mit, daß auch der Preis von Rindfleifch und Ralbfleisch fehr bald reduziert werden

Bahrheit.

Gine Menge in englischer Sprache ericheinender Beitungen in Amerita, ein Friede, der jest geschloffen wur- ichreibt das Bearstblatt Rem Port "Umerican", häufen täglich die bitterften Berleumdungen und Schmähangen auf unfere deutsch - amerita Urjache, weshalb Deutschland fort nijden Bürger. Wir fonnen weder gefunden Menichenverstand noch Patriotismus in folden Angriffen feben. Warum follte der Deutsch-Ame-Brieg gewonnen haben, felbst wenn rifaner nicht ein ebenso nütlicher und guter Bürger fein, wie der Amerifaner irlandifder, englischer, frangofi icher, italienischer oder fanadischer

Gegen lettere Bindeftrich - Amerifaner findet man in den genannten Zeitungen niemals Angriffe ipöttiider oder verleumderifder Natur. dagegen werden die Deutsch - Amerifaner fortgefett verunglimpft und

Tatfache ift, daß fein Land uns einen intelligenteren, fleißigeren, gefetliebenderen, vortrefflicheren und nüblicheren Zuwachs zu unferer Burgerichaft gegeben hat, als Deutsch land. Die deutsch - amerikanischen Burger find in ihrer großen Maffe eine Chre für das Land ihrer Serfunft und ein Gewinn für das Land

Es ift im bochften Grade nieder trächtig und verächtlich und durchaus unamerifaniich, diese achtbaren, intelligenten und lonalen Bürger au verspotten, zu verleumden und de freie Reich zu baufen, dem fie ent itammen.

Die deutich - amerifanischen Bur ger haben fich unter den erschwerendften Umitanden, unter den gemeinsten und feigiten Angriffen, Lügen und Berleumdungen mit einer würdevol-Ien Belaffenheit betragen, die ihres großen Bolfes wurdig ift und bie ihren Berleumdern Schweigen gebiegroße Maffe anftändiger und ber-Die Allierten haben zuerit Deutsch- nünftiger Amerikaner diese Angriffe funft nicht billigt.

Lehren bes Arieges.

Der Beltfrieg hat die überflug außer Gebrauch gekommene Gute auch von der Nahrungsmitteln und Mus obigen Angaben erfeben wir, es fei in diefer Sinficht nur an das "Ariegsbrot" erinnert, welches anfänglich mit jo großem Widerstreben Befanntlich schreiben die tionen andauernden Genuffes bon Brot aus an Phosphor- und andern Nährsalzen armem Kunstmehl und Sygienifer auf Rudfehr gur alten Mehl- und Brotbereitung gedrun-Gunftige Lebensmittel . Situation gen. Die burch den Rrieg berbeigeführte Not hat jett dazu gezwungen. Run hat man in Deutschland in den Erdbeerblattern auch einen herrlichen Erfat für den faft unerichwinglich gewordenen dinesischen Tee gefunden, oder vielmehr neuentdedt, denn der Ruhm diefer Entded. ung gebort dem berühmten Boltsargt Migr. Aneipp, der Tee aus ges trodueten Erdbeerblättern ichon bor allen Berehrern diefes unvergegliden Bohltaters ber Menfcheit befannt ift. Roch viele andere wichtizwei ichmeren Kriegsjahren gemacht,

> - Gin Renner. - Gaftwirt, freundlich jum Gaft: "Bielleicht eine Gaft: "Rein, bante, bin felbit Gaft-

The Aim of Christian Education

By REV. WALTER SCOTT.

Christian education aims to make life a glory instead of a grind, to open a little wider the door of a narrow life, and to add power to the lens of the microscope or the telescope.

It aims to take the drudgery out of life, to push one's horizon farther out, in order to give a clearer vision of life. It stands for high and noble pleasures that wealth cannot buy. It means character, wealth, a soul property which no disaster or misfortune can wreck or ruin.

It makes you familiar with science and history and teaches you how to make life healthy and successful. It gives us an enlightened citizenship and imparts intelligence as to political and economic problems. It brings the joy of self-discovery, opening up rare possibilities in undis-

It aims to have one's mentality stirred by the passion of expansion, to feel the tonic of growth, the indescribable satisfaction which comes from the consciousness of perpetual enlargement.

It aims to fill a few years with the most delightful associations and cultured people, at an age when ambitions and high ideals have not been dulled or shattered by disappointment, or the unbounded faith in human nature shocked by violated pledges.

By LAURA JEAN LIBBEY.

(Copyright, 1916.) If I should meet thee After long years, How should I greet thee-With silence or tears?

In many a woman's heart there is a longing to go back to the place

where she spent companions of her youth. If she can afford a visit to the old home, both are well spent. In the small

towns far remote city, the years that flow onward changes. except that those who were rich

grow rich and the poor poorer. The woman who flatters herself that she has not changed much in the 20 years she has been a wife, needs but to wander back among her old associates to have the truth that she has been riding swiftly along in Time's chariot demonstrated to her. The old inn keeper and his good wife, who sat in the front pew of the village church on evening she was wed, failed to recognize her. The postmaster, a handsome, red-cheeked, cheery young man in those days, faces her now with snowdrifts among his sparse, dark locks, spectacles covering the eyes that had been so dark and sparkling 20 years before. He faces her without the faintest gleam of recognition. His tongue loosens when she makes her identity known to him, and makes inquiry for the girls and boys who had danced at her wedding. Had Hattie Vail and Harry Williams-the two who had "stood up" with her-wed, or had Alice Shaw or Bessie Wells won him? The story of each separate Schmähungen auf das große, herrli- love affair holds her interest ab-

> "They all come here for their mail of an afternoon. You may watch, if you will, and see which, if any, you will be able to recognize." . Never had a wanderer who had returned to the old haunts a more exciting, pleasurable hour. She who had been the beauty of the village in those other days, was the first to enter-frowsy of head, with a faded shawl pinned about her shoulders, youngsters clinging to her skirts and a market basket on her arm. The village blacksmith's wife was not pleased to be reminded that she had not made good her boast that her beauty should win her a foreign

prince, or at least a millionaire. The girl who had been the poorest, vet sweetest of them all, was wedded to one who had at last become mayor of the town, while the fair maiden who had been the haughtiest of them all, had wedded a circus clown to escape the fate of being an old maid. The doctor's daughter had married the undertaker's son, a very suitable arrangement. The miller's daughter and the village baker had also joined

wedded very differently from what they had planned when time was young with them. The come-ups and godowns among them were more interesting by far than the pages of any novel could be. After a visit to the home of her girlhood and noting all that has transpired, the average wom- at conclusions," he replied. an is prone to be more satisfied with her own lot.

The test of years proves that each one slides into the groove he or she was intended for, no matter what promises illuring youth held forth. We maw's way of referring to me as the

Odd Facts.

Fire is extinguished much more

quickly by salt water than by fresh

y It is a singular fact that, while hares

are excellent swimmers, rabbits can-

500 years. This tree is said to be in

A botanist says that flowers turn

toward a lighted electric lamp just as

About 4,000,000 tons of herrings are

burnan consumption: about four-

The "Czar Kolokol"-the great bell

its prime at the age of 150 years.

they turn toward the sun.

Elm trees have been known to live

not swim.

the rice fields.

Big Ben.

often pity those whom we thought we

Study Would-Be Husband Like an Algebra Problem, Woman's Advice to Girls

Girls of today would make better find out what has do algebra problems at school, is the become of the advice of Mrs. Frank Dechant.

Mrs. Dechant drew a square on the blackboard, its four corners indicating what, she said, were the four neces sary adjuncts to a good husband-abilher time and ity, reliability, endurance and action. money in gratify- To discover whether a man has these ing the yearning qualifications, she declared, was the problem every girl has to solve at least once in her lifetime, and she should be as carefully trained for it as she from the great is for her school examinations.

She advocated mothers talking over with their daughters the characterisdo not bring ties of the young men they know, not only to gain their opinions on the subject, but to give advice and counsel to them for their future life.

Every girl, she said, should be sure that the man she chooses has an abundance of the four qualifications before she makes up her mind to marry him, and she can only be sure if she has been taught and trained beforehand in a calm, dispassionate man-

She also advocated talks on homemaking, division of income and practical methods of housekeeping as a part of all girls' education, whether they are working girls or not .- Philadelphia North American.

Former ingenue of the spoken drama and more practical marriages if they who first posed for the motion-picture were taught to study the qualifications camera about four years ago and made of the men they meet and to con- such a success in her first attempt that her girlhood, to sider them in the same light as they she adopted the work for a livelihood

STAR OF THE MOVIES

But Neither Came Back

A man who had just finished a comfortable meal at a restaurant the other evening suddenly rose from his chair, caught up his hat and umbrella that stood against the wall and rushed out of the building.

"Stop him!" exclaimed the proprie-"That fellow went out without

"I'll stop him," said a determinedlooking man, who rose up hastily from a table near where the other had sat "He took my gold-headed umbrella I'll stop him and I'll bring him back in charge of a police officer, the

scoundrel!" Without a moment's hesitation he dashed out of the house in hot pursuit of the conscienceless villain. And th€ proprietor, a cold, hard, unsympathetic kind of a man, has somehow begun to suspect that neither of them will ever come back. - Pittsburgh Chronicle

City Furnishes Free Light.

The city of Ashland, Ore., supplies its citizens with free electricity for porch illumination.



"I suppose," remarked the horse reporter to his friend the humcrist, "that you make a good thing out of your paragraphs."

"Well, some days I make very little and other days not quite so much," thing to take up my mind." replied the funny man. "Now, take yesterday, for example; I only penned Miss Knox, "I would suggest that you the other deaf, were introduced at a five lines, but it represented twelve try a small piece of blotting paper." big round dollars." "Well, that isn't so worse for one

day's toil," said the horseman. "By the way, what did you write?" "An order to my grocer for interior

department supplies," explained the athletic stroke. ioke carpenter.



"Are those colors fast?" asked either is correct. cheap dress goods a professional boxcounter. "They are the

swiftest ever, madam," replied the truthful clerk. "After they once get class. started they run so fast you couldn't catch them with

As Others See Us. Hazel-Don't you think Mr. Cumso has rather an arch look? Aimee-Yes, now that you mention it, he is awfully bow-legged.

"Why do you call life a hurdle race?" she inquired. "Because we are always jumping

Doubtful Honor. Little Lemuel-Say, paw, what is

an empty title? Paw-An empty title, son, is your

cake is made which resembles the oaten meal cakés so popular in Scot-

One of the most beautiful of the early lighthouses, and the first tower in a sea-swept position, was Cords uan light, on the coast of France at the entrance to the River Gironde. It was built in 1611, and, although it has been remodeled, some of the original struc-

ture is still there, over 200 feet high.

Where Sneezes Grow on Trees

Among its many freaks of nature, caught in Japan every year. This South Africa includes the "sneezeenormous quantity is not used only wood" tree, which takes its name from the fact that one cannot cut it with a saw without sneezing. Even in planfifths of it are used as a fertilizer for ing the wood it will sometimes have the same effect. No insect or worm of Moscow-is said to be the largest will touch it; it is very bitter to the in the world. It weighs nearly 200 taste, and its specific gravity is heavtons-about twenty times as much as lier than water. The color is light brown, the grain running very close Bread is made from chestnuts by and hard; it is, too, a nice-looking the mountain peasantry in Italy and wood and takes a good polish. For France. After the nuts have been dock work, piers or jetties it is a blanched they are dried and ground. most useful timber, keeping sound a From this flour a sweet and heavy long while under water.

tors present. As Suggested.

"Since leaving college," said young

Sapleigh, "I am at a loss to find any "If you will permit me," rejoined

Paralyzed Him Anyway.

The One-Our friend Buttinski is suffering from an The Other-You mean a paralytic stroke, don't you? The One-Oh. the woman at the He was struck by

Another Point of View. "Brains will tell, my boy," said the man who thought he was in the wise

"Brains do not tell," replied the contrary person. "If they did all the world would be in the secret and brains wouldn't be worth any more than the market price at a butcher shop. See?"

Possible Explanation. Parker-Mrs. Howells evidently practices her pieces at home before singing them in the choir. Harker-Why do you think so?

Parker-Because her husband never attends church. Well Mated.

Windig-I've got a dog that can do almost anything but talk. Bifkins-Well, you and the ought to make a good team.

Windig-What do you mean by that? Bilkins-About all you do is talk.

Payer and Payee George W. Perkins was talking at a

dinner in New York about a multimil-"He's honest," said Mr. Perkins, dubiously. "Oh, yes; he's as honest as the

day is long. Of course, the days are shortening now, aren't they? "Anyhow, he said to me once: "'Perkins, I'm one of those old-fash loied codgers who firmly believe that

"Then he gave me an enigmatic nudge with his elbow and said: "'And I believe just as firmly, Perkins, that dishonesty gets paid.'

honesty pays.'

Potatoes on School Roof.

In Dresden, Saxony, there is a technical high school building heated by electricity taken from a power house, and potatoes planted on the roof of the schoolhouse have produced an excellent crop. That is one of the combinations of educational institution, industry and agriculture, by which the Germans claim they will be able to resist their enemies for years to come, and never go really hungry.

Chauffeur to Joffre.

The Poilu, a lively little newspaper produced in the French trenches, prints this Joffre story: The generalissimo's chauffeur.

L-, was chatting with some sol-

"Well," they asked him, "what does the general say?" "Oh, not much; he talks very lit-

"But yes-" "Well, the other day, for instance, in getting into the car, he said: Things all right, L-? Yes, general,' I replied.'

"And was that all he said?" "Another time he said to me, 'You have a very pleasing appearance, 'Yes, general,' I replied." "But does he never speak about the

"Oh, not often. But yet-the other day he did say to me, 'Ah, my brave when is this war going to

Had It Over Washington.

First Thinker-There's one way have it over Washington. Second Thinker-I'm your friend I'll listen to it. First Thinker-He couldn't tell a

establishment.

Paraguay has a new meat-packing

THE DIGESTION WEAK THE LIVER INACTIVE OR YOU NEED A TONIC =TRY=

THE APPETITE IS POOR

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LOOK FOR W. L. Douglas Who Douglas \$3:00 \$2.50 & \$2.00 name and the retail price stamped on the bottom.

"Doesn't it make you indignant for that man next door to come out and shout at your boys for disturbing Cumberland Lodge, is doing well this "It used to," replied the placid wom-

an, "but he doesn't any more. You have no idea how he amuses the Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the
Signature of Caffelitehrs.
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria Diplomatic Intercourse.

Col. E. M. House said at a dinner more truthful and frank. The way lighting the gas with two-dollar bills?" some diplomats treat one another, they

don't get any nearer to real, helpful intercourse than the two celebrities that way." "Two celebrities, one a stutterer and tea. After the tea the stuttering celeb-

rity was asked how he and the deaf one had got on. "'Oh, we got on fine,' he answered. 'I couldn't talk an he couldn't hear me.' "

Summer Resort Ethics. "She gave me a kiss last night." "Would it be good to ask for another

tonight?" "Unquestionably, my boy. If you don't she may think you didn't like the

"Well, I don't blame him for getting mad, if she made light of his earnings COND IN HEAD CATARRH

DR MARSHALL'S

CATARRH SNUFF

It is reported that the king's grape

vine at Windsor, in the gardens near

year and is likely to yield more than

500 bunches. Planted in 1775, it is 120

feet in length and 20 feet in width.

The most remarkable vine in Europe,

however, is the famous vine at Hamp-

on Court, from which this is a cut-

ting. This was planted in 1768 and

Misguided Optimism.

"Bliggins told me. When she heard

here was going to be a street railway

strike she congratulated him because

Dark Accusation.

"Did you see where a man some-

e wouldn't have to catch a car."

'Bliggins' wife is an optimist."

still yields abundantly.

"How do you know?"

5 AT ALL DRUG STORES OR SENT PREPAI BY WILLIAMS MFG. CO. CLEVELAND. GALL STONES OPERATIONS Aches in Stomach, Back, Side or Shoulders; Troubles, Stomach Misery, Dyspepsia. Colic, Bittonsness. Headache, Constipation, Piles, Ca

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 200% in Ten Days

Suffered Untold Agony for Years Doctoring for Nervous Weakness, Stomach, Liver or Kidney Disease or Some Other Ailment When Their Real Trouble Was Lack of Iron in the Blood-How to Tell.

dyspepsia, kidney or liver trouble; is almost immediately beneficial. sleepy and tired all day; some fussy

In Many Instances-Persons Have | make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time double, and even triple their strength and en-NEW YORK, N. Y .- In a recent dis-durance and entirely get rid of their course Dr. E. Sauer, Specialist, of this symptoms of dyspepsia, liver and other city said: If you were to make an actroubles in from ten to fourteen days' tual blood test on all people who are time simply by taking iron in the ill you would probably be greatly as- proper form, and this, after they had tonished at the exceedingly large num- in some cases been doctoring for ber who lack iron and who are ill for months without obtaining any benefit. no other reason than the lack of iron. You can talk as you please about all The moment iron is supplied all their the wonders wrought by new remedies, multitude of dangerous symptoms dis- but when you come down to hard facts appear. Without iron the blood at once there is nothing like good old iron to loses the power to change food into liv- put color in your cheeks and good ing tissue and therefore nothing you sound, healthy flesh on your bones. It eat does you any good; you don't get is also a great nerve and stomach the strength out of it. Your food strengthener and the best blood builder merely passes through your system in the world. The only trouble was like corn through a mill with the that the old forms of inorganic iron rollers so wide apart that the mill can't like tincture of iron, iron acetate, etc., grind. As a result of this continuous often ruined people's teeth, upset their blood and nerve starvation, people be- stomachs and were not assimilated and come generally weakened, nervous and for these reasons they frequently did all run down and frequently develop more harm than good. But with the all sorts of conditions. One is too discovery of the newer forms of orthin; another is burdened with un- ganic iron all this has been overcome. healthy fat; some are so weak they Nuxated Iron, for example, is pleasant can hardly walk; some think they have to take, does not injure the teeth and

NOTE-The manufacturers of Nuxated and irritable; some skinny and blood-less, but all lack physical power and endurance. In such cases, it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your fagging vital powers for the moment, maybe at the expense of your life later on. No matter what anyone tells you, if you are not strong and well you owe it to yourself to