

DON'T BE SO THIN.

FREE REMEDY.

Many ladies and gentlemen who cannot complain of any kind of sickness are abnormally thin and cannot find any medical treatment which will correct this condition. Dr. Whitney's Nerve and Flesh Builder is not alone intended for those who are sick, but also for those who appear well and hearty, but cannot acquire sufficient flesh to round out the form. In dyspepsia, indigestion, all stomach troubles, debility and nervous disease no remedy is so prompt and powerful. In order to demonstrate the wonderful merits of Dr. Whitney's Nerve and Flesh Builder every person who will address the C. O. Jones Co., Elmira, N. Y., will receive a large trial package in plain sealed wrapper absolutely free. For sale by Sherman & McConnell Drug Co., Omaha.

Muscular Development For "Angel Sleeves"

There is a ground glass enclosed little sanctum opening off a brocade and gold beauty factory to which the women are crowding for wrist and elbow treatments. A change in the cut of sleeves has brought this new industry to the front, and the artist who sits in the little sanctum has to eat her lunch on the fly and dress every morning by candle light in order to treat patrons who wish to have their arms from the elbow down made beautiful to look upon.

For the last four years the owners of red, knobby, or coarse-skinned arms have enjoyed a haven of refuge in the long lace sleeve. A lining of white chiffon under the lace did wonders in softening contours and reducing the ugly flush, while cut drooping to the knuckles hid big boned wrists. Now, however, the tendency of the fashion, so we hear from Paris, is toward angel sleeves for afternoon gowns and absolutely no sleeves at all for evening dresses.

Already the woman who wears a chiffon, net or lace sleeve is suspected of trying to hide scrawny members, suspicious no

whips and the girl who for the last two summers has thought it very smart to go sailing and golfing with her shirt sleeves rolled to her shoulders. If you could see the bunches of muscles and ropes of sinews, broad brown flats and elbows like door knockers that have been exposed with fearful supplications in this little room you would smile. A summer or two of hard sport brings brown into ugly prominence and ruins the quality of the flesh, making it hard and coarse grained, while sunburn on the arms is, next to indelible ink, about the fastest dye I know.

"As I rarely turn anybody away as a hopeless case, by using fruit juice bleaches and steam I can limber up a pair of arms that Fitzsimmons would admire, and so eager are some of my patients to help on the good work of breaking up the muscular tissue that they won't even carry their card cases or hold up their trains. Any sacrifice of comfort evidently is worth while if it will hasten the cure, and next summer I guess you will see a good many ex-golf champions sitting in elbow-sleeved muslins on the club

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Have you? Girls can get this beautiful watch, with gold plated chain for boys, and a gold plated chain for girls, for selling only one box of our Great Cold and Headache Tablets at 25 cents a box. This watch has a very fine gold case, with American movement & is guaranteed to keep for years. It is the equal in this respect to many watches sold for \$10.00. If you want to own this handsome watch, a nice looking, and we will send the watch to you by mail post-paid. When you send us the money, \$3.00, and we will send you the watch, with other gentleman's jewelry or lady's trifles, as you prefer, some day money to be received. REMEMBER, WE WANT YOU TO SEE THE BOXES AND SEE THE WATCH & CHAIN WATCH & CHAIN. This is a grand opportunity to get a good watch & chain for a very little work. Address: NATIONAL MEDICINE CO., Watch Dept. 99 1/2, New Haven, Ct.



PICTURESQUE NORTHWESTERN NEBRASKA—BUTTE, EAST SIDE OF SOUBELLY CANYON, SIOUX COUNTY.

woman of proper pride could endure, and in order to fit herself for the ordeal of exposing her arms she is having them cured of their defects.

According to the energetic, pleasant faced sorceress who sits in the ground glass closet among pots of pomades, powders, electric apparatus and mysterious jars, the feminine arm is rarely a thing of unrecognizable beauty. However, she bravely guarantees to convert a pair, as lacking in beauty as wayside finger posts, into a charming feature. Around her closet hang plaster cast models of beautiful arms, and when her sitter has put on a little sleeveless pink dressing sacque and frankly revealed the defects of her wrists and elbows the good genius of the place bids her hope.

If it is a thin, red elbowed arm she gets at the elbow first and improves the circulation by using a very, very fine warm water spray and by rubbing in a pomade that feeds the flesh. With her electric needle she removes superfluous hair and then shows her patient how to exercise her arms with a view to helping the growth of the forearm, which, in nine cases out of ten, is undeveloped in the American woman.

To one ambitious patient, whose arm below the elbow presented a starved, shrunken appearance, she recommended two hours' use every day of a carpet sweeper, which the lazy patient, sitting in her arm chair, shoved diligently back and forth over an old rug spread before her. It was not long before her wrists rounded out amazingly and a cream made from oats whitened the brown skin until it was as fair as a baby's.

"But that is nothing to the improvements I can bring about," asserted the inventor of the processes. Elbows without dimples or sausage shaped arms from which all semblance of shape have disappeared are about the easiest to deal with. The elbows covered with tough horny skin used to puzzle me, but I have learned how to soak, oil and then cap them with protectors and finally polish them until they grow as white and rounded as a child's. The caps are made of oiled silk filled with a bleaching, softening poltice, of which I alone know the composition secret, and they must be worn for at least a week, or until I can see that all the rough, callous skin is removed. When this skin is peeled off I use a nourishing powder in the polishing, and maybe you have noticed of how many women will refuse to lean or rest on their elbows?

"They are my patients who have had their arms treated, and will make any sacrifice to maintain their joints in a proper condition for exposure in evening dress. Oh, as to the fat women, I just rub their arms down with a little of the reduction pomade that the Parisian models and actresses use, give them lead sponging and I can nearly always make the fattest arm conform to my own ideas of grace.

"On the whole my most trying patients are those who have overindulged in athletics; the ex-golf champions, expert amateur

plazas wielding lemonade straws and palm leaf fans in exchange for their drivers and brassies of the last tournament season."

A Bit of a Jolt

Boston Journal: "And now, darling, it only remains for you to say when—"

But at this moment the automobile, which had reached the top of the hill started down the other side with frightful velocity.

It failed to work. He shut off the power. It was too late.

The maddened machine raced down the steep grade. At the foot of the incline there was a sharp turn to the left.

Here the automobile left the turnpike and ran down the embankment, throwing the young couple out and landing them in a big pile of sand.

"Never mind, darling," exclaimed the youth, who, with hat gone, collar loose at one end and coat ripped up the back, was presently engaged in digging sand out of the hysterical maiden's mouth. "This is one thing that the course of true love ran smooth, even if it did get a bit of a jolt at the end of the run."

"Cyrus Winterbottom," she said, half an hour later, as they were journeying toward home in a farmer's wagon, "I believe you did the whole thing on purpose, so you could have the chance of saying something smart."

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