The Married Life of Helen and Warren

By Mabel Herbert Urner

Their Ramble Through Amsterdam Ends in a Disappointing Purchase.

"Do they all breakfast in their rooms?" Helen gazed about the great high-ceilinged dining room, in which they were the only guests.

"I'd say this house was pretty empty. Ought to be—the way they soak you," grumbled Warren. "Sixteen guilders for a room without a bath."

"We shouldn't have come here. We heard it was the most expensive hotel in Amsterdam."

"It's where the diamond people stop—right in the diamond cutting district. Well, we'll only be here a week—guess it won't break us."

"Cheese for breakfast!" amazed Helen as an important looking waiter placed before them a generous silver platter of sliced cheese.

"You get it every meal here, Jove, four kinds, Edam, Holland, Schweitzer—and what the Sam Hill's this?"

"Dear, you're not going to eat any? Not for breakfast?"

"Why not? No more indigestible for breakfast than any other meal."

"Well, don't eat it on an empty stomach. Wait till you have your eggs."

"Does it take all that bunch to serve two boiled eggs?" grumbled Warren. "What're they doing—holding services over 'em?"

At the long sideboard, graced with a huge silver bowl of fruit, three pompous waiters were officiating over their simple order.

"Good thing we're not in a hurry. These Hollanders may be capable, but they're not so all-fired brisk."

"Five kinds of bread!" Helen was examining the napkin-lined basket that held currant buns, gingerbread muffins and rolls.

"This coffee'd be good if we had some cream. Do all the cows over here give skimmed milk? Haven't lamped cream since we left New York."

"Dear, they're Americans," as two men were seated across the room.

"Nobody else'd be fool enough to pay these prices. Bet mighty few Europeans stop here. Wonder what they'll soak us for this meal?"

"Well, we'll only have our breakfasts here. But everything's spotless. Think of the work to keep all this brass polished."

The ponderous andirons in the fireplace fairly shone, as did the candelabra on the black marble mantle, and even the hinges and knobs on the doors.

"Shining up things—that's their long suit in Holland. Wouldn't mind having the monopoly of a good brass polish here."

"Oh, dear, don't eat any more cheese," pushing the plate from him. "And you've had enough of that currant bread—it's so rich."

"Here, who's eating this? I'm on no diet. I'll eat what I darn please."

Breakfast over, Helen took the slow-running lift to their room for her guide book and coat, while Warren stopped at the office to look up an address.

"Just missed that!" A trolley was turning the corner as they came out. "Suppose we'll have to wait an hour now. Slow as cold molasses here."

"But they've wonderful cars! Didn't you notice them as we drove up last night? Upholstered seats and curtains on all the windows. Here's one now."

"What you'd call a street car de luxe," grinned Warren as they entered.

The languid trolley gave them time to scan the houses along the canals.

"There're as many canals here as in Venice—but you never hear of them. It's built on 90 islands—with over 300 bridges," having thoroughly digested her guide book. "Oh, look, those quaint old houses!"

"Look pretty groggy to me. If I'd had a few—I'd think I was seein' things."

The curious leaning gables of the older buildings, and the windows all awry, gave them a tottering, bleary-eyed look.

But even the most ancient, decrepit houses looked cheerful with their scrubbed steps, starched lace curtains and polished doorplates and knockers.

With traditional Dutch cleanliness maids were washing the windows, or armed with wicker beaters, were flaying the dust from rugs and mats.

"When they're so clean about everything, how can they stand this stagnant water," wondered Helen, for many of the houses rose from the very edge of the sluggish, green-scummed canals.

At last they crossed the Amstel filled with freight-laden barges. Along one side the smart shops and restaurants, on the other the dingy warehouses.

At the Dam, the great central square, they left the car to stroll about.

"Dear, that's the Royal palace—it's open from 10 to 5. Let's—"

"Nothing doing," crustily. "No palaces or museums for me! You can do those morgues on your own. Come on, this street looks like a live one."

Though Warren rarely troubled to consult a guide book, he always sensed the main thoroughfares. And now, with unfailing instinct, he turned into the Kalverstraat, the busiest street in Amsterdam.

To accommodate the crowds, no vehicles were permitted, so they joined the throng in the center of the street.

Here were the prosperous jewelers, drapers, milliners and fancy shops. The goods, attractively displayed in gleaming windows, were expensive, but of excellent quality. The women's clothes had little style, but were well made.

"Dear, these shops are even higher than ours! Let's explore the side streets—we may find some antiques."

Turning into the first narrow byway, they soon came to an alluring "Antiquiteiten" sign over a quaint, tumbled doorway.

Within, the low-raftered room was cluttered with old Dutch furniture, silver, pewter, china and brass.

While Warren looked through some dusty vellum-bound books, Helen explored the dim, rear recesses in her eager search for "bargains."

"No, nothing in china—nothing that will break," as the woman, who spoke a little English, tried to tempt her with delft ware. "Just a few small things for presents—that won't fill up my trunk. Something inexpensive."

If there was anything inexpensive in that shop, it was not for American tourists. The "small" things—snuff boxes, shoe buckles, combs and cameos were all extravagantly priced.

"Have you any old needlework? Samplers, caps or laces?"

From behind an age-blackened portrait, she produced a framer sampler, a typical Dutch sampler with a house, windmill, squat trees, deers and rabbits.

"Very early," pointing to the date, "1647."

Suppressing her eagerness, Helen examined it; 1647! She had seen only one other of so early a date. That had sold at a New York auction for $250.

As nothing was market in plain figures, she was forced to ask the price.

"Thirty guilders," the woman informed her. "Very cheap."

Thirty guilders—only $12! Helen's heart thumped wildly.

"What you got, there?" Warren joined here. "We can't cart that!"

"It could go in the bottom of my trunk," with a swift silencing glance. Then, with forced casualness, "but I don't know that I want it. Let me see that snuffbox again—the one with the drinking scene."

As the woman turned for the snuffbox, Helen conveyed in pantomime that she wanted the sampler and he must not say a word.

Finally, after expatiating on the snuffbox and some old Dutch spoons which she had no intention of buying, with well-feigned reluctance Helen decided to take the sampler, saying she would think over the other things.

"Not going to lug it with us?" protested Warren. "Let her send it."

"Oh, no; it's not heavy," with an eloquent nudge. "We can take it."

Safely out in the street with her treasure, Helen's jubilation bubbled over.

"What's the big idea?" scowled Warren. "Thirty guilders—wouldn't call that so darned cheap."

"It's dated 1647!" exultingly. "She's no idea of its value. I've only seen one that early—at the Blair sale. It was 1650 and brought $250."

"Huh," Warren grunted skeptically, "something's wrong somewhere. Pretty hard to get the best of these antique dealers. How d'you know the date's right? May've been worked in afterwards."

"No—no, you can tell—it's the old thread. Wait, I'll show you."

"Hold on, you're not going to open it here?"

"Yes, I am!" Sitting on a well-scrubbed step in the quiet street, with eager fingers, she unwrapped her prize. "There!" pointing triumphantly to the date. "You can see that hasn't been put in."

With his pocket magnifying glass, Warren scrutinized the figures.

"Your're stung all right!" was his grim verdict.

"Stung? How? I know that date is right."

"You do, eh?" contemptuously. "Well, just take another look. That 6 was an 8—they've picked out part of the upper loop."

There was no denying the disclosure of the magnifying glass. Tiny holes in the old linen showed where the stitches had made a perfect 8!

The date of the sampler was undeniably 1847 — not 1647! A few threads clipped and drawn out had enhanced its age and value by 200 years.

"I'm going to take it right back," flamingly. "She'll have to give me the money. She knew all along that date was wrong!"

"No you don't! You take your medicine and don't squeal. Tried to put one over her—but she beat you to it."

"I didn't try to put anything over!" indignantly. "I just—"

"You didn't, eh? Thought she wasn't wise and you'd sneak off something worth 10 times the money. So darned crazy to get it—wouldn't even let her send it to the hotel."

Flushed and disconcerted, Helen rewrapped her discredited purchase.

Huh, you were dead easy. This antique game's too swift for you. Mighty smooth bunch. Don't ever think you can get away with anything. You'll always be the one who's trimmed."

Then, striding ahead, he glanced at his watch.

"Half past twelve! We've had enough antiques for one day. Come on, we'll make for the Rembrandtplein and gun up a good place to feed. Now you cut me short this morning—you'll have nothing to say about this meal. I'm ready for a substantial Dutch lunch—with a big hunk of that cheese you held out on me at breakfast!"

(Copyright, 1922.)

Next Week—An Evening in an Amsterdam Home.

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New Invention Sent on 30 Days' Trial Before You Pay

Simply send me your name and I will send you my new copyrighted rupture book and measurement blank. When you return the blank I will send you my new invention for rupture. When it arrives put it on and wear it. Put it to every test you can think of. The harder the test the better you will like it. You will wonder how you ever got along with the old style cruel spring trusses or belts with leg straps of torture. Your own good, common sense and your own doctor will tell you it is the only way in which you can ever expect a cure. After wearing it 30 days, if it is not entirely satisfactory in every way—if it is not easy and comfortable—if you cannot actually see your rupture getting better, and if not convinced that a cure is merely a question of time, just return it and you are out nothing. Any rupture appliance that is sent on 30 days' trial before you pay is worth giving a trial. Why not tell your ruptured friends of this great offer. I refer you to any bank here. DR. ANDREWS, 311 Koch Bldg., Kansas City, Mo.

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If You Are a Woman in Middle Life

You Cannot Afford to Overlook One Word of This.

Davenport, Iowa—"I wish I could tell to all the world how much I owe to Dr. Pierce's Favorite Prescription. I was nearing middle life when my last child came and my health was miserable. I had continuous pain in my right side. I took nine bottles of 'Favorite Prescription' and can truly say that I suffered the least that time and my health afterwards was better than it had ever been before. While passing through the critical stage of life I depended solely upon 'Favorite Prescription' to keep me well and strong and it did not fail me. I had none of the distressing symptoms most women have at this period, such as heat flashes and dizzy spells. I came through in excellent health and am still just as strong and well as I was thirty years ago, thanks to this best of medicines, Dr. Pierce's Favorite Prescription."—Mrs. Alice Van Arnam, 1705 W. Fourth St.

Your health is most important to you. Why not write Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for free, confidential, medicinal advice or send 10c for trial pkg. of Favorite Prescription Tablets.

Live Boys of Omaha

Parents Urged to See That Boys Attend "Y" Gym Classes Regularly

Believing that a strong healthy body is one of the first requirements for a sturdy character, the Boys' division last week mailed out cards to the parents of every "Y" boy who has not been going to gym classes regularly this fall. The physical program has been designed to give every boy proper physical development if he will attend regularly.

N. J. Weston, "Y" physical director, and his assistants, have had years of experience in developing sturdy bodies for boys and they have helped thousands of boys develop fine strong physiques.

Parents are urged to help the physical directors and boys' work secretaries by insisting that their sons attend the classes regularly.

Report cards like those sent out this week will be sent to parents every month and will show them just what their sons are doing in the line of athletic work.

Six "Y" Captains' Club Members Get Monograms

Six members of the Captains' club of the Saturday Noon Bible class for grade school boys have been awarded their Captain's monogram to be worn on the front of their sweaters.

Last week Captains' monograms were given at the dinner to Arthur Brown, Billie Brooks and William Ure, jr., who have served for two years as captains. Yesterday Billie Comstock, Donald Carlson and Charles Johnson were awarded their insignia. Three more of these monograms will be given out every Saturday until all the captains have been chosen. Philip Price, who is head captain, received his monogram several weeks ago.

The captains will takea n active part in the activities of the Christmas vacation period and each will have a squad for factory trips.

The captains in Junior Hi-Y also are being organized and will receive monograms shortly, of the same kind as are given to the grade club boys.

Stanfield Johnson Elected President of Junior Hi-Y Club

The Junior Hi-Y club elected officers for the coming year at its regular meeting last Thursday night which was attended by over 1,000 Central High freshmen and sophomores.

Stanfield Johnson was elected president. He is a sophomore, a corporal in the cadet regiment, and attended Camp Sheldon training camp for Junior Hi-Y leaders last year.

The vice president is Davind Larson, also a corporal in the cadet regiment and a sophomore. Dick Sinclair is secretary and Henry Clark treasurer.

The Junior Hi-Y is having the most successful year in its history. It has limited its membership this year to 100 boys who are admitted only by vote of the club.

Some of the finest young men in Omaha are teaching Bible classes in the Junior HIY club, among them Herman Crowell, Howard E. Ohman, John H.Taliaferro, Walter E. Key, R. W. Doss, and Norman J. Weston. Walter Kay, president of the Central Senior Hi-Y club, is sponsor for the Junior organiaztion and the president of the Senior club will always act as sponsor for the freshmen and sophomore club.

A complete toilet outfit, including a wash basin, has been invented, which can be mounted within an automobile door, which opens to form a table.

Boys' Division Notes

Paul J.Ocken, assistant boys' work secretary at the "Y", spent the week end recently in Minneapolis. A fair Swedish girl is suspected of being the cause of his trip.

A fine bone chess set was presented to the Boys' division last week by Howard E. Ohman, teacher of one of the Jnior Hi-Y classes. Ohman is a chess enthusiast.

The Champion Eight contests in the gym are going stronger than ever this year and interest has never been so keen. Many boys are tied for first place in several classes.

Many boys have heard from J. Shailer Arnold, former assistant boy' work secretary of the "Y" who is earning his A. B. degree at Southwestern college in Kansas this year.

E. E. Micklewright, boys' work secretary, will speak to the Hi-Y club at Des Moines Wednesday evening this week and to the Jii-Y club at Marshalltown, Ia., on Thursday noon. This club has an attendance of 170 boys at each meeting and is one of the livest clubs in Iowa.

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Stabbed By Neuritis!

Many people suffer attacks by this archfiend, commonly called "nerve inflammation." The first warning is usually a sharp stabbing pain, which may "come and go" or hurt constantly. You may feel it in the shoulder, neck, forearm, small of the back, or down the thigh and leg to the heel. It is sometime mistaken for sciatica, rheumatism or neuralgia, which often end in neuritis.

No matter where you have nerve pains or what caused them, you can get quick relief without using narcotics or poison. Apply Tyxmol over the part that hurts, and the pain will be gone.

Tyxmol is absorbed through the pores of the skin. It has a soothing, healing effect upon the diseased nerves, gradually helping to restore them to healthy condition.

Don't suffer any longer. Price $1 at Sherman & McConnell or any reliable druggist.

Tyxmol Company, Mfg. Chemists, 400 Sutter St., San Francisco.

Boys' Division to Be Closed Thanksgiving

The Boys' division of the "Y" will be open all day Friday following Thanksgiving for the use of members. There will be games of all kinds and regular gym and swimming classes. The regular program on Saturday also will prevail, but the Boys' division will be closed all day Thanksgiving.

Plans are being made for the two weeks' Christmas holidays and the plan of having something going on every day that will appeal to every boy will be followed this year. There will be factory trips, game tournaments, movies every afternoon, and several new features.

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PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache, no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

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Home Face Peeling Becomes Popular

No complexion treatment yet discovered seems to have become so generally popular as the mercolized wax process. The reason evidently is that this method actually gets rid of a bad complexion, instead of merely patching it over.

To temporarily hide or bleach the defective skin, cannot compare with the effect of literally removing the skin itself. Mercolized wax takes off the offending surface skin in flour-like particles, a little at a time, until there's none of it left. The new complexion thus produced exhibits a healthy glow and girlish beauty not obtainable by the usual cosmetic methods. This remarkable wax, which you can get at your druggist's in original one-ounce package, is applied at night in the same way you use cold cream, and washed off next morning.

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Piles Disappear

Peterson's Ointment

"Please let me tell you," says Peterson, "that for instant relief from the misery of blind, bleeding or itching piles, there is nothing so good as Peterson's Ointment, as thousands have testified." Best for old sores and itching skin. All druggists, 35c, 60c, $1.00, $2.50, $5.00. Sherman & McConnell Drug Co. will supply you.

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Kidney and Bladder Troubles Conquered or Money Back

For 40 years, said Dr. Carey, I have been prescribing my prescription No. 777 (known for years as Marshroot) for kidney and bladder sickness and now that I have retired from active practice I have made arrangements with leading druggists to dispense this wonderful prescription at a moderate price, on the money-back if dissatisfied plan.

Beware of kidney disease—thousands die of it every year who ought to be enjoying the blessings of life and health. Watch the symptoms. If you have specks floating before the eyes, puffy eyes, clammy feet or moist palms, backache or sideache, you ought to get a bottle of Dr. Carey's famous prescription No. 777 right away.

It has wonderfully benefited tens of thousands of cases of kidney and bladder troubles and is the medicine you can always depend upon. Results are guaranteed.

NOTE—Dr. Daniel G. Carey was a practicing physician for many years and his great Prescription No. 777 aided thousands of sufferers from kidney and bladder troubles. Hereafter you can always get this effective prescription in both liquid and tablet form. For sale by the Sherman & McConnell Drug Stores, and all reliable pharmacists the country over.

If Grown People

who are rundown in vitality and out of sorts, would but realize the strength-restoring power of rich, nourishing

Scott's Emulsion

they would not dream of doing without its health-building benefits. *Rich in vitamines, Scott's has helped thousands achieve strength of body.*

Scott & Bowne, Bloomfield, N. J. 25-22

Those Who Recognize the Usefulness of Pe-ru-na Are Never Without It

Its tonic properties and the invigorating effect which it exerts upon the mucous membrane are what makes Pe-ru-na such a valuable treatment for a great number of bodily ills.

Coughs, colds, nasal catarrh, stomach and bowel disorders are among the more common affections of the mucous linings which call for Pe-ru-na.

Fifty years in the service of the people.

Sold Everywhere — Tablet or Liquid

Send 4 cents for book on catarrh.

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Don't Be Gray

A clear, colorless liquid, clean as water, will restore your graying hair in from four to eight days. You apply it yourself, with a comb, no muss or bother, nothing to wash or rub off—no interference with shampooing. Results sure and certain—no streaking or discoloration, restored hair perfectly natural in all lights.

Trial Bottle Free

Mail coupon for free trial bottle, and test as directed on a single lock. Then when you know positively that your gray hair can be restored easily, safely, surely, get a full size bottle from your druggist or direct from me.

Mary T. Goldman's Hair Color Restorer

Mary T. Goldman, Goldman Bldg., St. Paul, Minn.
Please send me your FREE trial bottle of Mary T. Goldman's Hair Color Restorer. The natural color of my hair is
jet black..... black or dark brown..... medium brown..... light brown, drab or auburn.....
Name .....
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Cuticura Does So Much For Hair And Skin

For promoting and maintaining beauty of skin and hair Cuticura Soap and Ointment are unexcelled. Cuticura Talcum is an ideal powder, refreshing and cooling to the most delicate skins.

Sample Each Free by Mail. Address: "Cuticura Laboratories, Dept 35F, Malden 48, Mass." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

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Drink Plenty of Water Stimulate Bile Flow Promote Digestion

Red Cross Liver Pills

A treatment modern in make, active in principle, and one to remove the cause in the treatment and relief of chronic diseases of the liver, kidneys, stomach and bowels. A treatment that will take away that tired look, stimulate the circulation and bring good health. They attract the real cause of a clogged liver, disordered bowels and a deranged digestive system.

Red Cross Liver Pills overcome constipation, bad breath and stomach ills. Put up in watch-shaped, screw top bottles, sold in Omaha at Sherman & McConnell Drug Stores, Beaton Drug Co., and other druggists for 25c. The genuine has the Red Cross Insignia printed on the box.

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Doctor Tells How to Strengthen Eyesight 50 Per Cent in One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home

Philadelphia, Pa.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me."

A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

NOTE: Another prominent Physician to whom the above article was submitted, said: "Bon Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye-specialists and widely prescribed by them. The manufacturers guarantee

it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in this city by all good druggists, including Sherman & McConnell (5) Stores.

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Does Over-eating Cause Appendicitis?

Undigested Food May Cause Rapid Growth of Poisonous Germs

Many people overfill the intestinal tract with more than they can digest. They eat hastily and do not chew the food properly. Thus solid lumps, especially of tough meat, are apt to pass through the stomach before the digestive fluids can act on them. These lumps then escape intestinal digestion by reason of their not being properly prepared in the stomach, and furnish a good breeding place for poisonous bacilli. These bacilli set up inflammation which may spread and bring on an attack of appendicitis.

A Treacherous Disease.

Appendicitis attacks at any moment even persons seemingly in good health. Usually, however, it is preceded by so-called stomach trouble, constipation or similar disturbance. Often when there is a wavering feeling of uneasiness in the abdomen, appendicitis can be guarded against in exactly the same manner in which one guards against the spread of throat infection, because that is just what appendicitis is—an infection in the intestines already on to the appendix. When one has sore throat, one can often prevent further trouble and the development of influenza or grippe, by using an antiseptic wash or gargle to fight the germs and a laxative to carry off the poisons from the body. Just exactly the same procedure is working to fight the intestinal germs and guard against appendicitis. But instead of a gargle, wash or laxative, for the intestines, an INTERNAL antiseptic is necessary.

Intestinal Antiseptic.

There is now offered to the public a preparation having the DOUBLE action of an intestinal antiseptic and a COMPLETE bowel cleanser. This preparation, known as Adlerika, acts on both intestines. It works to eliminate or destroy harmful germs and poisonous bacilli in the intestinal canal, thus guarding against appendicitis and other diseases having their start here.

It is the most complete system cleanser ever offered to the public, acting on BOTH upper and lower bowel and removing foul matter which poisoned the system for months and which nothing else can dislodge. It brings out all gases, thus immediately relieving pressure on the heart. It is astonishing the great amount of poisonous matter Adlerika draws from the alimentary canal—matter you never thought was in your system. Try it right after a natural movement and notice how much more fine nothing it brings out which has poisoning you. In night disorders, such as occasional constipation, sour stomach, gas on the stomach and sick headache, one spoonful Adlerika ALWAYS brings relief. A longer treatment, however, is necessary in cases of obstinate constipation and long standing stomach trouble, preferably under direction of your physician.

Reports From Physicians.

"I congratulate you on the good effect I find from Adlerika since I prescribed it." (Signed) D. L. Langdale.

"I have found nothing in my 35 years' practice to equal Adlerika." (Signed) Dr. Lewis Weaver.

"I use Adlerika in all bowel cases. Some require only one dose." (Signed) Dr. F. M. Pottinger.

"After taking Adlerika feel better than for 10 years. Haven't words to express the ANGUL IMPURITIES eliminated from my system." (Signed) J. S. Fentach.

Adlerika is a valuable antidote to people who have had only ordinary bowel and stomach medicine, on account of its gentle, pleasant and COMPLETE action. It is sold by leading druggists everywhere.

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Thin? Run-down? Sure way to get right weight

Increase Your Red-Blood-Cells. That's the Sure Way! S. S. S. Builds Blood-Cells; This Means Strength!

Do you know why insurance companies refuse to insure a great many men because they are under weight? Simply because to be under weight often proves low fighting-power in the body. It often means you are minus nerve-power, minus red cells in your blood, minus health, minus energy, minus vitality. It is serious to be minus, but the moment you increase the number of your red-blood-cells, you begin to become plus. That's why S. S. S. since 1826 has added to thousands of underweight men and women, a plus in their strength. Hollow cheeks fill out. You stop being a calamity-looker. You inspire confidence. Your body fills to the point of power, your flesh becomes firmer, the age lines that come from thinness disappear. You look younger, firmer, happier, and you feel it, too, all over your body. More red-blood-cells! S. S. S. will build them. Ladies and gentlemen, a peaky, hairy face doesn't make you look very important or pretty, does it? Take S. S. S. It contains only pure vegetable medicinal ingredients. S. S. S. is sold at all drug stores in two sizes. The larger size bottle is the more economical.

S.S.S. makes you feel like yourself again

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DIABETES

Marvelous Treatment With No Diet

A real discovery for diabetes without dieting has at last been recognized, and results proven without a doubt in hundreds of cases throughout the country. Dr. Stein-Chlamydis, the eminent European specialist gives the credit for this great gift to suffering mankind.

Prominent among those who have been successfully treated by this discovery are Mr. F. W. Wooding, of the Postal Telegraph Co., and Mr. F. F. Bussey of the St. Paul Fire Insurance Co.

A valuable book entitled, "Eat and Get Well," has been written and copyrighted by Mathew Richards on diabetes which fully explains this marvelous discovery. Mr. Richards will mail a limited number of his books free to diabetics who write to 580 W. 42 St., Dept. 1 Z, Los Angeles.

Women of Middle Age

THE critical stage of a woman's life usually comes between the years of 45 and 55, and is often beset with annnoying symptoms such as nervousness irritability, melancholia, heat flashes which produce headache and dizziness, and a sense of suffocation. Guard your health carefully, for if this period be passed over safely, many years of perfect health may be enjoyed.

Lydia E. Pinkham's Vegetable Compound is especially adapted to help women through this crisis. It exercises a restorative influence, tones and strengthens the system, and assists nature in the long weeks and months covering this period. It is prepared from medicinal roots and herbs, and contains no harmful drugs or narcotics. Its value is proven by many such letters as these:

Denver, Colo.—"I have taken Lydia E. Pinkham's Vegetable Compound and I can not tell you the good it has done me. It is good for young and old and I always keep a bottle of it in the house, for I am at that time of life when it calls for it. My husband saw your ad. in the papers and said, 'You have taken everything you can think of, now I want you to take Lydia E. Pinkham's Vegetable Compound!' So I let him get it and I soon felt better. 'I took about six bottles.' I keep house and do all my own work and work out by the day and feel fine now. I tell everyone about the Vegetable Compound, for so many of my friends thought I would not get well."—Mrs. E. J. Linton, 1550 West 33rd Ave., Denver, Colo.

Metropolis, Ill.—"I have taken Lydia E. Pinkham's Vegetable Compound and it is all it claims to be and has benefited me wonderfully. I had been sick for eight months with a trouble which confined me to my bed and was only able to be up part of the time, when I was advised by a friend, Mrs. Smith, to try Lydia E. Pinkham's Vegetable Compound and Liver Pills. I was so much benefited by the use of these medicines that I was able to be up and about in two weeks. I was at the Change of Life when I began taking the medicines and I passed over that time without any trouble. Now I am hale and hearty and do all my housework."—Mrs. Emma Cuvers, 705 E. 7th St., Metropolis, Ill.

Letters like the above do influence women to try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.