Greatest Nerve Vitalizer Known

A 50-CENT BOX FREE

A Recent Discovery, Kellogg's Sanitone Wafers, the Most Effective Nerve Strengthener for Men and Women Ever Found by Science.

This is the world's newest, safest, most reliable and effective nerve invigorator, revitalizer, brain awakener, body strengthener, without equal in the world's history of medicine. It brings about a change from that awful, dull, weak, lazy, don't-give-a-hang feeling to brightness, strength, clear-headedness and courage which is remarkable.

Kellogg's Sanitone Wafers Make You Act Like a Boy. You Feel Just Like Jumping Over a Fence.

FOR MEN—Nerve force gone! You are what your nerves are, nothing else. If you feel all run-down from overwork or other causes, if you suffer from insomnia, "caved-in" feeling, brain fag, extreme nervousness, peevishness, gloominess, worry, cloudy brain, loss of ambition, energy and vitality, loss of weight and digestion, constipation, headache, neuralgia or the debilitating effects of tobacco or drink, send for a 50c free trial box of Kellogg's Sanitone Wafers, and soon you will be well, strong and happy.

FOR WOMEN—If you suffer from nervous breakdown, extreme nervousness, "blue" spells, desire to cry, worry, neuralgia, back pains, loss of weight or appetite, sleeplessness, headaches and constipation, and are all out-of-sorts, Kellogg's Sanitone Wafers will make you feel that there is more to life than you ever realized before. Send today for the 50c free trial box.

No more need of dieting, diversion, travel, tiresome exercises, dangerous drugs, electricity, massage, or anything else—Kellogg's Sanitone Wafers do the work for each and all, give you nerve-force and make you love to live.

All first-class druggists have Kellogg's Sanitone Wafers in stock, at $1.00 a box, or they will be mailed direct upon receipt of price by F. J. Kellogg, 1432 Hoffmaster Block, Battle Creek, Mich. No free trial boxes from druggists.

A 50-cent trial box of this great discovery will prove that they do the work. They are guaranteed—every wafer. Send coupon below today for free 50c trial box of Kellogg's Sanitone Wafers.

Free Trial Box Coupon

F. J. Kellogg Co., 1432 Hoffmaster Block, Battle Creek, Mich.

Send me by return mail, free of charge, a 50-cent trial box of the wonderful discovery for nerves, Kellogg's Sanitone Wafers. I enclose 6 cents in stamps to help pay postage and packing.

Name .....

Street or R.F.D. .....

City ..... State .....

The regular $1.00 size of Kellogg's Sanitone Wafers for sale in Omaha at Sherman & McConnell Drug Co., 102 So. 16th, 24th and Farnam; Owl Drug Co., 324 So. 16th; Beaton Drug Co., 1501 Farnam; Loyal Pharmacy, 207 N. 16th St.; Bell Drug Co., 1216 Farnam St.

No free boxes from druggists.

WRINKLES GO QUICK

NEW COMPLEXION GLORY

Princess Tokio Wrinkle Treatment and Beautifier Makes You Look Young

BEFORE AND AFTER USING PRINCESS TOKIO TREATMENT

Wrinkles, crow's feet, lines, pimples, blotches, blackheads, sagging and sallow skins vanish and your complexion is made soft, smooth, clear and tinted with the exquisite, delicate coloring of girlhood. Rough, red hands, neck and arms made smooth, soft and white again.

If you only knew how old you look with those tell-tale wrinkles, you would not hesitate another minute. The Princess Tokio treatment can make you youthful-looking and beautiful again without danger of disagreeable consequences. Just an easily applied and delightful home treatment that restores old, faded, blotched and wrinkled skins like magic.

Buy this wonderful treatment today. The price is only $1.00 at any first class druggist or department store. By mail 10c extra. Out-of-town orders promptly filled by the following department stores and druggists, or sent prepaid upon receipt of price by Princess Tokio Beauty Co., Brecht Bldg., Denver, Colo. For sale in Omaha by Sherman & McConnell Drug Co., Orkin Bros.' Dept. Store, Brandeis Dept. Stores, Beaton Drug Co., Myers & Dillon, Merchant Drug Co., Iler Grand Pharmacy and others.—Advertisement.

Nadine Face Powder

(In Green Boxes Only.)

Makes the Complexion Beautiful

Soft and Velvety

It is Pure, Harmless

Money Back if Not Entirely Pleased.

The soft, velvety appearance remains until powder is washed off. Purified by a new process. Prevents sunburn and return of discolorations. The increasing popularity is wonderful. *White, Flesh, Pink, Brunette.* By toilet counters or mail. Price 50 cents.

NATIONAL TOILET COMPANY, Paris, Tenn.

Sold by Sherman-McConnell Drug Co., Owl Drug Co., Loyal Pharmacy, Harvard Pharmacy, others.

Send Check or Money Order

for $6.00 to C. M. Gordon, California, Mo., and get a barrel of pure sweet cider at 12½c per gallon, you pay freight. Only good clean apples used.

By HENRIETTA M. REES.

THE English language is gradually coming into its own. In an article in a recent issue of Musical America, Countess Elise Josty, widow of the late American Consul General Hamilton of Naples called English "the language of angels." She pictures the effect of a well-trained choir in a cathedral church singing "Nearer, My God, to Thee," and compares the resonant head tones, to which the English singers are inclined, to the effect which would be produced by a choir of Italians singing the same hymn in their own language. "The latter," says the countess, "might startle by magnificance of execution and beauty of the voices, but it would hold us much closer to the singers than to God." Thus she deduces the fact that English is par excellence the language of religious music.

In the realm of solo song we all know what our own David Bispham is doing for the English language. He not only shows us how beautiful even foreign songs may be when sung in English in a good translation (not made by some fireman at the publishing house in his spare time during the summer). He also shows us, by his remarkable diction, what a dreadful jargon most of us talk.

W. H. Humiston says of grand opera in English: "There are some operas, 'Il Trovatore,' for instance, where it makes very little difference whether the words are understood or not. In a coloratura aria, for instance, all consonants are in the way. But in a Wagner opera, or Mozart, or the later Verdi, the words are important; nay, absolutely necessary to an understanding of the whole work. And a work not understood is a work not enjoyed. A conductor should be not only familiar with the original language of the opera he is conducting, but educated in the one in which it is being sung. Having authoritative knowledge, he should insist that the best translation be used, and if he can suggest improvements here or there, so much the bettr.

After Italian opera had been introduced into Germany and England in the early '70s, the anomaly of language first appeared. The purveyors felt that the people should understand the whole of the play, but they were dependent on foreign singers and foreign composers to a great extent, and they knew that their own languages were not as well adapted to Italian music as Italian. So, for a space, they made use of two languages. In Italian opera at this time such a thing as consistency had long been lost sight of. In Hamburg it was not considered at all funny when Aeneas, perhaps in private life a citizen of Venice, voiced his sentiments in his own Italian and received the reproaches of a Teutonic Dido in good guttural German.

Addison writes thus of opera in England: "The king or hero of the play generally spoke in Italian, and his slaves answered him in English; the lover frequently paid his court and gained the heart of his princess in a language she did not understand. At length the audience got tired of understanding half the opera, and to ease themselves entirely of the fatigue of thinking, so ordered it that the whole opera was performed in an unknown tongue." Addison thought that the grandchildren of his forefathers would wonder at the conduct of their forefathers in listening to plays they did not understand. I wonder what Addison would have thought if he could have been in Chicago when the Chicago Opera company there put on "The Girl of the Golden West," by Puccini, a play of California, played to an American audience in an American city, in Italian, with Italians in the roles of western miners, and plump, pampered, well-fed, hotel-dwelling Caruso in the part of a mountain vagabond? Or, what would he have thought if he had later listened to the efforts of some of these same Italians trying to sing the words of the translation in English!

I wonder what the matter is with Mr. Puccini? Anyway, of his two operas that deal with Americans, he has picked out rascals to portray. Perhaps he doesn't like us, or, perhaps, like many other opera composers, he feels it would be a dreadful mistake to have a really decent, edifying libretto for his wonderful music. If the English language is the best language for religious music, maybe that is the reason why it is not supposed to fit foreign grand operas.

An amusing story is told in this week's Musical Courier: "A rather hard featured young woman, once bent upon an interview at the New Jersey home of the famous contralto, was confronted at the threshold by a motherly-looking woman sweeping the hall. As the door was ajar, the caller, a stranger, of course, was not obliged to ring the bell. 'Is Madame Schuman-Heink at home?' inquired the visitor, in a tone of voice that only too plainly betrayed a lack of breeding and a lack of feeling. The woman stopped sweeping, and, coming toward the door, said, 'Yes, Madame Schuman-Heink is at home.' 'Here is my card,' interrupted the caller, as she glanced coldly at the woman with the broom. The card was taken up as the broom was laid aside, and with the other hand the dustcap was removed from the queenly head. Its owner opened wide the door, as she said to the rude visitor: 'I am Madame Schuman-Heink; what can I do for you?'"

When Tito Ruffo, the famous baritone, who earns the fabulous salary, makes his American debut at the Metropolitan opera house in Philadelphia, in the title role of "Rigoletto" on Monday evening, November 4, the other three principal members of the cast will be Americans. Anna Gluck will sing the role of Gilda; Henri Scott will be the Sparafucile, and the duke will be Orville Harrold, the Indiana tenor, who was the sensation of Hammerstein's London opera house last summer. He has been "loaned" by Mr. Hammerstein for the occasion. Harrold sings high E flat with as much facility as does Tetrazzini. This is in line with Mr. Dippel's policy to give as much prominence as possible to native singers.

Gein Dillard Gunn answers the criticisms of Europeans in regard to MacDowell's sonatas—that they do not obey the laws of sonata form—that possibly Mr. MacDowell may not have intended to follow the laws of sonata form, that his departures are to be construed as an interpretation of originality, that his divergence from the established European conventions result from the necessity of expressing a spiritual experience that was un-European, for MacDowell is one of our foremost American composers.

In regard to the approaching visit of the Aborn English Grand Opera company, there is a copy of the score of every opera they will perform in the Omaha Public library. There are also some twenty-five or more books on the opera itself and opera stories. In the reference room there are the volumes of operas in the "American Encyclopedia of Music," and the volumes of operas in a large collection of books called "Drama and Opera." The library has recently printed a circular of music for those who are fond of it and do not feel as though they understand it, giving a few hints and suggestions for study, and several references.

Mr. Martin Bush, at his recital Tuesday evening, October 29, at the First Baptist church, will play besides the three contemporary numbers previously referred to, a sonata by Chopin, a group by Chabrier, a Dohnanyi rhapsody, and a paraphrase by Pabst on themes from the opera, "Eugene Onegin," by Tschaikowsky. A rather unusual and interesting program.

A group of original songs by Mrs. Eleanor Everist Freer is mentioned in the Chicago Tribune. These have a worthy English text, chosen from Robert Browning, Thomas Moore and other well known verse writers. The pessimistic Mr. Gunn predicts they will not be popular with our European visitors, because they already have their repertory of German songs, and when they make a concession to American songs, it is with some trivial example, reserving their serious effort for great songs they have already learned. He also foresees they will not be popular with the American singers in the concert world, because they have spent so many years learning to sing French, Italian and German that they are embarrassed by English texts. Truly, these songs must be worth while, and yet their chance of musical life is in a bad way.

Won't we have a musical week, November 3-10, with the Aborn company the entire week in opera, Mme. Schumann-Heink November 7, and the Mendelssohn choir with Mr. Green of Chicago at the teachers' convention November 8.

On Saturday afternoon, November 2, the first pupils' recital of the season is announced when Miss Helen Mackin and Mrs. Louise Jansen Wylie will give a joint pupils' program on the third floor of the Boyd theater building. Friends are invited to attend.

The Oliver-Ditson company has recently published a book called "Rhythm and Action with Music for the Piano" edited by Katherine P. Norton. This is designed especially for use in kindergartens and gymnasiums, and will fill a want long felt in this line of work. The pieces are all extremely easy so that they are possible to assistants of very limited piano technic and at the same time they are tuneful and will appeal to the children. A good feature of the book is the grouping under various heads, those pieces most suited for certain exercises, such as marching, sports, running, nature rhythms, etc. Suggestions are given over a few of the selections.

The following program in charge of Mrs. Wagner Thomas will be given at the next meeting of the musical department of the Woman's club, Thursday afternoon, October 31, at 2:15:

Paper—Smetana and Dvorak.....
Mr. Frank Mach.
"Aus Meinem Leben".....Smetana
The Henry Cox String Quartet.
Arie z "Prodane Nevesty".....Smetana
Miss Zdenka Sinkule.
"Humoreske" ..... Dvorak
The Henry Cox String Quartet.
"Ach neni tu"
"Kdyz stara matka".....Dvorak
Miss Zdenka Sinkule.
"Negro" Quartet, F maj.....Dvorak
The Henry Cox String Quartet.

The Henry Cox String Quartet: Miss Eloise West, First violin; Miss Madge West, Second violin; Will Hetherington, viola; Milo D. Smith, cello.

First Chinese Lad in Omaha Schools

Willie Joe, 5 years old, is the first Chinese student to enter the public schools. He enrolled at Cass this week. Sam Joe, the boy's father, came to Omaha from Minneapolis about a year ago and is proprietor of a restaurant here. Willie was born in Minneapolis.

"Bill" can read a little bit now. He is also some singer and dancer and demonstrated all the new dances to a crowd of teachers in the office of the superintendent of schools. He also sang for the teachers, who were much pleased with his effort.

Mr. Joe brought the lad to the superintendent's office to arrange to have him go to school. His father permitted the boy to handle the situation himself and he fired questions at the school officials rapidly and in good English.

Willie is the only son of Mr. and Mrs. Joe. The boy says he's going to get a good American education, and then he doesn't know what he'll do, but whatever it is he will do it well.

At the Theaters

(Continued from Page Eight.)

sal Weekly, which depicts most recent happenings throughout the world.

Miner's "Americans," the big American beauty show, will be the attraction at the Krug theater for the week, commencing with the usual Sunday matinee, in a bright musical burlesque of two acts and four scenes entitled "The Yankee Doodle Girls," with a very high class cast and a chorus of thirty pretty girls. Miss Margaret Flavin, the Lillian Russel of burlesque, heads the cast. George B. Alexander essays the role of tramp comedian. Bob Deming will be seen again as a village preacher. Others in the cast are Chester Nelson, Felix Rush, Charles Barrett and Charley Mac. Miss Estelle Colbert, a singing and dancing soubrette, divides the honors with Miss May Wentworth. There are eighteen musical numbers and several big dancing numbers in addition in the show.

The Persistent and Judicious Use of Newspaper Advertising Space is the Best Road Into the "Big Business" Class.

JUVENILES IN NEW QUARTERS

Judge Kennedy Has Long List of Cases to Dispose Of.

COLORED LAD IS DELINQUENT

Father Admits in Court that He is Responsible for Keeping His Son from Attending School.

Youthful derelicts and delinquents, weeping mothers and less uncertain fathers made up the interesting assemblage of persons in juvenile court this morning. Mogy Bernstein, probation officer, had the largest assortment of young defendants that has been rounded up in court in a long time and the entire day will be required by Judge Kennedy to dispose of the cases.

The court room in the new Douglas county court house is so arranged that defendants, witnesses and court officials are all thrown together like a family group and the atmosphere about the place lacks the sterner justice that so often frightens the youngsters. By this arrangement the judge is able to talk to the youths in a heart-to-heart way much after the fashion of a father.

One of the most interesting cases up during the morning hours was that of Arthur Barnes, a 12-year-old colored lad, who has offended the law by not attending school. The father, an old southern darkey who might be mistaken for the "Bred in Old Kentucky" sign, appeared in the boy's behalf and explained that he was responsible for the boy's absence from school, defending his action on the limitations of the negro in regard to study.

Cannot Study.

The boy, an apparently bright little fellow, explained to the judge that it was impossible for him to study or keep his mind on books for any length of time. To study made his headache, causing nervousness. The father explained that he himself had been a school teacher in his younger days and knew the condition of the boy's mind with reference to limitations. The judge ordered that the lad be examined by physicians and if he is unable to study he will be put to work. Young Barnes is a good boy, but cannot study.

Rodney Eckman, up for the theft of some jewelry, presented a case that was puzzling for a time. He held out well in his story of theft, but testimony of witnesses was contrary. In the end the judge ordered that he be sent to the reform school for eighteen months and in a fatherly way told him what a fine place the institution is and what it will do for him in the way of giving the right start in life. Young Eckman, though, was not thoroughly convinced and he left the court room in tears. Before he left he asked the judge to be allowed to go to the school unattended, but the judge would not trust him on account of his past record.

There were several cases of young girls up, most of them for not attending school and keeping bad company.

Big Interest Shown in the Wheat Crop

Prospects of unusual figures relating to the yield of wheat this year is creating some interest in past yields, and a subscriber, A. C. Bales of Auburn, Neb., writes to The Bee asking for the year during which the greatest number of bushels of wheat were raised. The heaviest yield was in 1901, when 748,460,218 bushels were harvested. The figures for the last sixteen years are as follows:

Year.	Bushels.	Year.	Bushels.
1909	683,350,000	1901	748,460,218
1908	664,602,000	1900	522,229,505
1907	634,087,000	1899	547,303,846
1906	735,260,970	1898	675,148,705
1905	692,979,489	1897	530,149,168
1904	552,399,517	1896	427,684,347
1903	637,821,836	1895	467,102,947
1902	670,063,000	1894	460,267,000

MESSENGER BOY IS HIT BY AN AUTOMOBILE

Raymond Kroger, a messenger boy, was painfully bruised about the head and body when he was struck by an automobile supposed to have been driven by J. B. Adams at Seventeenth and Douglas streets. He was taken to a nearby physician, who dress his wounds. The boy lives at 2904 Farnam street.

CHICAGO PACKING PLANT IS DESTROYED BY FIRE

CHICAGO, Oct. 26.—The plant of the Independent Packing company, which occupied a five-story building, 150 feet square, at West Forty-first and South Halstead streets, just outside the stock yards, was practically destroyed by fire early today. The loss is estimated at $100,000.

The Chesapeake

SUNDAY TABLE D'HOTE DINNER

From 11:30 a. m. to 8 p. m.

50c

Blue Points on Half Shell

Chilled Celery Queen Olives

Cream of Fowl a la Reine
or
Douglas

Filet of Flounder a la Hatchriee.
Victoria Potatoes.

Roast Young Pig, Baked Apples.
or
Roast Young Chicken Stuffed, Cranberry Sauce

Custradio of Rice, Fruit Sauce.

Mashed Potatoes. Sugar Corn.

Celery and Apple Salad.

Vanilla Ice Cream
Chocolate Cake.

Tea Coffee Milk

October 27, 1912.

JACK DENNIS, Mgr.

Prescription Economy

We don't make a feature of cut prices in our Prescription Department. Of course, you know that we'll save you money wherever it's possible—but the one thing that every Sherman & McConnell Store insists upon—all the time, and every time—is ACCURACY—and ONLY GUARANTEED DRUGS. Our idea is—not how cheaply we can compound your prescription—but how carefully—and that's true economy.

SHERMAN & McCONNELL DRUG STORES.

Another Industry Starts Operations Quietly in Omaha

Without any formality, a new factory has slipped into Omaha, established its plant and started the first consignment of its goods to the consumers.

It is the Nelson Egg Case Filler Manufacturing company and was brought to Omaha by L. J. Nelson, owner of the National Box factory. It is one of five of its kind in the United States.

The factory has been installed at 1547-49 North Sixteenth street, and already three carloads of its product have been shipped out, one to Minneapolis, one to Sioux City and the third to Pattonburgh, Mo.

Mr. Nelson is secretary of the new concern and Kelly Whipple of Portland, Ind., has come here to be vice president and superintendent.

The firm employs twenty men, nineteen of whom are residents of Omaha. It expects to increase its facilities in a year or so in order to supply a demand of one carload of egg case fillers a day.

BIG CEMENT COMPANY IN HANDS OF RECEIVER

KANSAS CITY, Mo., Oct. 26.—Upon application of the Commerce Trust company of Kansas City, Frank Travis of Iola today was appointed receiver for the Great Western Portland Cement company by Judge Pollack, in the federal court in Kansas City, Kan. The company's plant near Iola, Kan., was closed about three months ago and an effort to reorganize failed.

The Great Western company was capitalized at $1,500,000. A drop in prices was assigned as the cause of closing the plant.

The Commerce Trust company holds a trust deed for $350,000, of which bonds to the amount of $180,000 have been sold.

RYDER WANTS INCINERATOR

Asks Council to Look Into Garbage Destruction in Other Cities.

FAVORS A LARGE BOND ISSUE

In Order to Erect Police Substations, Fire House and Incinerator Ryder Says that Funds Are Needed.

Police Commissioner Ryder has invited the city council to inspect the methods by which garbage in this city is destroyed and to consider the advisability of establishing an incinerator, such as is used by several other large cities.

Mr. Ryder believes that such an incinerator would cost not more than $25,000, and that it would not only be the means of disposing of garbage in a quick and sanitary manner, but that it would also be a source of revenue.

In other cities, he says, the product of such an incinerator is sold for fertilizer and cannot be produced in quantities sufficient to supply the demand.

The police commissioner wants two new sub-police stations, a municipal workhouse, where prisoners can be given employment and a small wage and a municipal garbage incinerator.

He has discussed with several organizations the advisability of submitting a $500,000 bond issue to the people to cover these and other improvements contemplated, but beyond reach of the commission under the present charter, which limits the expenditures for municipal purposes to $1,000,000 a year.

IMPROVEMENT SHOWN IN CONDITION OF WAKELEY

Judge Eleazer Wakeley after putting in a very comfortable night, took a turn for the better today and his condition is somewhat improved over that of yesterday. Mr. Wakeley has been confined to his bed for over two weeks.

Are You Subject to Constipation?

Here is a Simple Way of Correcting It Instantly Before It Becomes Chronic

Very few people go through life without some time or other being troubled with constipation. Thousands injure themselves by the use of strong cathartics, salt waters, pills and similar things. They have temporary value in some cases, it is true, but the good effect is soon lost, and the more one takes of them the less effective they become.

A physic or purgative is seldom necessary, and much better and more permanent results can be obtained by using a scientific remedy like Dr. Caldwell's Syrup Pepsin. It does not hide behind the name of a fruit or vegetable, but is what is represented to be, a mild laxative medicine. It is so mild that thousands of mothers give it to tiny infants, and yet it is so compounded and contains such definite ingredients that it will have equally good effect when used by a person suffering from the worst chronic constipation. In fact, among the greatest endorsers of Syrup Pepsin are elderly people who have suffered for years and found nothing to benefit them until they took Syrup Pepsin.

It is a fact that millions of families have Syrup Pepsin constantly in the house, homes like those of Mr. W. Bert Skinner, Berwyn, Neb., and Mrs. J. H. Durand, Grand Rapids, Minnn. The special value of this grand laxative tonic is that it is suited to the needs of every member of the family. It is pleasant-tasting, mild and non-griping. Unlike

MR. W. BERT SKINNER

harsh physics it works gradually and in a very brief time the stomach and bowel muscles are trained to do their work naturally again, when all medicines can be disposed with.

You can obtain a bottle at any drug store for fifty cents or one dollar. The latter size is usually bought by families who already know its value.

If no member of your family has ever used Syrup Pepsin and you would like to make a personal trial of it before buying it in the regular way of a druggist, send your address—a postal will do—to Dr. W. B. Caldwell, 415 Washington St., Monticello, Ill., and a free sample bottle will be mailed you. Results are always guaranteedanteed or money will be refunded. —Advertisement.

The DOCTOR'S ADVICE

by Dr. Lewis Baker

The questions answered below are general in character, the symptoms or diseases are given and the answers will apply to any case of similar nature.

Those wishing further advice free, may address Dr. Lewis Baker, College Bldg., College-Elwood Sts., Dayton, O., enclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well stocked drug store. Any druggist can order of wholesaler.

"Old Soldier" writes: "I would like to know what to do for rheumatism, as I am so crippled that I cannot walk. Please answer at once."

Answer: Here is the best remedy for rheumatism that is known, and if taken according to directions you will soon be out again and be strong and well. Get 2 drams of iodide of potassium; 4 drams sodium salicylate; one-half oz. wine of colchicum; 1 oz. comp. essence cardiol, 1 oz. comp. fluid balmwort, and 8 ozs. of syrup sarsaparilla comp. Mix and take a teaspoonful at meal time and again before going to bed.

* * *

"Laura" says: "Some time ago I contracted a very severe cold and cough. I have tried many remedies, but they do not seem to help me at all. I wish you would advise me what to do."

Answer: What you need is a laxative cough syrup, one that will drive the cold from your system. The following prescription will cure your cold and cough: Get a 2½ oz. package of concentrated essence mistho-laxene and make according to directions on the bottle. Take a teaspoonful every hour or two until your cold is better. This will cure you in a very few days.

* * *

"Stenographer" writes: "I can scarcely do my work on account of the terrible distress in my stomach after eating. I have a heavy feeling in my stomach and gas forms. I am also constipated."

Answer: This condition if neglected will cause appendicitis. You should begin at once and take tablets triopeptine, which can be bought in any drug store at small cost. They are packed in sealed cartons with full directions accompanying the package. I am sure many cases of appendicitis could be prevented by the use of triopeptine.

* * *

"A. R." writes: "Please send me a prescription for a good tonic. I am weak and languid all the time, have no appetite and cannot sleep at night."

Answer: Obtain the following ingredients from your druggist and take for several weeks and you will be strong and healthy: Syrup of hypophosphites comp., 8 ozs.; tincture cadomene comp., 1 oz. (not cardamom), and take a teaspoonful before each meal. Shake well before taking.

* * *

"Mrs. G." writes: "Please prescribe a safe treatment for reducing flesh. I am getting too stout for comfort, but I have always been afraid to try anything."

Answer: A reliable and quick acting formula for reducing weight is: Aromatic elixir, 5 ozs.; glycol arbolene, 1 oz. Mix, shake well in a bottle and take a teaspoonful after each meal for three days, then take two teaspoonfuls. Continue a sufficient length of time to properly reduce your weight.

"Unhappy May" writes: "I suffer constantly with headaches, indigestion and kidney trouble. My skin is pimply and oily."

Answer: Three grain sulpherb tablets (not sulphur tablets) is the best-known remedy for the blood. They are made from sulphur, cream of tartar and herb medicines which act directly on the blood, purifying it, thus causing the pimples to disappear and the skin to become fresh and healthy looking. These sulpherb tablets are packed in sealed tubes and can be bought at any drug store. They will also cure your kidney trouble and indigestion.

* * *

"Mrs. O."—The best remedy for bedwetting in children is to give them 10 to 15 drops in water before meals of the following: Tincture cubeba, 1 dram; tincture rhus aromatic, 2 drams, and comp. fluid balmwort, 1 oz.

* * *

"Audry" writes: "For the past year I have suffered greatly with catarrh. It has affected my blood, stomach and bowels to such an extent that I suffer constantly. Can you tell me a cure?"

Answer: I heartily recommend the use of antiseptic vilane powder for the cure of catarrh. First ask your druggist for a 3 oz. package of vilane powder; then thoroughly cleanse the nostrils with the following wash: One-half teaspoonful of the powder to a pint of warm water. Use this several times a day by snuffing the water from the palm of the hand through the nostrils; after which make a balm by mixing a teaspoonful of vilane powder with one ounce of lard or vaseline and apply to the nostrils daily. Internal treatment for the stomach, bowels and blood should be used. Syrup sarsaparilla comp., 4 ozs.; comp. fluid balmwort, 1 oz.; fluid ext. buchu, 1 oz. Mix and shake well and take a teaspoonful four times a day.

* * *

"Borrowful May" says: "My scalp is covered with dandruff, my hair is oily and straggling. Please help me so that I may look like other girls."

Answer: You can very easily "look like other girls" if you will get at the drug store a 4-oz. jar of plain yellow mirlyol and use it regularly according to the directions given. It will cure your dandruff and make your hair soft and fluffy and make it grow. This treatment differs from all others and I have actually seen the most wonderful transformations when people have used this only two or three times.

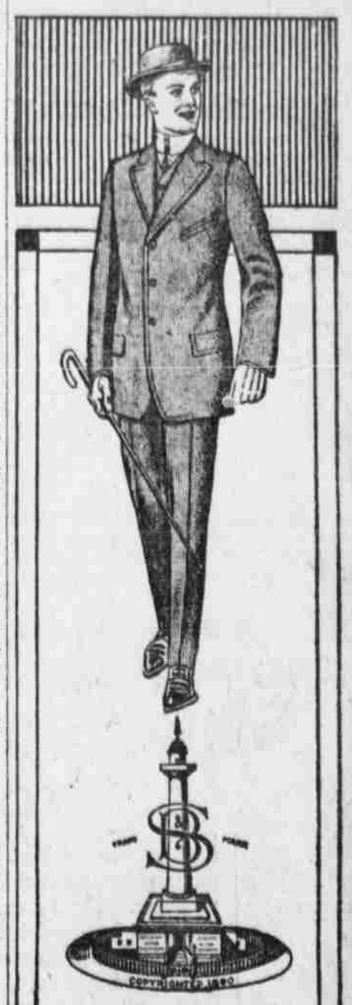
* * *

"Ann" writes: "Could you prescribe something to increase my weight? I am tall and thin to such an embarrassing degree that I am frequently subjected to slighting remarks."

Answer: Hypo-Nuclane tablets have been prescribed with great success as indicated by gratifying letters from hundreds of girls who suffer as you do. These tablets can be purchased in sealed packages from any well-stocked drug store and full directions are given inside. These should be taken regularly for about two months, and you will be surprised to note the color in your cheeks and lips and your weight will increase from 15 to 30 pounds.

* * *

Send 2c for Dr. Lewis Baker's book on "Health and Beauty."—Advertisement.



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