SCIENCE COMES TO THE RESCUE

IT TELLS US THAT NINE-TENTHS OF OUR ILLS CAN BE CURED BY NERVE EXERCISE.

Arnold Massage Vibrator Reaches the Seat of Disease by External Application.

Works so simple a child can operate it and give as good massage as an expert masseur.

The Arnold Massage Vibrator removes Wrinkles, Crowsfeet, Pimples and all irregularities

The thousands of people who are interested in massage and its beneficial results will be pleased to know that permanent headquarters for the Arnold Vibrator, the new electrical wonder, have been established in Monheit's Hair Store, 1411 Farnam Street, where everybody is cordially welcome.

SCIENCE OF TODAY

Few people realize the tremendous strides science has made in the last few years. We read, but fail to appreciate the advantages to be derived by an application of inventions and discoveries—either ignoring completely, or forgetting things that might benefit us materially; perhaps not today, but tomorrow, next week or next month. Enormous institutions have been built, physicians, surgeons, specialists and quacks have become wealthy upon this failing of people to take advantage of the inventions of the age, this carelessness as to their physical health by people living in this century—this strenuous age—this careless age it might better be called. We neglect the trifles which might be easily remedied, many years of suffering obviated, to say nothing of the many thousand dollars which might otherwise have been diverted into our own pockets before these trifles ripen into some permanent disease.

RELATION OF THE NERVES TO THE BODILY AILMENTS.

Science tells us that nine-tenths of all physical ailments are caused directly or indirectly by the nerves. Even those who pay little heed to physiology know the important part their nerves play in that harmonious condition of the body and mind. The nerves control the supply of blood to the tissues and when the nerves become weakened or inactive, the blood stops its building-up process and the tissues decay. Here, then, is the fundamental principle of health. With a proper supply of blood the constantly wearing out tissues are built up as fast as they become useless; the blood performing the double function of bringing the necessary "building" material and carrying away the refuse.

HOW SHALL WE KEEP THE BLOOD WORKING?

Easy enough in theory—by careful, systemic exercise, exercising each muscle which necessitates the exercise of the nerves; the nerves would then without any help from us supply the proper amount of blood to every part of the body. The idea of continual exercise is all right in theory, but the present generation are too busy to incorporate it in their daily life, hence all the ills and pain to which mankind is heir.

Science has again come to our aid, and done the next best thing—supplied a remedy for our unnatural condition—nervous disorders and disease. In the olden days, man with his slight knowledge of anatomy and nerves, discovered that certain ills were susceptible to the laying on of the hands and annointing with oil which later became known as "massage." Today physicians, scientists and most of the laymen recognize the wonderful benefits of this manipulation of the nerves, and today the clumsy method of hand massage has been replaced by the more sure and quicker "mechanical massage." The ARNOLD MASSAGE VIBRATOR—a small instrument, almost a toy in size, the latest scientific method of giving hand massage by mechanical means. Giving the same movements as the hands, and the soft, velvety applicators, the same tensity of the fingers. The whole instrument, motor and all, only weighing but 20 ounces; and yet the ARNOLD MASSAGE VIBRATOR, small as it is, can give as powerful a massage as the strongest masseur with a great deal more efficiency, in one-tenth of the time at a cost of only 5 cents.

Cures Weak and Lame Back, Lumbago, Sciatica and Rheumatism

Massage for the Face, Neck and Bust.

The ARNOLD MASSAGE VIBRATOR is attached either to an ordinary electric light socket or to a set of dry batteries when no current is at hand. A small but powerful electric motor causes an arm to vibrate the soft rubber applicators at the rate of 20,000 vibrations a minute and yet as light and gentle in its touch as the caressing stroke of a fond mother's hand. The regulation is accomplished while the machine is in operation and enables the operator to apply the treatment mild or strong, as the case may require, regulating the stroke instantly.

Call or write and we will explain in an impartial way the comparative value of the various machines offered. Write for a free 80 page book on vibration to H. K. Harthun, Gen. Agt., Suite 714 Hartford Bldg., Chicago, Ill.

This wonderful vibratory machine will be on exhibition at

MONHEITS HAIR STORE, 1411 Farnam St. Omaha, Neb.

DR. W. J. McCRANN, 24th and O Sts., South Omaha, Neb.
CLARK DRUG COMPANY, 502 Broadway, Council Bluffs, Iowa.

STATE FAIR TRAINS

Trains for Lincoln leave Omaha at 8:45 a. m., 9:15 a. m., 1:20 p. m., 4:10 p. m. and 11:59 p. m.

The morning trains will stop opposite entrance to Fair Grounds on Tuesday Wednesday and Thursday.

Return trains leave Lincoln for Omaha at 5:25 a. m., 7:15 a. m., 10:45 a. m., 2:10 p. m., 4:30 p. m., 6:00 p. m., and special train at 7:00 p. m.

ROUND TRIP RATE $1.65; including admission tickets $2.15. On sale August 31 to Sept. 4.

PARLOR CARS from Omaha at 9:15 a. m. and 1:20 p. m., from Lincoln at 10:45 a. m. and 6:00 p. m.

Burlington Route

Tickets at
1502 Farnam St., and
Depot Ticket Office, 10th and Mason.

ABSOLUTE SAFETY
FOR VALUABLES OF EVERY KIND
IS PROVIDED BY THE
Omaha Safe Deposit Vaults
210 South 13th St. Under Omaha National Bank.
Private Safe $5 Large Storage Vaults
Better Be Safe Than Sorry

OMAHA OR CHICAGO GETS IT

One of These Cities Will Be National Wool Market.

GUILD FEELS CERTAIN OF THIS

Other Cities Have Either Quit Trying or Failed Seriously to Impress Committee with Any Claim to Headquaretrs.

Between Omaha and Chicago the executive committee of the National Wool Growers' association undoubtedly will choose the location for the big association storage houses after a visit to a number of western cities.

This is the belief of J. M. Guild, commissioner of the Commercial club, who returned Saturday morning from Salt Lake City with other members of the Omaha delegation who attended a meeting of the Wool Growers' association for the purpose of bidding for the big warehouse. Other members of the delegation were Charles H. King, James L. Paxton, jr.; A. J. Love, J. A. Stryker, J. A. Hake, Fred Huber, W. F. King and G. V. Newcomb.

"It is not because the other cities do not offer some inducements, but because Chicago and Omaha are the two most logical points and, of course, we believe Omaha is the most logical because it gives the growers a better opportunity to attend the sales of their wool and become more intimate with the bankers who will advance money on the clips," said Mr. Guild.

Other Cities Out of It.

"To determine the status of the case, I stopped in Denver and I don't believe the Denver business men are working overtime to secure the wool storage plant, as they are busy on a line which Omaha cannot possibly claim. Salt Lake City is practically out of the race. St. Paul and Minneapolis are too far north from a railroad standpoint. Kansas City was not represented at the conference in Salt Lake City, and St. Joseph is too far south—just as much out of line as St. Paul and Minneapolis. So it seems the Wool Growers' association will choose between Omaha and Chicago. The committee will visit Omaha in October and will also visit the other cities."

The presence of Mr. Guild and Omahans in Salt Lake City undoubtedly prevented the wool growers from stampeding for Chicago, as some of the members of the executive committee were convinced that Chicago was the place until they heard what Omaha had to offer. This caused the postponement of a decision, which was all that Omaha wanted.

Omaha Fairly Treated.

"We have been treated unusually fair in this matter," the commissioner said. "The men who compose the executive committee are fair-minded business men and open to arguments and sound business reasoning. We will be prepared to show them when they come to Omaha."

Utah has developed a strong preference for Omaha and the Salt Lake City Tribune, Salt Lake City Herald and the Intermountain Republican openly supported the Omahans and upheld the contentions of Commissioner Guild. The Intermountain Republican tells of the smooth and secret methods of W. H. Manss, industrial commissioner of the Chicago Commercial association. The Intermountain Republican says:

It is said that after being wined and dined in Chicago, some members of the national association firmly made up their minds to vote for Chicago. That they would do so and that Chicago would be selected as the meeting place at the meeting in this city was the firm conviction.

But at this point Commissioner Guild upset the effects of "wining and dining" and Omaha was given a fair hearing.

Mr. Guild expressed some surprise that a paper like the Deseret News, a Mormon paper, should do everything possible to injure Omaha, but learned afterwards that the writer of the absurd articles was a former schoolmate of "Rev." W. H. Manss.

A REPORTORIAL LOVE AFFAIR

Sister and Her Steady Make Copy for Lad with Newspaper Instinct.

Young Egbert and his mother sat mysteriously at the head of the stairs, in the dim light of early evening.

A few moments before Egbert's sister had received a young man caller, and had promptly disappeared with him into the gloomy recesses of the front parlor.

Young Egbert's one ambition was to be a reporter. He had read all the literature on the subject, his mind was filled with "scoop" and "beats" and he had instinct, to do full justice to this occasion.

His mother, excusing herself on the ground that she had a duty to perform, in watching her daughter, was equally ready to listen.

Egbert slid down stairs, but in a few moments silently returned. Breathlessly he whispered:

"Present indications are that there will be a good story all right. Here is a diagram of room. Chairs are arranged as shown in diagram, with sofa in extreme corner. Gas shedding faint glimmer. The cross (X) shows the spot where lovers first met. Conversation as follows:

"'O, George! How could you!'

"Full particulars later."

Once more he sped, and again returned:

"Situation practically unchanged. Lovers apparently have no realization of their danger. Progress to sofa marked by demonstrations all along the line of march. At last reports holding hands. Sofa creaking slightly."

In a few moments more he was back again:

"Sh. At 7:40, eastern time, there was a faint smaking sound quickly followed by another, at intervals of about five seconds, with scarcely any interruption, until a blind on window blew back. Following conversation was taken down:

"'Oh, George!'

"'You musn't!'

"'My hair is coming down!'

"George refused to be interviewed. Hair fell at 7:52. Full particulars later."

Egbert sped away once more. But at this instant the boy reporter's father came in through the front door, opening it with the latch key, having first become aware of the buggy in front.

The boy's next report was as follows:

"It was indeed a thrilling moment. The light from overhead, now suddenly become like the noonday sun, shown down on a scene that baffles description. Devastation reigned supreme. The young and beautiful girl reached in vain for the imported puffs that strewed the floor. Her confession in full, with description of her clothes, will appear in a later edition.

"Postscript: Diagram revised herewith. Cross (X) marks spot where lover disappeared through half open window."—Brooklyn Life.

Too Suggestive.

The prospective purchaser was taking a trial trip in the motor car that had been the most highly recommended to him and was speeding along in the country.

"What clump of buildings is that over there on the right?" he asked.

"That's the county poor house," answered the chauffeur.

"Well, don't stop here," he rejoined, nervously. "I don't want to add another to the list of men whose automobiles have taken them to the poor house."—Chicago Tribune.

THE STORE THAT SAVES YOU MONEY

21st September Furniture Sale

Tomorrow we inaugurate our twenty-first September Furniture Sale, far surpassing any sale event of the entire year—it is an opportune time that offers special inducements to the thrifty—a sale that is looked forward to by every economical buyer as a **SUPREME TIME TO PURCHASE HOUSEHOLD GOODS.** And do you wonder why? The reason lies in the great values that can be obtained by every one.

This great September sale represents a distinct saving to you of from 25 to 50%. It is a sale of great magnitude and surpasses all our previous efforts. It cannot be compared with any other sale as the opportunities to save money are vastly greater. We guarantee the savings will average fully 1-3

During this sale we offer you all the benefits of our **MAGNIFICENT AND MATCHLESS CREDIT SYSTEM. THE CREDIT SYSTEM** that requires you to pay only a small amount down and a small amount each week or month.

Every article offered during this sale is fully guaranteed, and every article is sold upon its merits. We guarantee the quality. All goods are exactly as described and illustrated, and can be had at exactly the price advertised. You save money by buying during this big sale.

We have just received a large shipment of Dressers, Iron Beds, Chiffoniers and Extension Tables, which we secured at very low prices. All these goods are offered during this sale together with thousands of other items, all of which have been greatly reduced in price. Don't miss this sale.

$9.75 FOR THIS USEFUL KITCHEN CABINET

Terms: $1.00 Cash, 50c Weekly.

(Like Cut.) These elegant kitchen Cabinets are made of selected material and are first-class in every respect. They have a large upper cabinet, and the base has two large flour or meal bins, two cutlery drawers, and a bread and meat board. They are actual $15 values

$8.50 FOR THIS SOLID OAK DRESSER

Terms: $1.00 Cash, 50c Weekly.

(Exactly like cut.) Made of solid oak, and has three large and roomy drawers, and very best of construction. Has a French Bevel mirror, set set in carved standards. Is easily worth $12.50.

$12.75 FOR THIS MAGNIFICENT PEDESTAL EXTENSION TABLE

TERMS: $1.00 CASH 50 CENTS WEEKLY.

Just to give you an illustration of what you may expect during this sale we offer you the above Pedestal Extension Table, which is **exactly like illustration and is just as described,** at the extremely small price above quoted. These tables are made of selected solid oak of a beautiful grain, and are guaranteed in every respect. They have large tops with 6 foot extension slides, and a large pedestal base. They are highly finished in an elegant golden oak and we are positive that you could not match this value anywhere else for less than $20.00. Remember the price is only $12.75, and sold on the above low terms.

$9.50 FOR THIS FABRICOID LEATHER COUCH

TERMS: $1.00 CASH, 50 CENTS WEEKLY.

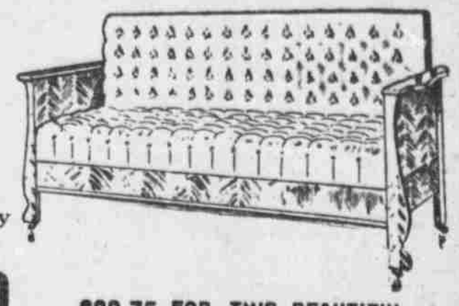
(Exactly like cut.) These elegant Couches are upholstered in fabricoid leather that is guaranteed not to crack, and will wear fully as well as the genuine leather. They are upholstered over soft and resilient springs and have carved frame. Actual value $16.50.

Ask to see our new and greatly enlarged three room outfits

3 Rooms Furnished Complete, for $71.50

TERMS: $7.50 CASH, $5.00 PER MONTH.

These three-room outfits are positively the best values obtainable anywhere. They include everything necessary for starting housekeeping. They include besides crockery, tinware, silverware, etc., the regular furniture and carpets.



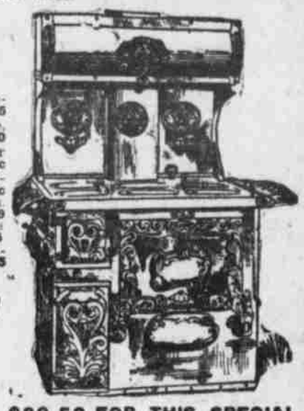
$23.75 FOR THIS BEAUTIFUL SOFA BED DAVENPORT

TERMS: $3.00 CASH, $3.00 MONTHLY.

(Exactly like illustration.) An unmatchable bargain in a substantial Bed Davenport. They are made by expert workmen and are upholstered in imported velours of a fancy and beautiful design. The frames are of solid oak, highly polished. The Davenport can be converted into a soft and comfortable bed at night, and is so easily operated that a child can work it. It is a regular $35.00 value.

September Sale of Carpets, Rugs and Draperies

60c Ingrain Carpet, good quality, sale price, yard 39c
75c All Wool Ingrain Carpets, best quality, sale price, yd. 59c
$1.00 Brussels Carpets, very heavy quality, sale price yd. 69c
Velvet Carpets, very fine quality $1.25 values, per yard 89c
Axminster Carpets, very pretty patterns, $1.50 values, sale price yard 98c
$7.00 Art Reversible Rugs, 9x12 size, sale price $3.98
$10.00 Ingrain Rugs, very fine quality, sale price $5.95
$15.00 Brussels Rugs, large assortment, sale price $10.75
$18.50 Brussels Rugs, 9x12 size, good quality, sale price ..$13.50
40c Oil Cloth for bath room or kitchen, sale price, yard 23c
90c Linoleums, good heavy quality, sale price per yard 59c
$2.50 Nottingham Lace Curtains, full size, sale price, pair $1.39
$5.00 Lace Curtains, fine texture sale price, per pair $2.95
$7.50 Tapestry Portieres, beautiful patterns, sale price, pr. $3.95



$26.50 FOR THIS SPECIAL STEEL RANGE

TERMS: $2 CASH, $2 MONTHLY

These Steel Ranges are made of selected steel of a special gauge and are guaranteed in every respect. They are positively the best low priced steel range on the market today. Have four large 8-inch lids, and an upper warming closet. They are elegantly nickeled trimmed and are an actual $40.00 value, but are offered at the above low price during this sale.

79c FOR THIS WELL MADE CHAIR

(Exactly like Cut.)

They are made of selected stock and are finished in a golden oak. They are easily worth $1.25. Special price during this sale 79c

WE SELL ANYWHERE ON EASY PAYMENTS WRITE FOR INFORMATION.

Bigger Values than ever during this sale

You save money attending this sale

THE PEOPLES STORE

LEADERS OF LOW PRICES

16TH & FARNAM STREETS, OMAHA.

PREMONITIONS OF THE RAIL

Calloused Trainmen Inclined to Scoff at Some Signs.

MANY OF THEM PROVE FALSE

A Monthly Premonition that Rarely Failed—Bridge Was Still There—Thrilling Leap of Fireman and Flying Run.

Readers of stories of premonitions that tell engineers and other trainmen that danger hovers over them may be confident on beginning that the hero, no matter how dark may be the outlook, will come out alive and covered with more glory than mud or coal dust.

Old railroaders laugh when they read the stories, and, like the person who always reads such yarns in the magazines and newspapers, know without going through all the details that the engineer, conductor, fireman or brakeman, whichever he might be, would save the lives of all the passengers or do something else in the hero line before the end.

Railroad men do have premonitions, but the ones that fail to come out as they do in the story books are mostly forgotten, and, lacking in dramatic interest, are seldom told.

Sandy McNaughton's Premonitions.

Old Sandy McNaughton, who has been driving an engine on a road running out of Chicago for thirty years, says he has had scores of premonitions, some of which have proved true, though none of them ever got his name or his picture on the first page of a newspaper as a man who had been warned by some unseen agency of danger and by heeding the premonition saved 100 lives.

"Sure, I have premonitions and some of them prove true," declared Sandy. "Four instance, in my young days I used to have a premonition regularly that three days before pay day I would be broke and would borrow $5 of Larry Brannigan, and it always prived true, except when Larry didn't have a five, but as far as everr being warned before of an accident that would occur that never has been one of my long suits.

"Yes, I used to have premonitions about as regularly as I would have indigestion. Whenever I would eat anything that didn't agree wth me I would have a queer feeling that warned me that something was going to happen. My fireman called it a plain case of being off my feed, the doctor called it some long names I couldn't pronounce, and called it a bargain for $2, and the boss called it cowardice.

Sure a Bridge Was Gone.

"I remember one rainy, blowy and cold night. All the day before I had been feeling sort of queer and when we started it seemed to me that danger was waiting at a certain bridge on the line. Just before reaching this bridge there was a sharp curve so that one could not see the bridge until right on top of it, and the surroundings were such that if there had been a wreck there the loss of life would have been terrible.

"As we drew nearer and nearer to the bridge that night the feeling of impending disaster kept growing stronger; it seemed as if I could hear a voice warning me as plainly as if someone were in the cab talking to me. So strong did this feeling grow that just before we reached the bridge I gave in and slammed on the air.

"We came to a stop more suddenly than carefully; the passengers tumbling out of their berths and landing in heaps on the floor.

"Bill Carter, who was brakeman on the train, had been riding on the back platform and when the brake slammed on he gave an exhibition of grand and lofty tumbling. When he came up to the engine with the rest of the crew and an excited bunch of passengers to see what was the matter he was not in the best state of mind or appearance.

"Well, I had put on the brakes while still out of sight of the bridge, but we slid a ways so that we stopped right on the edge of it. A few feet farther and we would have been hurled into the chasm—that is, providing the bridge wasn't there, but it was there, standing as strong and pretty as ever, and what Bill said wasn't nice to hear."

Old Sandy stopped and thought for a while and then remarked: "No, I never had a premonition that did me any good, but there was Stubby Blount that worked on the Alton in '89." Sandy started one of those stories of premonitions that are never told until after they have come true.

Just Missed Johnstown Flood.

A director of a western railroad was going east on company business in the spring of 1889, and before leaving his wife had one of those strange warnings which are supposed to give notice of approaching calastrophe. Mrs. Director begged her husband not to go, but, of course, he had to attend to his duties. The night before he left the woman dreamed that her husband's life was endangered by water, the details of the dream, however, occurring on the ocean, and she made him promise not to go near the ocean or on any water while he was in the east.

Her husband promised and fulfilled his promise, but the morning after he left his wife read in the paper the first news of the Johnstown flood. Of course, then she knew what it was she had feared for her husband's safety and why it was she had been warned that he was in danger from water. For a time she was half crazed with grief, then she received a telegram from her husband telling of his safe arrival, for it appeared that he had been on one of the trains that had gone through before the dam burst.

Tommie Marr, when he was a fireman on a freight run, used to have, and in fact has yet, a dog that is greatly interested in railroads, at least so Tommy says. Every time Tommy started out for the yards to take his engine the dog would follow him, which, of course, is strange, considering that it is a dog's nature to follow his master, but Tommie claims the dog never bothered about following him unless he was starting to work. Every day the dog would watch and when Tommie went downtown to play pool with the boys the bowwow paid no attention, but as soon as he set out for the railroad the dog trotted after him.

The dog had been in the habit of doing this for a long time, when one day he didn't show up as the time came to start for the yards. Tommie worried over his dog's strange desertion, and the more he thought of it the more he wondered and worried. Finally he had come to the conclusion that the dog knew in some strange way that there was going to be an accident and couldn't bear to see his master leave on what probably would be his last trip.

Tommie Takes a Leap.

Then Tommie had it all figured out—not to his satisfaction, however. He began to plan how he might escape the impending danger. He didn't stop to think that if the dog knew something was going to happen to his master why then something certainly had to happen, for if there was a way to escape the danger and Tommie took advantage of that way out of the difficulty, why, of course, the dog ought to have known that also and consequently the canine shouldn't have felt worried.

As the engine dragged its long line of cars slowly along a newly laid piece of track Tommie had time to think over what he would do when the wreck occurred, for he felt sure there was to be a wreck of some kind. While thinking over this Tommie was slowly shoveling in coal, and just then, deciding that he ought to tell the engineer so that he also would be warned, he straightened up.

There was a blinding flash of a headlight in his eyes, a roar of a fast train rushing upon them, and Tommie, without stopping to shout at the engineer, jumped overboard, rolled over and over down the bank and splashed into a pool of water, while the passenger train that had frightened him went by on the other track that had been put in a few days before.

When Tommie returned home he learned that his dog had been chasing a cat and didn't see his master leave the house, which accounted for his failure to accompany him as usual to the roundhouse.—Chicago Tribune.

Counterfeit Dollars

buy trouble, but a quarter buys Dr. King's New Life Pills; for constipation, malaria and jaundice. Beaton Drug Co.

Deafness from Bathing.

"When the warm weather heats your blood and you long to hie to the cooling seasides and plunge boldly into the briny, pause, hesitate, consider," says an eminent nose and ear specialist. "Observe the number of bathers who during the season evince a sudden deafness, which often lingers for weeks at a time and sometimes becomes a permanent trouble. To avoid this do two things. Remember the ancient instruction to wet the top of the head first, and never allow any cold water to percolate to the drum of the ear. Many people do not know that the sudden application of cold to the back of the ear will cause the delicate mechanism to expand sharply under the rush of blood to escape. This is always followed by partial deafness, which sometimes becomes a serious matter. Another thing to watch is the shampoo. The same danger lies here if the hairdresser is either unskilled or careless. In rinsing the hair the spray should first be applied to the top of the head and gradually brought down to the nape of the neck, thus obviating the trouble."—Philadelphia Record.

FOR COUNTY COMMISSIONER

Some Reasons Why You Should Cast Your Vote for George D. Rice.

Mr. George D. Rice, who is a candidate for county commissioner, is a man worthy the support and confidence of every republican. He has been tried upon the school board for mostly six years past, where he has served the people with fidelity and ability. He is the representative of no clique, corporation contractor or class, but will faithfully look after the interests of the whole people, regardless of position, nationality or color. You will make no mistake if you cast your vote for George D. Rice.—Adv.

On Their Wedding Journey.

"Alfred, dear, isn't the scenery beautiful?"

"Lovely beyond description!"

"But you're not looking at it."

"I am looking at the only scenery that has any attractions for me Penelope."

"What is the use of talking like that, Alfred? You know I'm not beautiful."

"Don't you dare to contradict your husband! I say you are the most gloriously beautiful creature on the planet."

"Nonsense! Look out through the car window, Alfred. You are missing some wonderful scenery."

"I'm not missing anything worth seeing. I'd rather look into your eyes and hear your voice than—"

"Oh, Alfred, you're an utterly hopeless case!"

"I know it, Penelope. I'm in the incurable ward of the seventh heaven."

"She! Not so loud, dear; somebody will hear us!"—Chicago Tribune.

FAT FOLK'S HOT WEATHER COMFORT SECRET

The only way to be comfortable, if fat, in hot weather, is to get thin—that is, reduce. This is paradoxical, but it is true—and they say the truth is bitter. Truly, to face the necessity of reducing by means of exercise or starving is a bitter prospect for any overfat person, man or woman. But, cheer up, those old methods are passe—out of date.

Nowadays, the well-informed fat people who want to take off enough flesh to make them feel unstuffed within and unburdened without go to the nearest druggist, from whom, for a small sum, they get ½ ounce Marmola, ½ ounce Fluid Extract Cascara Aromatic, and 3½ ounces Sirup Simplex. This they take quietly for awhile, a teaspoonful at a time, after meals and at bedtime, and pretty soon find themselves losing their excess flesh at the rate of 12 to 16 ounces a day.

They eat the same food and don't need to exercise, and yet they get thin. Moreover, they do not accumulate wrinkles or acquire an abusive stomach in the process. This harmless home mixture just bothers the fat—not the taker. In this it is different, very different, you'll agree, from the usual "remedy."