woman's section of the

Washington Society

EDGAR C. SNYDER. Washington Bureau of The Omaha Bee,

1311 G Street.

ing life in the White House in week for New York. the summer very comfortable and tions to bother with. The president's lantic City. recreation is golf in the early morning, with Mrs. Wilson or Dr. Grayson; a motor ride in the late afternoon, and or a ride into the country. Their favorite drive is around the Speedway or Potomac Park, as it is known. which is a lovely panorama of river and Virginia kills, and at the eastern end of the drive, the modern buildings of the Army War college and the other of the Army War college and the other the harbor, where the steamboat land- the Colonial. ings are, and where the great gray British cruiser lies at anchor. It is the flag-ship of Vice Admiral Sir William Lowther Grant, who is temporarily attached to the British embassy. A drive down in that locality in the late afternoon invariably discloses a smart little tea party on the shady side of the deck, with Lady Grant pouring tea for her excellency, the Countess of Reading, wife of the British ambassador or Mrs. Daniels, or Mrs. Baker or Mrs. Lansing, or some others, and sometimes, perhaps, all at the same time, of the prominent official or smart resident society circles. This is really a fascinating feature of this summer's life in Washington. Lady Grant accompanied her husband on the cruiser by special grant from the Batish government, as in these modern warring days no women are per-mitted on board such craft.

Congratulations.

Mr. and Mrs. Guy B. Grant, formerly of Omaha, Mr. Grant being a son of the late John Grant, a contractor of the Gate City, are receiving the congratulations of friends over the birth Lof a daughter a few days ago.

Red Cross.

There is added industry among the Red Cross workers, and calls come Cord. every day for more dressings and more garments of every kind for the sick and wounded. Washington has its share of injured soldiers at the Walter Reed hospital. Women who have auomobiles take parties of them out every day, and those who are convalescing may be seen at the thea- mazoo. ters, the concerts and movies any afternoon. Most of them are on crutches. All of them have lost a limb or more. One of them has lost all of his. On Tuesday afternoon Mrs. Lansing entertained all who were able to go out, at tea in her garden such a pretty garden of blooming been the guest of Mrs. C. C. Belden, the tea and baded nooks. She made spent a few days in Feta. the tea and poured it, and it was a returning to Shanghai, China. charming informal time, with a number of attractive young girls assisting.

Mrs. Reavis, wife of Representative C. F. Reavis of Falls City, Neb., is remaining quietly in her Cleveland Park home, out near the home of Senator and Mrs. Norris, during the absence in France of Representative Reavis. Their son, Jack Reavis, has postponed his visit home, to stay Mr. and Mrs. Herbert Gannett have with his mother here until his father taken the home of Mr. and Mrs. Mrs. Reavis keeps herself street. busy with the Red Cross unit of the Congressional club. She works there three days in the week-Mondays, braska women are among the busiest Estes Park. of the war workers.

Genevieve Clark War Workers.

The Genevieve Clark War Workers, an organization of congressional women, mainly those who live in the neighborhood of the capitol, is continuing its work wonderfully, the interest and energy of the women not waning in the least. Mrs. Clark, wife of the speaker, entertained them on a recent afternoon at Congress hall and made a short address, a favorite mode of entertaining with Mrs. Clark. Mrs. Shallenberger, wife of Representative A. C. Shallenberger of Alma, Neb., assisted Mrs. Clark at the tea table. Mrs. Shallenberger is chairman of the cutting committee of the organization-in fact, she does nearly, if not quite, all the cutting out of the garments made.

Omahans.

Mr. and Mrs. Walter Penfield, the latter formerly Miss Lucille Bacon of Omaha, returned Monday from Atlantic City, where they spent the Fourth and the week-end.

Miss Ruth Hitchcock was one of the ushers at the concert given this week at the Belasco theater for the benefit of the Roumanian war orphans by the Roumanian relief committee. A number of society girls ushered and sold programs, netting gene Mayfield, after which she will a considerable fund for the kiddies. party; Mrs. Lansing had Lady Reading and General Crozier's wife in her field, Mo., spending the balance of her box, and Mme. Jusserand, wife of the vation of three months' duration, at French ambassador, had a box party. her old home, Cabool, Mo. Miss Hitchcock was also one of the guests at the dinner-dance given in the evening by Major Levius Tseiusmanian legation, in honor of the artists who gave the program. Major Tseiussanu is a charming bachelor who has seen long service at the front and has lost his right arm, and came over here with the Roumanian Lieutenant Scott, has been stationed mission. Among his guests were with the aviation section there for the Miss Maragret Wilson, Miss Bones, past four months. She will make her Lt. General Bridges, head of the British high commission here, and O. A. Scott. General Guglielmotti, military attache of the Italian embassy.

A Card Party.

A card party will be given Wednesday afternoon by the Columbian Club Freeman was honor guest at a dancat their hall at Twenty-second and ing party Thursday evening. The afocust streets. Mrs. J. G. Sherry and Mrs. Henry Mason will be hostesses.

Motor Party.

Mrs. L. H. Greer and 36 guests of the Flatiron hotel motored to Valley Saturday for a swim and a chicken

It is estimated that 1,000 negro women in Birmingham and vicinity are now engaged in manual labor for- 22, 23, 24 in Omaha in behalf of their

PERSONALS

Miss Ruth Anderson has accepted a government position and left Wednesday for Washington.

Miss Marguerite Schneider of Fre-mont will spend Saturday and Sunday here. Miss Marguerite and her sister. Miss Clara Schneider, have received THE president, Mrs. Wilson, Miss their orders for overseas Red Cross Wilson and Miss Bones are find- canteen service and will leave next

very charming, with every possible luxury to enjoy, and no official func- Friday to spend several weeks at At-

Mrs. Howard Baldrige has been spending several days at Camp Dodge sometimes in the evening, the theater with her son, Captain Malcolm Bal-

Mrs. Henry Meyer has returned from Cincinnati, where she has been buildings at the barracks, just across some time next week and will be at

Mr. John H. Hayes of New York City is the guest of his parents, Mr. and Mrs. Robert C. Hayes.

Mrs, E. H. Howland and Miss Mar-jorie Howland left Sunday for Clear Water, Minn.

Miss McGregor of Minneapolis was the guest of Mr. and Mrs. Wilson Low several days last week on her way to Eaton Ranch, Wyo., where she will spend the summer.

Mr. and Mrs. C. N. Dietz have left for Dillon, Mont, where they will visit their nephew, Mr. C. W. Hudson, and Mrs. Hudson. After stop-ping a few days in Sheridan, Wyo., they will spend the remainder of the summer at Dome Lake, Wyo

Judge W. D. McHugh motored to Colorado Springs last week and will spend the summer there. Mrs. Mc-Hugh will join him later.

Mrs. C. C. Allison and Miss Grace and Charles left Wednesday to spend several weeks at Eaton Ranch, Wyo.

Mrs. K. C. Lewis of Chicago is visiting her daughter, Mrs. J. G. Mc-

Mrs. W. D. Williams and daughtter, Miss Margaret, are expected home Tuesday. After Miss Williams' grad-

Mr. and Mrs. De Roy Austin and sons, Wilbur, Alexander and De Roy, jr., are spending several months in

Dr. and Mrs. C. E. Smith and Miss Helen, Miss Dorothy and Miss Ida left Sunday to spend the summer at Lake McDonald, Montana

Miss Florence Russell has returned from Smith college and a visit of several weeks in Washington, D. C.

returns, probably some time next George M. Durkee at 5131 Davenport

Mrs. John Brownless and daughter, Miss Jean, and Miss Carol Howard Wednesdays and Fridays. The Ne- are spending the month of July in

> Mr. and Mrs. J. B. Chase of Minneapolis spent last week with Mrs. Chase's sister, Mrs. Frank Judson and Mr. Judson.

> Miss Mayme Hutchinson leaves Monday for Minneapolis, where she will join friends and they will go to Isle Royal for the remainder of the

New York.

A son, Walter Joseph, was born Wednesday to Mr. and Mrs. W. F. Peterson at the Methodist hospital. Mrs. Peterson was formerly Miss Ramona Mallison.

A charming visitor from Chicago is Miss Marian Pierce, who has been Charity. the guest of Miss Dorothy Weller for the last week. The summer days have been crowded with delightful affairs for Miss Pierce, luncheons, family, dinners and motor picnics making each day of her stay most enjoyable. Miss Pierce returned to her home

Mrs. E. L. Fodge, 618 South Twenty-seventh street, will leave the first of the week for Lincoln, where she will be the guest of the family of Euvisit friends and relatives at Beatrice, Miss Margaret Wilson had a box Fairbury and Endicott, Neb.; Fort

Mr. and Mrs. C. C. Belden leave Tuesday for Ohio, their old home sanu, military attache of the Rou- state, where they will spend the sum-

> Mrs. Paul E. Wadsworth has returned from Camp Geistner, Lake Charles, La., where her husband, home with her parents, Mr. and Mrs.

A dancing party was given at the club Tuesday evening by Misses Muriel and Honora Yard, Mr. W. R. ng party Thursday evening. The affair was in the nature of a farewell as Mr. Freeman leaves today for his home in Chicago, where he will enlist in the navy.

The regular weekly dancing party will be given this evening at the club.

French Countess Coming. The Countess de Bryas and her sister, Jacqueline, two charming French women, are scheduled to spend July fellow countrymen

War-Time Bride of Today



Another wartime bride is Miss Ruth Arnstein, whose marriage to Sergt. uation from Wheaton college they Ralph M. Rothschild takes place in Des Moines today. The appointments have been visiting in Boston, New York, Oshkosh, Okoboji and Kalaat the ceremony, which will take place at the home of the bridegroom's sister.. As Sergeant Rothschild is stationed at Camp Dodge, his bride will remain in Des Moines for the present.

SOUTH SIDE

Rev. J. A. Greer is visiting at a permanent camp.

ng in Colorado. extended visit. Donald Hill will spend party was composed of is vacation with relatives at Ne-

Miss Bessie Hankinson is in Colorado for the summer.

Mrs. Frank Furness is very much improved after her recent illness. Mrs. John Ritchie is seriously ill

at St. Joseph hospital. Mrs. V. H. Smith and small son Paul have returned from a visit with Lucky. relatives at Weeping Water, Neb. Mrs. John Chase and daughter, Alice, are expected home this week after an extended visit with relatives. Karl Rahn has returned from a

visit at Nehawka, Neb. Mrs. Floyd Cockrel spent a few days last week in Lincoln.

Mr. and Mrs. Milton Smith are en-

tertaining Mr. Smith's mother of Mrs. M. Philby and daughter, Marion, former South Side residents,

now living at Sholes, Neb., have been Mrs. Charles E. Hutchinson is in visiting at the home of S. R. Snod-Miss Nell Lefler is visiting in Lin-

Miss Mildred Bliss is spending the summer at Clear Lake, Ia.

Miss Mary Barta, daughter of Mr. and Mrs. J. L. Barta, has gone to Dubuque, Ia., to enter the sisterhood at the convent of the Sisters of Mr. and Mrs. Kroerber of Norfolk,

Neb., drove down in their car for a visit with Mrs. May McMartin and Edwin Davis, jr., son of Mr. and Mrs. Edwin Davis, has enlisted in the

navy and left for an eastern training station. This is the third boy to go from the Davis home. Mrs. Ed Dudrava of Monroe, Neb., has been spending the past two weeks at the Howard Vore home. Mrs.

Dudrava's small daughter is at the University hospital with a broken leg and will be there for some time. Mrs. Henry Miller and family left Thursday for their new home in San Francisco, where Mr. Miller had preceded them. The Dorcas club presented Mrs. Miller with sterling spoons as a memento of the valuable vork in the club.

Mrs. George Krause is still very ill n St. Joseph hospital. Her son Leslie and brother John Harding, both of Chicago, are here to see her. Mrs. Mary J. Price left Saturday for her home in Douglas, Wyo.

Mrs. Brad Roberts and daughters,

Vorewood early on the morning of the Fourth and had their breakfast in that picturesque bit of Child's woods that the Boy Scouts have made into

On Friday evening Miss Blanch Roy Bernard and family are visit- Crow entertained 16 young people at a very enjoyable dancing party. Fol-Mr. and Mrs. Walter Hill and daug- lowing this the girls were entertained ters, Lucy and Beth, have gone to at a slumber party at the home of Seattle and other coast cities for an Miss Florence Bronder. The slumber

Misses-Missos Lillian Holdgen Sarah Hutchinson. Lucile Egan. Florence Bronder, Ethelyn Berger. Blanch Crow.

Mrs James Maguire and daughter, Mrs. Francis Zieger, entertained at a luncheon on Thursday. Those present were: Mesdames-Maguire.

Eva Zieger. Harriett Maguire. Margaret Maguire. Zieger. F. L. Zeiger.

Miss Sallie Lanes, an east Tennessee school teacher, has a record of mowing six acres of hay in one day.

success in Portland, Ore.

Golden Rules of Health

The Ten Golden Rules of Health, vision, woman's committee, Council of National Defense, and Minnesota Commission of Public Safety, are as

Play hard and fair. Be loyal to your teammates and generous to

your opponents.

Eat slowly. Do not eat between meals. Drink water several times during the day.

Brush your teeth at least twice a day. Rinse your mouth out well with water after each meal. Be sure to cultivate regular daily

habits.

Keep clean body, clothes and mind. Wash your hands always before eating. Take a warm bath with soap once or twice a week; a cool sponge (or shower) bath each morning before breakfast and rub your body to a glow with a rough towel. Try to keep your companions, especially young children, away from those who have contagious diseases.
Use your handkerchief to cover a sneeze or cough and try to avoid

coughing, sneezing or blowing your se in front of others. Study hard, and, in study, work or play, do your best. Sidep: Get as many hours in hed each night as this table indicates for your age; keep windows in bed-

for your age; keep windows in bedroom well open:

From 5 to 6 years of age, 13
hours; from 6 to 8, 12 hours; from
8 to 10, 11½ hours; from 10 to 12,
11 hours; from 12 to 14, 10½ hours;
from 14 to 15, 10 hours; from 15 to
18, 5½ hours.

Be cheeful and do your best to
heep your septed and your house.

keep your school and your home clean and attractive, and to make the world a better place to live in.

NOTHING ELSE LIKE IT IN OMAHA

Irene and Hazle, have gone to Surprise, Neb., to spend the summer.

Privates Carl Wanberg, Harry Roberts and Alfred Zeiger are South Side boys now at Long Island with the INSTANT action of the Nebraska Base Hospital unit No.

49, awaiting sailing orders.

Private Francis Zieger was painfully injured by being knocked down by an auto at the Linguist Addition of the Nebraska Base Hospital unit No.

IT IN OMAHA

There has never been anything in Omaha with the INSTANT action of simple buckthorn bark, glycerine, etc., as mixed in Adler-i-ka, ONE SPOON-FUL flushes the ENTIRE bowel tract so completely it relieves ANY CASE sour stomach, gas or constitution and ly injured by being knocked down by an auto at the Linguist supplied the results of getting a prescription for Nuxated Iron question about obtaining the proper article of getting a prescription for Nuxated Iron duestion about obtaining the proper article of getting a prescription for Nuxated Iron their druggist so that there may be no question about obtaining the proper article of getting a prescription for Nuxated Iron duestion about obtaining the proper article sour stomach, gas or constitution and ly injured by being knocked down by an auto at the Linguist so that there may be no question about obtaining the proper article rion is somewhat like eating raw potatoes.

Therefore, physicians mentioned below advise those who feel the need of a strength and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to their family doctors and blood builder, to go to the famil

BENSON

Lt. H. G. Forgy spent a few days last week here at his home while on

Mr. Charles B. Dodson, a pioneer resident of Benson, now of Iowa, visited with old friends last week.

Mrs. W. E. Yarton entertained Wednesday at 1 o'clock luncheon for the West Farnam Kensington club. The local Red Cross auxiliary held

picnic Friday at Lakeview, when a large number attended. Mrs. J. J. Amish is spending the week-end at the home of Mrs. Chris

Nelson, in Coucil Bluffs. Sons were born to Mr. and Mrs. Chris Bighiem, Mr. and Mrs. Albert Grotte and Mr. and Mrs. Pete Christiansen, and adaughter to Mr. and Mrs. Alfred Bailey during the last

Miss Fay Wyant and George Warsop were married Wednesday evening. They will reside in Omaha. The Benson playground program, which was postponed the Fourth, was given last Sunday evening.

Mr. and Mrs. John Killian have gone for a few weeks' visit with relatives in Indiana.

Miss Bernice Dunn has returned to Lincoln, after spending a few days here with her parents. Mr. Mershon Welch is spending

the summer taking a course in the Culver Military academy in Culver, The Luther league met last Wednesday evening in the Lutheran church, when a special program was

Mrs. J. Calvert will entertain Tues-day evening for the Loyal Daughters' club at her home.

The Misses Mildred Carlson and Enid Myers of Stromsburg, Neb., who have been guests of their aunt. Mrs. J. W. Thompson, have returned to their homes.

Mrs. B. M. Babcock and son, Clyde, have returned from a trip to Wyo-ming and Miss Hazel Babcock from a visit in Kansas City.

An ice cream social was given by
the Swedish Immanuel church on

their lawn Friday evening, the proceeds going to the Red Cross. Mrs. J. Calvert received the second letter from Rev. Calvert since his departure, saying he is leaving the home



This institution is the only one in the central west with separate buildings situated in their own ample grounds, yet entirely distinct, and rendering it possible to classify cases. The one building being fitted for and devoted to the treatment of non-contagious and non-mental diseases, no others being admitted; the other Rest Cottage being designed for and devoted to the exclusive treatment of select mental cases requiring for a time watchful care and special nursing.

of his mother in England for the war

THE SECRETARIES AND SECRETARIAN SECRETARIA Conducted by Ella Fleishman A CONTRACTOR OF THE PROPERTY O

Miss Gertrude Penny entertained last week for her cousin, who is on her way to Camp Dodge from the

Mrs. Ella Brooks and Mrs. Ben Morton left on Wednesday for a trip through Colorado.

Capt. A. O. Lindquist of Benson and Miss Katherine Thomas of Omaha, were married last Wednesday. Captain Lindquist is now stationed at Fort Omaha,

Mrs. William Correll left the first of the week for a visit in Chicago. Miss Margaret Johnson of Seymour Columbus, O., and Mr. and Mrs. A. summer. B. Curry, have been recent guests at

the J. W. Welsh home. The English Lutheran Sunday school picnic was held at Elmwood park last Saturday all day.

Miss Mae Martin, who spent the past week visiting at the J. Degan home, has returned to her home in



DUNDEE

Mrs. A. H. Palmer and Annetta Palmer are visiting in Denver.

Mrs. John Redick entertained five guests at dinner at the Country club Tuesday. Mr. and Mrs. W. T. Robinson and Mrs. H. B. Lemere were guests at dinner Tuesday evening of Mrs. Mary

E. Van Gieson Mr. and Mrs. W. K. Kinzel and family have moved into the house at 4830 California street, recently bought

of Mrs. G. B. Ruth. Mr. and Mrs. H. L. Beard have Lake, Mr, and Mrs. James Mills of gone to the Great Lakes for the



Complete Outfit, \$1.10
May to had at leading drugsts or by mail upon receipt of
ice from

The Inhalatum Chemical Co., Colorado Springs, Colo.



Mrs. Housewife

It will pay you to know that the head of your family has arranged his insurance-protection in the Wood men of the World, an OMAHA institution that safeguards the family, lifts the mortgage from the home, and keeps the young folks in school.

Your most valued possession is your husband and he should be fully protected in the strongest fraternal insurance society writing guaranteed rate certificates payable in full—\$1,000 to \$5,000. Tomorrow may not come; Do it today!

COL. C. L. MATHER, City Manager

WOODMEN OF THE WORLD W. A. FRASER, Sovereign Commander OMAHA, NEB.

These Physicians Warn Public Against Taking Substitutes for Nuxated Iron

Say That Ordinary Metallic Iron Preparations Cannot Possibly Give the Same

STRENGTH, POWER AND ENDURANCE

Women mail carriers have proved a As Organic Iron. Besides they may upset the digestion, disturb the secretions and thereby de more harm than good, and that Health Officials and Physicians everywhere should caution the public against accepting inferior substitutions in medicines.

Dr. James Francis Sullivan, formerly
Physician of Bellevue Hospital
(Outdoor Dept.), New York, and the Westchester County Hospital;
Dr. A. J. Newman, former Police
Surgeon of Chicago; Dr. Ferdinand
King New York Physician and Medical Author, and others, so that the public may be informed on this subject and protected from the delusion that it is Nuxated Iron, or at least something as good as Nuxated Iron. In regard to the value of Nuxated Iron, Dr. Sullivan says:

Theyestrong-ly emphasized live means angenia. The Medical Author, and others give cassity of physicians making blood examination on the use of organic iron as a attons of their weak, anaetonic, strength and blood builder. weak, anae-mic, rundown

careful investigation by designated physicians among druggists and patients has revealed the fact that there are thousands of people taking iron who do not distinguish between organic iron and metallic iron and that such persons often fail to obtain the vital energy, strength and endurance which they seek, simply because they have taken the wrong form of iron. They seem to think iron is iron on a good deal the same theory that a potato would be a potato whether cooked or raw, entirely ignoring the fact that the cooking

the cooking process makes certain im-portant cellu-lar changes in

the potato that renders it far more easy of Formerly Physician of Belleas is imilation by the blood should be blood New York, and the Westches-

by the blood New York, and the Westches-and tissues. The County Hospital.

No one would hardly expect to derive the same strength from eating raw potatoes that he would from eating cooked potatoes, yet, according to the opinions of some physicians who have made a study of the subject, taking raw, unprepared, metallic iron is somewhat like eat-

prevents appendicitis. The INSTANT, an auto at the Lincoln University while marching to mess Monday. His wife had just returned home after spending Sunday with him. His condition is now very much improved.

The Double F club motored out to and Chicago.—Adv.

FISTULA CURED

Rectal Diseases Cured without a severe survical operation. Cure guaranteed book on Rectan Diseases. With name and the second operation. Cure guaranteed book on Rectan Diseases, with names need to look on the label and see that the words NUXATED IRON. The remarkable results produced by Nuxated Iron, which will be prevented that over three million people annually are today using (t) has led to the offering of numerous substitutes and these physicians asy that health officials and doctors.

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Rectal Diseases. Cured without a severe survical operation. Cure guaranteed book on Rectan Diseases, with names and the words NUXATED IRON. The remarkable results produced by Nuxated Iron, which will be physician as the label and determined that over three million people annually are today using (t) has led to the offering of numerous substitutes and these physicials and doctors everywhere should caution the public against accepting substitutes in medicines, and they especially warn against accepting substitutes for Nuxated Iron, which, instead of being organic Iron may be nothing more than an estant of look of the spore than an ametallic iron compound which may in some cases produce more harm than good. The widespread publication of the above information in all Nuxated Iron advertisements as been suggested by Dr. James Francis Sullivan, former Health Commissioner Kerr is not himself a physician, still his experience in handling public health problems must give hot fering of numerous substitutes and these of the offering of numerous substitutes and these offering of numerous substitutes and these offering of numerous substitutes in medicines, and there were the public against accepting substit

roilers so trind.

"But in my opinion you can't make strong, vigorous, successful, sturdy iron men by feeding them on metallic iron. The old forms of metallic iron must go through have taken it myself and given it to my patients with most surpris-

into organic iron—Nuxated Iron—before they are so ready to be taken up and assimilated by the human system." Former Health Com-missioner Wm R. Kerr of Chicago, says: "From m y

own experie n c e with
Nuxated Iron, Dr. Ferdinand King, New
I feel that it York Physician and Medis such a valuable remedy
that it ought to be used in every hospital and
prescribed by every physician in this country. I have taken it myself and experienced
its health-giving, strength-building effect. I
am well past my three score years and want am well past my three score years and want to say that I believe my own great physical



become weak, nervous, irritable, despondent and melancholy. When

a highly nervous condition.

Former Health
Commissioner Kerr
due to lack of
sufficient iron in their red blood corpuscles
without ever realizing the real and true cause
of their trouble. Without iron in your blood
your food merely passes through the body
something like corn through an old mill with
rollers so wide apart that the mill can't
trind.

"But in my opinion you can't make strong."

Bancholy, When
pital, Chicago.

The iron goes from the blood of women, the
roses go from their cheeks."

Dr. Schuyler C. Jaques, Formerly Visiting
Surgeon of St. Elizabeth's Hospital of New
York City, said: "I have never before given
the iron goes from the blood of women, the
roses go from their cheeks."

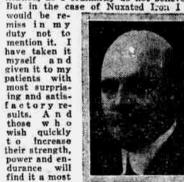
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re mar kable and wonder-fully effective D. Schuyler C. Jaques Formerly Visiting Sur-

If people would only take Nuxated Iron when they feel weak or run-down, instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages, there are prob-ably thousands who might readily build up their red blood corpuscles, increase their phytheir red blood corpuscles, increase their pay-sical energy and get themselves into a con-dition to ward off the millions of dhease germs that are almost continually around us. It is surprising how many people suffer from iron deficiency and do not know it. If you ere not strong or well you owe it to yourself iron deficiency and do not know it. It you are not atrong or well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have

gained.

Manufacturers' Note: Nuxated Iron, which is pre-Manufacturers Note: Nurated iron, which is pre-scribed and recommended above by physicians, is not a secret genedy, but one which is well known to drugnist feerywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach. The manufacturers guarantee successful and entir-ly satisfactory results to every purchaser, or they will refund your money. It is dispensed in this by Sherman & McConnell Drug Stores and all other drugsits?



Formerly Visiting Sur-geon, St. Elizabeth's Hospital, New York.