New York Curb Market

New York, Feb. 7.—While a firm tone was maintained in the major portion of industrial issues dealt in on the Curb exchange today, there were a few isolated movements scoring material advances. Goodyear Tire quickly rose about 2 points, selling to a new high at 34¾.

The petroleum list failed to reflect the day's advance on crude and high-grade oil reported in some sections. There was an easier trend to the general list. Ohio Oil and Cities Service issues were exceptions, those stocks rising substantially in the early dealings.

Consolidated Gas 5½s appeared in the trading, selling on a when issued basis, sales being reported at 101½ and 102¼.

The market during the week was one of confusing movements, many stocks with violent fluctuations traveling over a wide range, and the market position of a number of stocks was radically changed as a result of the week's dealings.

The radio issues as a group were unsettled to a considerable extent and many of those stocks were without a demand at even an approach to their recently prevailing levels. Hazeltine indicated a general action of this group, falling from 45¾ to 37¾. Freed Eisemann ranged from 26½ to 22¼. There was an opposite movement in De Forest in response to the decision maintaining its patent rights handed down Thursday and it was in urgent demand, moving up over 6 points to the new high record of 34. This gain, however, was not maintained.

Miscellaneous industrials demanded attention, prominent among them being Goodyear Rubber. One of the features of the market was an advance in New Mexico Land from 7¾ to the new high of 11½.

New York, Feb. 7.—Total sales of stocks, 374,200 shares.

Total sales of bonds, $1,329,000.

Following is the official list of transactions on the New York Curb exchange, giving all stocks and bonds traded in:

Industrials.

Sales.		High.	Low	Close.
100	Allied Pack pr pfd	64	64	64
200	Am G&E new	76⅝	75¼	76⅝
350	Am Lt & Tr	148	146	147½
100	Am P&L new	58¼	57½	58
130	Am P&L pfd	88¼	88	88
500	Am Superpower A	34	33½	33½
100	Am Superpower B	33½	33½	33½
100	Am Thread pfd	3⅞	3⅞	3⅞
300	Assd G&E new	26	26	26
10	Borden's Milk	148½	148½	148½
100	Bkyn City R R	8⅝	8⅝	8⅝
10	Bur Add Mch pfd	105	105	105
70	Campbell Sp pfd	111	111	111
200	Car Light	2¼	2¼	2¼
300	Cent Pipe Corp	22	22	22
100	Chapin Sacks Inc	17½	17½	17½
100	Childs Co new	45	45	45
100	Cleveland Auto	19½	19½	19½
525	Com Pow Corp	120½	120	120½
100	Com Pow pfd	80⅝	80⅝	80⅝
300	Con G&E Balt new	32¾	32¾	32¾
1800	Cont Bakeries B	24	23½	24
100	Cont Bakeries pfd	91⅝	91⅝	91⅝
100	Cuba Company	38	38	38
100	Cuban Tob pfd	11	11	11
5700	De Forest Rad ctfs	32¼	31⅝	31⅝
100	Del L&W Coal	124	123½	123½
900	Doehler Die Cstg	19¾	19¾	19¾
1300	Dubilier C&R new	31½	30⅞	31½
100	Duplex C & R	10¾	10¾	10¾
200	Dumont Motor	1	1	1
1800	Durant Motors	15¾	15½	15½
200	Duz Co Inc	32½	32½	32½
5300	El Bd & Sh new wi	69	67	67⅞
200	El Bd & Sh pfd	103	102⅞	103
1500	Electric Investors	47½	46⅞	47½
200	Federated Metals	36¾	36¾	36¾
200	Film Inspection	10	10	10
500	Freed Eisemann	23¾	23¼	23¾
1500	Freshman (Chas)	23½	22¼	22½
800	Gillette Raz new	66⅝	66	66¼
15900	Goodyear Tire	34¾	33	33⅞
100	Grand Stores	66	66	66
700	Grimes Rad & Cam	17¾	17⅝	17¾
100	Hall Signal	5	5	5
800	Hazeltine Corp	37½	37	37½
1000	Inter Utilities B	13⅞	13	13⅞
700	Inter Ocean Radio	7	6	6⅝
200	Jones Radio Mfg	6	5¾	6
1000	Lake Torp Boat	10	10	10
1200	Lehigh Val Coal	47⅝	47½	47⅝
25	Lehigh Coal Sales	84	84	84
900	Liberty R C Stores	8⅝	8⅝	8½
250	Middle West Util	86	86	86
300	Murray Body	42½	42	42½
2900	Nat Dist ctfs	34½	32¾	34½
120	Nat Pow & Lt	205	200	205
120	New Jersey Zinc	192½	191	192½
100	Nickel Plate wi	86⅝	86⅝	86⅝
400	Omnibus Corp ctf	16⅝	16½	16⅝
100	Omnibus ctf pfd	95	95	95
600	Perme Mfg	11¼	11¼	11¼
200	Reid Ice Cream	38	37⅝	37⅝
200	Reid IceCr 7% pfd	100	100	100
100*	Repetti Candy	51	51	51
100	Rosenbaum Gr pfd	48	48	48
800	Rova Radio ctfs	12¼	12	12
200	Shattuck Co	32¼	32	32
200	Silica Gel Prod ctf	18½	17½	18½
1200	Sleeper Radio ctfs	16⅝	15	15½
400	Southeast P&L	56	56	56
900*	South Coal & Iron	7	6	7
300	Standard Pub	26⅞	26⅝	26⅞
20	Swift & Co	119	119	119
200	Swift Internatl	32	32	32
100	T H I & E Tr	19⅝	19⅝	19⅝
1600	Thermiodyne Rad	15⅝	15	15⅝
100	Union Carbide	72⅝	72	72¼
100	Ut G&E new	31⅝	31⅝	31⅝
100*	U S Light & Heat	90	90	90
100	U S Lt & Ht pfd	2	2	2
200	Util Pw & Lt A	25⅛	25⅛	25
500	Ward Bak Cp B	42	41	42
700	Ware Radio Cp	29⅝	29⅝	29⅝
500	Western Power	35⅛	35	35
40	West Power pfd	86	86	86
3200	Wickwire-S Stl n	4⅝	4½	4½

Standard Oils.

Sales.		High.	Low	Close.
2300	Anglo-Am Oil	20¼	19⅞	20
100	Atlantic Lobos	3¼	3¼	3¼
100	Atlantic Lobos pfd	9⅝	9⅝	9⅝
10	Buckeye Pipe L	67	67	67
200	Chesebrough Mfg	60	60	60
800	Humble Oil	47	46⅝	46⅝
20	Illinois Pipe Line	145	145	145
400	Imp Oil Canada	126½	125⅝	126¼
2800	Imp Oil Can w i	31⅝	31¼	31⅝
20	Indiana Pipe Line	79½	78½	78½
8700	International Pet	28⅛	27⅞	27⅞
70	Magnolia Pet	153¾	153¾	153¾
300	Nat Trans	23⅝	23	23
40	Northern P L	83	82½	82½
2600	Ohio Oil	75¼	73⅝	74⅝
400	Penn Mex Fuel	42½	42⅝	42⅝
260	Prairie Oil & G	249	246	246
1500	Prairie Oil pek	62⅝	61⅝	62
240	Prairie Pipe L	122	119½	119½
230	Southern Pipe Line	87	86	87
80	South Penn Oil	185	184	185
10	Southwest Penn	81½	81½	81½
11700	Stand Oil of Ind	68¾	68¼	68¾
400	Stand Oil of Ky	121⅝	120¾	121⅝
20	Stand Oil of Neb	256	255	256
1000	Stand Oil of N Y	46⅝	46¼	46¼
30	Stand Oil of Ohio	355	354	355
1200	Vacuum Oil	91⅝	90⅝	90⅝
100	Arkansas Nat Gas	7¼	7¼	7¼
600	Carib Syndicate	4¼	4¼	4¼
330	Cities Service	210	209	210
400	Cities Serv B ctfs	21⅛	21	21⅛
400	Cities Serv pfd	82	81⅝	82
1600	Cities Serv B pfd	7⅝	7⅝	7⅝
11000	Cities Serv scrip	215	209	215
5600	Creole Syndicate	9⅞	9⅞	9⅞
6400	Gibson Oil	2⅝	2½	2⅝
1000	Gulf Oil	69½	68½	68½
300	Kirby Petroleum	4⅞	4⅞	4⅞
200	Lago Pet	5⅞	5⅞	5⅞
1600*	Lance Creek	3	2	2
200	Livingston Pet	1	1	1
1500	Mountain Prod	19⅞	19⅝	19⅝
600	New Bradford	5	5	5
4400	N M & Ariz L Co	11⅝	10⅝	11
200	Peer Oil	1⅝	1⅝	1⅝
700*	Penn Beaver	6	5	5
400	Pennok O Cp new	21½	20½	20½
2100	Royal Canadian	7½	7¼	7⅝
100	Ryan Consolidated	6⅛	6⅛	6⅛
500	Salt Creek Cons	8	7⅞	7⅞
1200	Salt Creek Prod	25¼	24⅞	25¼
300	United Cen Oil	5⅝	5½	5⅝
1000	Venezuelan Pet	4	3⅞	4
1000*	W States O & L	15	15	15
2500	Wilcox Oil	7	6⅞	6⅞
300	Woodley Pet	6⅝	6⅝	6⅝
2000*	"Y" Oil & Gas	6	6	6

Mining.

Sales.		High.	Low	Close.
56000*	Arizona Globe	36	29	32

ADVERTISEMENT.

IF KIDNEYS ACT BAD TAKE SALTS

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean that you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, can not injure and makes a delightful, effervescent lithia-water drink. Drink lots of soft water. By all means have your physician examine your kidneys at least twice a year.

"Speed" Murphy, Boxcar Aristocrat, Says Hobo Is Savior of Country

These self-satisfied bourgeoise who think a bum, a 'bo and a tramp are all the same thing make "Speed" Murphy ache to give them a swift paste in the "kisser," as "Speed" humorously terms the facial orifice that one talks with.

"Speed" is a 'bo, and proud of it. He'd rather be a 'bo than a director in a bank. But just call him a bum, and you've got a tough man on your back. "Speed" is proud of his profession.

"Speed" lives under his hat, and when his hat happens to be in Omaha he stays on lower Douglas street, in a "flop house." When he isn't in Omaha, which is most of the time, he is likely to be most anywhere from Tallahoochee, Miss., to Kethchifykan, Can., or on the brake rods between those two cities.

"Speed" is Philanthropist.

"Speed" is a student, philosopher, and philanthropist. One might guess, to look at his not-always-trimmed hair, that he was a philosopher, but one would never accuse him of being a philanthropist. But one never knows.

"Speed" was in Omaha last week on official business for himself, and he whiled away a few idle moments with a bit of light reading in the editorial columns of The Omaha Bee. He ran across an editorial headed "Tramps In a New Light," and it pleased his fancy so much that he wrote a letter to the editorial writer, to tell him that he was "one of the wonders of the present century." Then he went on to explain.

"You stated that the tramp and the thief were considered the same thing in the past," Speed wrote. "The people have not changed. They think the same of the tramp today." Then followed a huge ink blot, expressive of Speed's "contempt for folks who confuse tramps and thieves.

Hobos Are Aristocrats.

After this outburst, Speed went on to point out the difference between tramps, hobos, bums, and thieves. Of these, he declares, the hobos are the aristocrats of the world's floating population. They are builders, he implies, just as much as Rotary club members.

"We have over 3,000,000 so-callel tramps in this country," he says. "We have the seasonal trencents (or is it transients? Speed's writing is not always clear) who are about 60 per cent of the tramps. But they are not known as tramps, but as hobos.

"These hobos are very important to the advancement and progress of the country. They travel thousands of miles to get some big job that fambly (or is that word family?) man cannot and would not work at, because he would not ride the freight or blind, which is the space between the coaches of a passenger train. But the 'bo takes all kinds of chances to get the job, and lives under bad conditions most of the time."

Contempt for Brakemen.

"Speed" has, naturally, only contemptuous tolerance for brakemen, but he puts in a good word for the railroads.

"Thousands of 'bos are arrested by railroad officers during the off season in witch they cannot work," he says. "But when the outdoor work starts in the spring, the railroads beg the 'bos to ride on the freights into the harvest fields. That means millions in their coffers, and prosperity for the country. And regardless of what people think, the railroads are always pulling for prosperity for the whole country."

This is the way "Speed" explains the difference between a bum, a 'bo, and a tramp:

"The bum is a man that is a cripple in body or mind. They seldom leave the city, but beg on the streets at all hours of the day or night.

"The tramp is some old man who cannot work because of his age. All he wants is to keep traveling from one part of the country to another until he drops by the wayside or is found dead in some 10-cent flop house."

'Bos' Superb Sacrifices.

"I would like to tell you of some of the fine sacrifices that I have seen 'bos make for tramps, or to help some man that is sick or dying, down in the Valley of Lost Men, but it would take too long."

"Speed" then casually drops in a paragraph to say that "in the last four months I have spent $700 to help down-and-out men that I have met. I wish it was $70,000."

"Speed" is a vaudeville actor once in awhile, but he found that he could not make a go of it in Omaha, so, he says, "I am catching a freight out at Gibson tomorrow, to go to some other town where I can get some work at something or other. But whenever I want a rest or have any money to spend, I come back to the only home I know—Omaha."

600	Calaveras Mining	2	2	2
2700	Canario Copper	4	3¾	4
100*	Chino Ext	51	51	51
100	Cons Cop Min	3	3	3
200	Cresson Gild	3⅝	3⅝	3⅝
500*	Diamondfield B B	6	6	6
1900	Engineers G Min	20	17	19
4000*	Eureka Croesus	17	15	17
1000*	First Thought G M	20	20	20
2006*	Golden States	9	8	9
2000*	Goldfield Cons	4	4	4
2000*	Goldfield Deep	2	2	2
4000*	Goldfield Dev	4	4	4
2000*	Harmill Div Min	11	11	11
5000	Hecla Min	16	15¾	15⅞
300	Sound Co	3¼	3¼	3¼
60000*	Ind Lead M	20	19	20
5000*	Jerome Verde Div	1½	1½	1½
800*	Jib Cons	42	41	41
9900	Kay Copper	2¼	2	2¼
2000	Kerr Lake	1⅝	1⅝	1⅝
500*	McK-Dar-Sav	25	22	25
200	Mason Valley	2¼	2⅛	2⅛
2000*	National Tin	9	8	9
9000*	Nevada Hills	1	1/16	1/16
1000*	Nevada Ophir	25	25	25
5800*	Plymouth Lead	81⅞	81	81
100	Premier Gold	2⅝	2⅝	2⅝
1000*	Reorg Sil King	4	4	4
8000*	Silver Dale	3	2	3
1000*	Silver Pick	1	1	1
500	So Am P&G	3⅛	3⅛	3⅛
500*	Stand Sil Lead	6	5	6
1000	Tonopah Exten	3	3⅛	3
200	Tonopah Mining	2	2⅛	2⅛
2000*	Tri-Bul Sm&Div	12	12	12
400*	Utd Eastern	54	54	54
2000*	U S Cont Mines	13	13	13
200	Utd Verde Ext	28	28	28
200*	Unity Gold	60	60	60
200	Utah Apex	6⅝	6⅝	6⅝
2000	Wenden Cop Min	2½	2⅜	2½

Domestic Bonds.

8	Allied Packer 8s	93	92	92¼
3	Aluminum 7s 33	107⅝	107½	107⅝
22	Am G&El 6s	97¼	97	97¼
83	Am P&L 6s old	95⅝	95⅝	95⅝
110	Am Sum Tob 7½s	98	98	98
2	Anacon Cop 5s	103½	103½	103½
1	Asso Sim Hd 6½s	83	83	83
9	At G & W I 5s	70	69¾	69¾
1	Beaver Board 8s	95	95	95
8	Beth St 7s 35	103⅞	103⅝	103⅝
2	Can Nt Ry Eq 7s	110½	110½	110½
10	Cent Leath 6s	98½	98¼	98¼
1	Chi Un Stn 5s	98½	98½	98½
8	Childs Co 6s	111	110¼	110¼
2	Cities Serv 7s B	178½	178½	178½
23	Cities Serv 7s C	128	126	128
84	Cities Serv 7s D	105	104	105
1	Cities Serv P&L 6s	94½	94½	94½
14	Con Gas Bit 6½s	110	110	110
4	Con Textile 8s	94	94	94
2	Cudahy Pack 5½s	94¾	94¾	94¾
1	Dun T & R 7s	103½	103½	103½
1	Robert Gair 7s	102	102	102
5	Lehigh Pow Sc 6s	101⅝	101⅝	101⅝
4	Lib Mc & Lib 7s	102½	102½	102½
3	Manitoba 7s	102	102	102
7	Morris Co 7½s	102½	102⅝	102⅝
5	N O Pub Srv 5s	88	87⅝	87⅝
2	Nor Sts P cv 6½s	106½	106⅝	106½
5	Penn P&L 5s	93¾	93½	93½
1	Phil El 5½s	104⅝	104⅝	104⅝
27	Pb Srv E&G 5½s	98⅝	98½	98½
11	Pure Oil 6½s	100¾	100⅝	100⅝
6	Shawsheen 7s	103⅞	103⅞	103⅞
3	St Oil N Y 6½s	108	108	108
26	Swift & Co 5s	96	95¾	96
7	Tidal Osage 7s	104½	104	104
1	Utd Oil Prod 8s	30	30	30
1	Vacuum Oil 7s	107	107	107
2	Web Mills 6½s	102½	102½	102½

Foreign Bonds.

2	City Bogota 8s	96¼	96¼	96¼
16	Frnch Nt Mil SS 7s	87¼	87	87
5	Ind Bk Finland 7s	94⅝	94⅝	94⅝
3	Italian Pow 6½s	98½	98½	98½
6	Netherlands 6s 72	105⅝	105⅝	105⅝
6	Low Aust Hy 6½s	99	98	99
10	Rep Peru 8s 32	99½	99½	99½
1	Solvay & Co 6s	101¾	101¾	101¾

* Cents a share.

Foreign Exchange Rates.

Following are today's rates of exchange as compared with the par valuation. Furnished by the Peters National bank.

	Par Val.	Today.
Austria	.20	.000015
Belgium	.195	.0516
Canada	1.00	1.00
Czecho-Slovakia	.20	.0298
Denmark	.27	.1787
England	4.86	4.7850
France	.193	.0542
Germany	.238	.2380
Greece	.195	.0169
Italy	.195	.0416
Jugo-Slavia	.20	.0168
Norway	.27	.1539
Sweden	.27	.2700
Switzerland	.195	.1934

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Thin Men Skinny Men Run Down Men Nervous Men

You're behind the times if you don't know that Cod Liver Oil is the greatest flesh producer in the world.

Because it contains more vitalizing vitamines than any food you can get.

You'll be glad to know that Cod Liver Oil comes in sugar coated tablets now, so if you really want to put 10 or 20 pounds of solid healthy flesh on your bones and feel well and strong, ask Sherman & McConnell Drug Co., Beaton Drug, Brandeis Stores, or any druggist for a box of McCoy's Cod Liver Oil Compound Tablets.

Only 60 cents for 60 tablets, and if you don't gain five pounds in 30 days your druggist will hand you back the money you paid for them.

It isn't anything unusual for a person to gain 10 pounds in 30 days, and for old people with feebleness overtaking them they work wonders.

McCOY'S
Cod Liver Oil Compound Tablets
ORIGINAL AND GENUINE
60 Tablets 60 Cents

Obesity and Diet

(Published by authority of the Committee of Public Affairs of the Omaha-Douglas County Medical Society.)

By ADOLPH SACHS, M. D.

The subject of diets and how to reduce is at present a popular topic in many households and social gatherings. The fact of being slightly overweight, even though feeling perfectly well, is the bane of the present generation, or in other words it is decidedly unpopular to be fat.

Reduction cures are essential for some people because overweight at times leads to disease, but to reduce just to satisfy dame fashion is a dangerous pastime. Diet is one of the most essential factors in retaining good health, and it is important that we at least know something about balanced rations and our respective needs before blindly attempting to reduce.

Food Source of Energy.

Food is the source from which our energy is supplied and therefore must be chosen wisely so that repair and waste will retain their proper relationship. Vitamines have been discussed frequently in popular lectures of late, and great advance is also being made in scientific research, discovering their relationship to disease.

Vitamines are essential substances contained in certain foods, the absence of which over long periods of time will cause definite nutritional disturbances known as deficiency diseases, examples of which are scurvy, rickets, beriberi and pellagra.

Most diets of our daily routine are sufficiently balanced to contain these essential elements and hence these conditions are rarely met in our country. Continued fasts and deprivations such as resulted in certain districts during the recent war have demonstrated the great effect of diet on human welfare.

The ordinary reducing diets contain balanced rations and little if any harm results, unless prolonged over long periods. Extremes of any kind usually lead to disaster, and likewise improperly balanced reduction diets are often factors in producing many minor and occasionally serious ailments.

Food Composition.

Foods are composed of carbohydrates, proteins, fats, salts and water, and a well-balanced ration contains them all. Carbohydrates are sweets, starchy foods, flour, cereals, bread, potatoes, etc. Proteins are chiefly meats, eggs and milk, but also contained in vegetables such as peas, beans, etc.

Fats are found in butter, lard, fatty meats, oils, etc. The proteins are largely tissue builders, while fats and carbohydrates are energy producers and tissue savers. Salts, such as sodium, potassium, calcium, phosphorus, iron, iodine and sulphur, are also essential, and are found in table salt, fruits, vegetables, eggs and meats. Water is also essential and should be more regularly consumed than is the usual habit of some people.

The human system may be likened to a stove or furnace, and the food we consume is our fuel. Some foods such as carbohydrates and fats burn more readily, and resemble soft coal. Some foods such as proteins resemble hard coal and burn less readily. Care should be taken lest we choke our human furnace with an oversupply of improperly combusted fuel. Nature conserves fuel much better than our furnaces, and stores up its excess of energy in the form of fat. This fat may be of great value in emergencies, such as high fevers, and illnesses where the body storehouse is called upon to supply our fuel. This is why fevers often times cause great loss of weight. We now give highly nutritious, easily digestible food in fevers, while in times past, starvation diets were employed.

We have definite heat units for food, the same as we have for fuel. These heat units are measured in form of calories. A large calorie, the one most commonly used, is the amount of heat required to raise one kilogram (or 2.2 pounds) of water one degree centigrade.

The body needs less fuel or caloric intake at rest than it does at work, also it takes more fuel to produce the same amount of heat in some individuals than it does in others.

All healthy bodies need exercise to prevent clogging in the human furnace, and likewise exercise should be taken wisely so as to meet our needs and still not overtax our vital organs, especially our hearts. A man past 40 should not exercise as strenuously as a youth of 18. We also must not jump from a sedentary life to one of vigorous exercise, but should use judgment and common sense in all things.

An ordinary person at rest requires 30 calories per kilogram (2.2 pounds) of body weight to nourish the body, and 40 calories per kilogram at work. This is a general rule, and is modified to meet our special requirements:

1 gram of carbohydrates equals 4.1 calories.
1 gram of protein equals 4.1 calories.
1 gram of fat equals 9.0 calories.
1 gram of alcohol equals 7.0 calories.

It is easy to see which foods most readily produce fat, namely those of high caloric value, such as fats, oil, cream, butter, and those easily burned, such as carbohydrates, namely sugar, sweets, potatoes, white bread, desserts, etc.

Varied Advice.

Everyone's neighbor, or some faddist usually has some excellent advice to give in regard to reducing, but be sure it meets your requirements before following the same. People, the same as sheep, frequently follow their leader to their destruction.

Obesity and overweight are not always due to faulty diet. There are certain organs in our bodies such as the thyroid gland, the ovaries, testicles, pituitary gland and pancreas which by their faulty function are a great factor in producing obesity. Some fat individuals may eat little and still be fat This is usually due to faulty metabolism (burning of fuel), and frequently caused by disturbed function of the above organs.

The thyroid gland is our human damper, and is a great factor in causing loss of weight by its overfunction, or an excess of weight by a lessened function. An extract of this gland is frequently given to reduce weight and is used in many advertised reduction cures without strenuous diet. An over use of this gland has a deleterious effect on the heart, and nervous system, and hence should be used with great caution. Many people have used it with no ill effects, but that is because nature made them like a "fool proof car," that occasionally stands for great abuse.

Thyroid extract properly used is undoubtedly of great value, but its promiscuous use is to be condemned.

Vigorous purges and sweats are likewise abused. Prolonged purging often causes severe bowel trouble and is to be discouraged. Sweats are occasionally of value, if not used to a degree of fatigue, or in constitutionally weak individuals, or bad heart cases.

Anything worth having is worth working for. The best way to reduce is by well-regulated diet and exercise. Avoid fats, such as butter, cream, oils, etc. Avoid an excess of carbohydrates, as candy, potatoes, white bread, sugar, pastries, etc. Avoid diets with an excess of meats, especially if over 45, and eat more vegetables and fruits. Take exercise, and see that natures functions are properly care for. If simple diet and exercise does not reduce your weight, find out if some other cause is not a factor in your failure, such as a disturbance of internal secretion.

PE-RU-NA
For COUGHS & COLDS
Backed by Over Half a Century of Success in the Treatment of Catarrh and Catarrhal Conditions
Sold Everywhere
Tablets or Liquid

ADVERTISEMENT.

Print This Good News About Joint-Ease Writes Eastern Druggist

"Joint-Ease is selling like hot cakes in my store because it is a wonderful and speedy remedy for all joint troubles.

"But why not impress on tens of thousands of suffering people some of the things that dozens of my customers tell me almost daily.

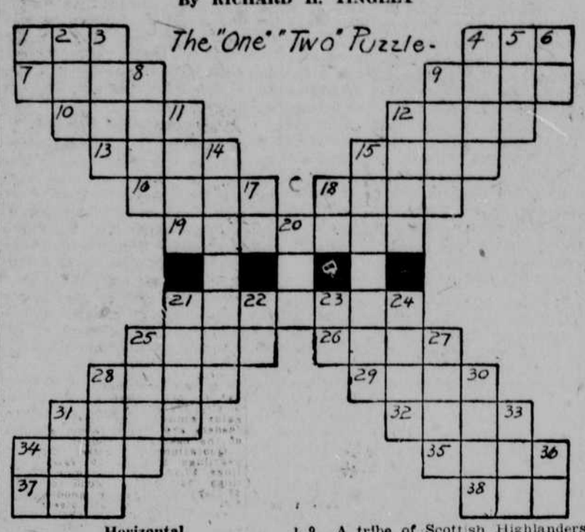
"Some say that it knocks out lumbago over night—others assert that for chest colds and sore throat it has no equal, while many insist that there is nothing they ever tried that is so efficient for neuralgia, neuritis and even head colds and nasal catarrh."

Answering the above letter, we, the makers of Joint-Ease, know that what this thriving New Jersey druggist says is true, but we still maintain that Joint-Ease is prepared for stiff, inflamed, painful, swollen joints, whether in ankle, knee, hip, elbow, shoulder, fingers or spine.

You'll like to use penetrating Joint-Ease, for with just one minute's rubbing, it soaks in through the flesh direct to the ailing bones and ligaments—that's why it succeeds—for when Joint-Ease gets in joint misery gets out—And without any waste of time all swelling and congestion disappears. Ask the Sherman & McConnell Drug Co. or any druggist anywhere.

The Daily Cross Word Puzzle

By RICHARD H. TINGLEY



Horizontal.

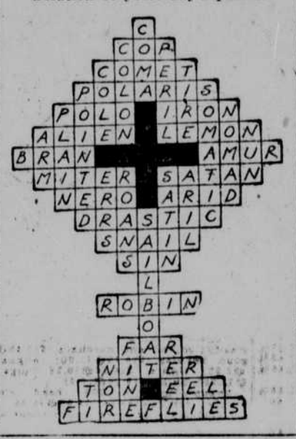
1. A single thing.
4. A grassy meadow.
7. Not any.
9. An article of apparel.
10. Filth.
12. A conspiracy.
13. A pointer indicating direction, etc.
15. A child (contemptuously).
16. God of love.
18. A legal claim on property.
19. The science of the organ noted in Horizonal No. 37.
21. Desolate regions.
25. An angel banished from heaven.
26. Geek god of war.
28. A small horse.
29. A loud shout.
31. An inferior quality of diamonds.
32. Mottled.
34. To tear up.
35. To encounter.
37. The organ of one of the senses.
38. One more than one.

Vertical.

1. Preposition.
2. Sleepy land (poetic).
3. A lady in Tennyson's "Idylls of the King."
4. Plunder.
5. To consume.
6. Preposition.
8. One of the great lakes.
9. A tribe of Scottish Highlanders.
11. An edible tropical root.
12. Plunder.
14. A prize competition based on chance.
15. Fanaticism.
17. On condition that.
18. Behold.
20. A wrong story.
21. A small depression.
22. Musical Note.
23. Sun god.
24. To percolate.
25. A certain kind of wine.
27. Slender.
28. Indigent.
30. An English court of jurisdiction.
31. A large serpent.
33. Morning moisture.
34. Musical note.
36. Toward (preposition).

The solution will appear tomorrow.

Solution of yesterday's puzzle.



LAND SOUGHT FOR OIL PROJECT

Special Dispatch to The Omaha Bee.

Beatrice, Neb., Feb. 7.—An effort is being made to interest a number of farmers in this county to lease their farms on which wells can be put down in an effort to prospect for oil.

About 5,000 acres are wanted and if this amount can be secured drills may soon be started. A few years ago holes were sunk southeast of Beatrice and east of Blue Springs, but without results.

Rounding Up Rustlers Out in Wyoming

"LOUDON FROM LARAMIE," by Joseph B. Ames; the Century company, New York, publishers.

Loudon is a cattle detective. That is, his business was to discover and then bring to book the thieves who preyed on the honest ranchers. He had been very successful in Texas and Colorado before he was induced to aid an old friend who had suffered greatly from the depredations of a lawless outfit. Loudon carries through his job in a way that makes a very interesting tale. Mr. Ames knows the cattle country, the ways of the men and women, and he avoids making a nine-day-wonder out of his hero. However, he does allow him to lead a successful campaign against the band he goes after, and also to win a charming Wyoming girl for a bride. The tale begins promptly, moves swiftly and ends reasonably. The only complaint any of the old-timers will have is against the use of the Hash Knife brand by the rustler king. That brand was a highly honored institution in the dear old days that Jim Dahlman knows about, along with the Bar-X-Bar, the Lazy D, the Buckeye, the Flying V and others that made history in the cattle country around the Black Hills.

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KEEP POSTED
Important developments contained in this week's market review regarding the following securities:
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Goodrich Rubber — Nat'l Dairy Prod.
T. & P. Coal & Oil — Skelly Oil
Radio Corp. of Am. — White Motors
International Pet. — Foundation Co.
Ind. Oil & Gas — Seaboard Air Line
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