Give Yourself Low moun Tip pires To a fair chance CAALO THE PACFIIC COAST

## The thrill of health and vigor can only be experienced when the digestion is normal, the liver active and the bowels regular. Any disturbance of these functions should suggest <br> HOSTETIER'S




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Catarrh Can Be Cured
free proof to you
Dr. Cordon's Home' Treatment, wherever used, is productng
results heretofore unheard of. Guaranteed to ivo satistag
tion or no pay. Don't say it can't be done. TRY IT




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 The Nebraska climate is especiallysultable for the raising of ducks, ac-
cording to v. E. Shirley of Nelson, Nording to V. E. Shirley of Nelson,
Neb, poultry expert, who talked on

 1.-Drink lots of water. 2.-Eat slowly. 3.-Chew your food well. 4.-Have plenty of chewing gum on hand. Use it shortly after meals and chew until the "full" feeling disappears.
Be sure of the Perfect Gum in the Perfect Package-made clean, kept clean, sealed against all impurities:

## WRIGLEYS <br> The Wrigley Spearmen want to $\mid$ Mother Goose "stunts" to the

 help you remember these bene- "tune" of the new Wrigley

SOME HARM IN MOONLIGHT




