

## IF THIN AND NERVOUS, TRY PHOSPHATE

Nothing Like Plain Bito-Phosphate to Put on Flesh, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

When one stops to consider the host of thin people who are searching continually for some method by which they may increase their flesh to normal proportions by the taking out of ugly hollows, the rounding off of protruding angles with the attendant bloom of health and attractiveness, it is no wonder that many and varied suggestions along this line appear from time to time in public print.

While excessive thinness might be attributed to various and subtle causes in different individuals it is a well-known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond a question of doubt that a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in his book, "Chemistry and Food Nutrition," published in 1912, says: "That the amount of phosphorus required for the normal nutrition of man is seriously underestimated in many of our standard text books."

It seems to be well established that this deficiency in phosphorus may now be met by the use of an organic phosphate known throughout scientific circles as Bito-Phosphate. Through the assimilation of this phosphate by the nerve tissue the phosphorus is absorbed in the amounts normally required by nature soon produces a welcome change in our body and mind. Nerve tension disappears, vigor and strength replace weakness and lack of energy, and the whole body soon loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.

**CAUTION:** While Bito-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

## HEARTBURN Caused by Acid-Stomach

That bitter heartburn, belching, food-repeating, indigestion, bloating after eating—all are caused by acid-stomach. But they are only first symptoms—danger signals to warn you of awful troubles if not stopped. Headache, bitterness, rheumatism, acidity, that tired, listless feeling, lack of energy, dizziness, insomnia, even cancer and ulcers of the intestine and many other ailments are traceable to ACID-STOMACH.

Thousands—yes, millions—of people who ought to be well and strong are mere weaklings because of acid-stomach. They starve in the midst of plenty because they do not get enough strength and vitality from the food they eat.

Take EATONIC and give your stomach a chance to do its work right. Make it strong, cool, sweet and comfortable. EATONIC brings quick relief for heartburn, belching, indigestion and other stomach miseries. Improves digestion—helps you get full strength from your food. Thousands say EATONIC is the most wonderful stomach remedy in the world. Bring them relief when everything else failed.

Our best testimonial is what EATONIC will do for you. Go get a big box of EATONIC today from your druggist, use it five days—if you're not pleased, return it and get your money back.

## EATONIC (FOR YOUR ACID-STOMACH)

Let Cuticura Be Your Beauty Doctor

Alkermes: Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura, Dept. 2, Boston."

**PARKER'S HAIR BALSAM**  
A toilet preparation of merit. Helps eradicate dandruff, keeps the hair from falling out, restores color and beauty to Gray and Faded Hair. 50c. and \$1.00 at druggists.

**HINDERCORNS** Removes Corns, Calluses, etc. stops itching, restores comfort to the feet, makes walking easy, by mail or at druggists. Hiscoc Chemical Works, Pathecoque, N. Y.

SIoux CITY P.T.G. CO., No. 34-1919

Have a Party for Him.  
Howell—My boy was born on election day.  
Powell—That is a real campaign issue.

Elephantine.  
"Didn't I see Mr. Ledfoot dancing with you at the party?"  
"That's what he called it."

Its Species.  
"That petition was a bird."  
"Sure. Wasn't it a round robin?"—Baltimore American.

Coke Driven Truck.  
A new British steam driven truck makes use of coke as fuel, which is said to be successful and economical.

Thou shalt be served thyself by every shade of service which thou redest.—Robert Browning.

Show us a homely baby and we'll show you a father that'll admit it looks like its mother.

A broken trust is not easily mended. The faith of our friend is a treasure to carry carefully.

The landlord isn't exactly bringing down the house.

Men may suffer untold privations, but women always tell them.

Many a man who claims to be discreet is only a coward.

Worldliness is that which one refrains from and other folks enjoy.

A vain man always makes a great hit with himself.

But the neighbors of a self-satisfied man are not always satisfied with him.

Every time the telephone gets those metered rates, it is interrupted.

**MURINE'S** Rests, Refreshes, Soothes, Heals—Keeps your Eyes Strong and Healthy if they Tired, Smart, Itch, or Burn, if Sore, Irritated, use Murine's Salve for Infants or Adults. At All Drug Stores. Write for Free Eye Book. Murine's Remedy Co., Chicago, U. S. A.

## Plumb Plan Lacks Motive Power.

From the Bachs Review.

It will be noted that in the provisions of the Plumb bill and in the expressions of the railroad labor leaders, there is an intention, in a way, to provide for capital, no desire to completely confiscate it. Labor is to oust capital from control, but to continue to pay it a modern wage in its retirement. Outside of all other considerations the ultimate success of such a plan is worth thinking about.

Success in business may be said to result from the desire of both labor and capital to earn a living. Where the living is furnished to either the incentive to success is withdrawn.

The work which capital does outside of providing purchasing power for material, equipment, and expenses is to employ the best brains and energy obtainable and these are expected to conduct the business with such skill, economy and good judgment as to bring in the highest rates of net earnings possible. In any business, capital controls labor because the degree of efficiency which labor furnishes is an important factor not only in making both ends meet, but also in making returns go as far as they can possibly be increased over expenses, in order to produce ample profits.

Labor's desire to earn a living, and in the more thrifty classes, to save up and acquire a competence, is the motive power which makes labor increasingly efficient, in order, where labor is plenty to retain the job, but further than that by demonstrating greater efficiency to be entitled to higher wages.

Now under such a plan as the railroad unions propose in the Plumb bill, incentives to both labor and capital are almost entirely withdrawn. Capital is guaranteed a moderate fixed return and no more, and drops out of any effort of energy and ability to make a financial success of the project undertaken.

Labor under the control which is proposed is sure of its job. Its efficiency invariably and automatically falls off under such circumstances. Under the present government control it is said that the efficiency is only 60 per cent of what it was under private control before the war. This is bound always to be the case under such conditions. No matters how good the intentions of many or even of a large majority of workmen, it requires more than individual resolve to keep efficiency up to par. Good intentions and New Year's resolutions are absolutely inoperative without some great impelling force to materialize them. No substitute for this impelling force in business has ever been found to take the place of the desire for profit which capital furnishes and which keeps the fighting forces up to the sticking point all along the line.

## ARMENIA REMINDS US

From the Milwaukee Journal.

On the day that you were born, had you been able to read, you would very likely have seen in the newspaper that Turks were slaughtering Armenians. Any number of times since you will remember reading the same thing. You aren't surprised to read now that Turks and Tartars are advancing against Armenia from three sides.

As long as anyone can remember, it has been frankly admitted that no consideration for the feelings of Turkey restrained other powers from putting an end to such barbarity, but only mutual jealousy.

The present situation of Armenia speaks volumes against the fine phrases of those politicians who would ratify the peace treaty without the League of Nations. The peace commission must appeal with its work, as the framers of the declaration appealed, to the enlightened opinion of mankind. They would not be justified in the opinion of mankind if they merely made arrangements for closing up the accounts of war and left such possibilities as this that shows its ugly face in Armenia. They could not do less than provide some means of carrying out the sense of their decisions, of making allowance for carrying them into effect, as well as for correcting peaceably errors which no one can expect human counsels to escape.

Armenia's woes today bear testimony against those orators who have been so loud in criticism of the Shantung settlement and so ready to leave the world in such shape as it was when the Shantung concession was acquired by Germany. They have opposed on every sort of pretext the League of Nations, but they have never said what they offer the world in its place.

### Relics and the Unfixed Price

From the New York World.

A Vermont parson has just paid in Boston \$27.50 for a bed in which in 1860 there slept the visiting Prince of Wales who long afterward became Edward VII. Perhaps the reverend purchaser will find a sermon in his bargain. It is of record that a John Wesley bedstead of oak brought \$700 in an auction room not so many years ago.

In Paris, too, at auction of 1907, there was knocked down for \$300 the very carriage which had been driven to the Elysee, to the Opera and to the Theatre Francaise not only the czar of all the Russias but the sovereigns of Portugal, Spain, Sweden and Norway. And, moreover, the shah.

Collectors and the vanity of vanities! There went once \$7,500 for a chair in which Washington and Jackson had sat; \$4,500 for a letter from Mary, queen of Scots; \$500 for the bath in which Marat died. Yet the manuscript of the report to the congress on the treason of Benedict Arnold yielded on sale but \$250.

### Why Pretty Calendars Left.

From the Kansas City Star.

"There used to be a race among distributing concerns to see which could give away the most beautiful calendar. There isn't any more, the calendar that is exceptionally beautiful doesn't do the work desired."

The novelty salesman was talking. He was a veteran of the road and knew the salesman game from many angles. "Some sharp advertising managers recently discovered the advertising calendar isn't worth a whoop unless the people read what's on it—like other advertising in that respect. Women out in the little towns or on the farm would hang the beautiful calendars in the parlor where folks would see them from a distance, admire the drawing or the illustration, but never get up close enough to read the company's modest statements about its products. But the homely calendars would be hung in the kitchen and the housewife or the maid would see the every day thing with most of the visitors."

"That's why we're not offering many of 'em that are works of art any longer, which all goes to show just how much human nature figures in the salesman and advertising game."

### Curbing Grain Speculators.

From the Seattle Times.

The Canadian government has laid an imperative hand on the speculators in its wheat pits and grain markets. Announcement is made that the dominion intends to buy and market the country's entire 1919 crop. The grain will be sold "at prevailing world prices," the surplus being divided among the original sellers. The avowed intention of the authorities in the neighboring nation is to prevent profiteering and speculation, both of which marked the nine-day experience Canada recently had with open and unrestricted trading. More than anything else transpiring recently, the dominion's action strengthens the case of American observers, who have been urging that price regulation should be continued in this country during the present crop year.

### A Folke Lore Song.

De New M on tell me:  
"Come ter de se catch!  
Somethin' w'at an' an' julev  
In de watermillon patch!"  
But e' o' He'ant' nover:  
"You'll hf de trouble latch;  
Mind how you gwine

### Ter de watermillon patch!"

From the New York World.

Den de black dark tell me:  
"Don't you strike a match,  
An' go long whar you gwine  
Ter de watermillon patch!"  
—The Atlanta Constitution.

### Cardinal Mercier and Indians.

From the New York World.

When Cardinal Mercier visits the United States to thank the American people for their aid and sympathy for ravaged Belgium, he will wish, says his secretary, to visit the Indians in the northwest, about whom he has heard so much from his uncle, a missionary among them many years ago.

Very likely the cardinal need not wait to land before seeking our Indians. There may be some of them on his ship—quiet young fellows in olive drab; the officers speaking fairly good French. He may pass a few unwittingly in New York city. But of course in the west is still the place to see the Indians in numbers.

There Cardinal Mercier will find them—tooling their tractor ploughs, grumbling at the price and quality of Uncle John D.'s gasoline as they park their six-cylindered automobiles in town, running banks, newspapers and stores. He may find them taking a flyer in the new oil stocks in Texas, or obligingly selling their farms at high prices to speculators in Oklahoma. Carlisle is to be reopened, they say; there may be Indian football students again. If not, there are Indian schools in the west well worth a visit.

### Trucks Displace Camels.

From the Youth's Companion.

Thirty American motor trucks, recently bought by a company in eastern Turkistan, are to take the place of a caravan of 1,000 men and more than 4,000 camels to carry supplies from Tientsin to the colonies near III and to bring back agricultural products from the interior. Chinese, supervised by an American expert, will drive the trucks, and stations to supply water, fuel and lubricants will be established in the deserts at intervals of 300 miles. To comprehend the magnitude of the undertaking the reader need only realize that it corresponds to a motor truck freight-line between New York city and Tucson, Ariz.

### Making Bandits.

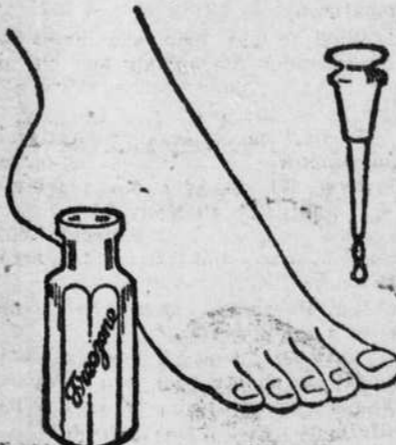
From the Los Angeles Times.

Instead of permitting guns to get into the hands of Mexicans Uncle Sam ought to take them away. If the Mexicans had no guns and were thus reduced to the necessity of knifing one another or going to work some of them would go to work. But as long as a bad peon can ride around on a mule with a rifle on his shoulder he will be idle and quarrelsome. If there wasn't a cartridge in Mexico the republic would be in comparative peace. Uncle Sam is responsible for nearly all the ammunition now or ever in Mexico and to that extent at least can be named for the slaughter of many of his own citizens.

The three Pacific coast states of Washington, Oregon and California will have contributed 3,724,524 dead weight tons of ships at the loss of the 1919 building program, as the result of the approximate figures by the shipping board. In all, 172 ships will have been built.

## Lift off Corns!

Doesn't hurt a bit and Freezono costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezono" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

Looking for Bids.  
"Did you ever use money in an election?"  
"No," said Senator Sorghum. "I have been accused of it, but I have always found that when you began to hint at money anybody with a vote to sell got his mind entirely off the election and wanted to turn it into an auction."

Cuticura for Sore Hands.  
Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Adv.

### Sailor's Fine Record.

Admiral William B. Caperton, late commander in chief of the Pacific fleet, who retired from active duty June 9th, had an unusual career. In the world war Admiral Caperton had the difficult task, requiring the greatest naval skill and diplomatic tact, of patrolling the Pacific waters and of having close relations with the governments of South and Central America. Since his graduation from the United States naval academy in 1875, he has seen active service in all waters, was in Cuban waters during the Spanish-American war, and had much service in Latin America in the subsequent revolutions, including the Mexican disturbance.

## UNHURT BY LONG IMMERSION

Articles Salvaged From Sunken Ships Found to Be Practically Unharmed by Action of Water.

Capt. Reginald Humphreys of the British navy in speaking of the action of the sea on vessels and merchandise says:

"Wooden ships, after being sunk, are rapidly covered with a marine growth which forms a sort of lime deposit and preserves the wood in some cases for several centuries. We are informed by one of the underwriters of New York who had charge of the salvage operation on the Oregon that bicycles were brought up from her hold that had been in the water over four months and yet looked as bright as when they went down; also silks the outer folds of which only were injured."

Some wines that had been recovered from a vessel sunk about fifty years brought \$75 a bottle at auction. Gold and some other metals, glass and precious stones are never affected.

A new avenue of wealth is opened to the world by means of the salvaging submarine.

If you use Red Cross Ball Blue in your laundry, you will not be troubled by those tiny rust spots, often caused by inferior bluing. Try it and see.

Neutralized Poison Gas.  
"Neutralizing ointment" is one of the latest war inventions. It is publicly revealed in an official description of the protective devices against gas attacks, issued to our troops. The mask, with its contained chemicals for neutralizing any poisonous fumes that creep in is familiar. But one so-called gas is a liquid and because of its blistering effect the soldiers have given it the name of "mustard gas."

When an area is drenched with the stuff the menace may persist for many days. The peril is not from the liquid itself. Mustard gas burns through the clothing, and makes painful wounds where the flesh is reached. The newly invented ointment must apparently be rubbed all over the body, as well as on face and hands, to protect the soldier when the enemy's bursting shells are spraying this horrible gas about.

### A Joiner.

"Didn't you say you were something of a boishevite?"  
"Yes. But I'm cured. You see, I used to be one of those people who wanted to join every new society that came along."

### Helping Along.

"Why do you make your wife do all the carving?"  
"Oughtn't a wife be a help-meet?"

## A NERVOUS BREAKDOWN

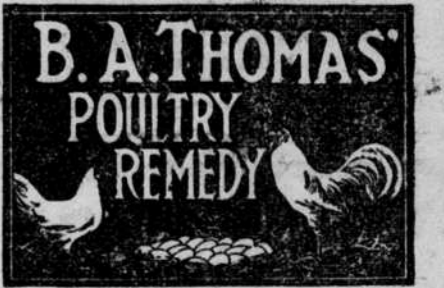
Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."



FLO KELLY, 476 So. 14th St., Newark, N. J.

Canned Stuff, Mostly.  
A local exchange says: "Strawberry shortcake has vanished, but peach shortcake has taken its place! Huh! It flatters itself!"—Boston Transcript



Means Plenty Eggs and Healthy Chicks  
OLD KENTUCKY MFG. CO., Inc., Paducah, Ky

Kodak Finishing  
Expert work. Prompt return. Special mail order department. We pay return postage. Write for price list.  
The Robert Dempster Co., Box 1138, Omaha, Neb

## Imitations Are Dangerous.

AN OHIO druggist writes to "The Practical Druggist," a prominent New York Drug Journal, as follows: "Please furnish formula for Castoria. All the formulas I have worked with are either ineffective or disagreeable to administer."

To this "The Practical Druggist" replies: "We do not supply formulas for proprietary articles. We couldn't if we wanted to. Your experience with imitative formulas is not surprising, but just what is to be expected. When Castoria is wanted, why not supply the genuine? If you make a substitute, it is not fair or right to label it Castoria. We can give you all sorts of laxative preparations for children, but not Castoria, and we think a mother who asks for Castoria would not feel kindly toward you if you gave her your own product under such a name."

No mother with a spark of affection for her child will overlook the signature of Chas. H. Fletcher when buying Castoria.

## Children Cry For Fletcher's CASTORIA

Mothers Must Use Care.

Why do we so often call your attention to imitations of Fletcher's Castoria? Because it is a baby's medicine and imitations are always dangerous, particularly imitations of a remedy for infants.

Your druggist may not keep an imitation but they are to be found on drug-store shelves. Reliable druggists think only of the welfare of their customers. The other kind only of the greater profit to be made on imitations.

Your own judgment tells you that Fletcher's Castoria having for over thirty years at great expense held up its reputation, must jealously guard it. Then, it follows that this company must use the very best of material. Must employ experts in the selection of the herbs. Must retain skilled chemists in its manufacture.

Your same good judgment must tell you that these irresponsible imitators are trading on your credulity and the reputation built up by Mr. Fletcher, during all these years, for his Castoria.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

