To those who know thee not, no words can paint,
And those who know thee know all words are faint.
—More.

WOMAN'S SECTION OF THE BEE

Four things come not back—the spoken word, the sped arrow, the past life and the neglected opportunity.—Anon.

Busy Days in Music World

By HENRIETTA M. REES.

FOR many months the musical colony of Omaha has heard nothing but the most glowing encomiums about Jascha Heifetz, the 17-year-old violinist, who last season took all New York and the east by storm. Blase critics and public alike acclaimed him after his first recital, and everywhere he has awakened unbounded enthusiasm. Now that the Tuesday Musical club will present this brilliant young artist before an Omaha audience on March 10, everyone with musical tendencies is on the qui vive to hear him, and interest has been rife as to what sort of a program he will play, and as to his extraordinary gifts as a musician.

William J. Henderson, of the New York Sun, in a recent two-column article devoted entirely to Jascha Heifetz, declares that this young man, hardly more than a boy in years, is at present at the top of his profession, the first of living violinists.

Mr. Henderson speaks of Heifetz' gifts as manifold. First of all, a "violin genius," which "means a special facility in learning, that exquisite delicacy of muscular sense which enables the left hand always to direct its fingers to the exact position demanded, and the right hand to move and to press the bow so as to get the perfect tone."

"Bowing," continues Mr. Henderson, "is to the violinist what touch is to the pianist. It is the life of his technic. It is the means with which he makes the tonal lights and shadows play through the instrumental song. It is the force behind every dynamic gradation, the secret of those infinite varieties of sound figuratively called "tone color." But it is more than this. It is the determining factor in what is called style. Here it is akin to the brush work of the painter, sweeping and bold, or delicate and fine. His only limitation, according to Mr. Henderson, is his age, and he predicts that he will mature fast in the next five years, and that "growth in wisdom purely musical will bring with it deeper and deeper emotion in the study of great works."

World's Most Talented Violinist Plays in Omaha

JASCHA HEIFETZ

This will be the fifth and closing program of the season's series under the auspices of the Tuesday Musical club. Mr. Heifetz will be heard on Monday evening, March 10, at the Brandeis theater, in the following program, which we suspect was arranged by his manager to tickle the ears of the benighted audiences of the middle west.

(I.)
Sonate No. 4 in D major.....Handel.
Largo maestro—Allegro.
Larghetto—Allegro con brio.
(II.)
Concerto in D minor.....Wieniawski.
Allegro moderato.
Domanza—Andante non troppo.
Finale—A la zingara.
(III.)
a. Ave Maria .....Shubert.
b. Menuetto .....Mozart.
c. Nocturne in E minor.....Chopin-Auer.
d. Chorus of Dervishes (Etude).....
.....Beethoven-Auer.
e. March Orientale (Scherzo) from the Ruins of Athens.....Beethoven-Auer.
(IV.)
a. On Wings of Song.....Mendelssohn.
b. La Ronde des Lutins.....Bazinni.
Andre Benolst—At the Piano.

Miss Ruth Flynn will present Mr. Barney Reilly, baritone, in song recital Sunday afternoon, March 2, at the Brandeis theater. Mr. Reilly comes well recommended from recitals in Chicago and various other cities, and Miss Flynn, who will also play his accompaniments, is enthusiastic about his singing. The following program will be given:

I.
Prologue (Pagliacci).....Leoncavallo
II.
(a) Deh vieni alla finestra.....Mozart
(b) O cessate di piargarmi.....Scarlatti
(c) Caro mio ben .....Giordani
III.
(a) Ballynure Ballad ....Arr. by Hughes
(b) The Fanaid Grove..Arr. by Hughes
(c) Next Market Day....Arr. by Hughes
(d) You'd Better Ask Me.... by Hughes
(e) Oh! I'm Not Myself at All..Lover
IV.
Vision Fugitive .....Massenet
V.
(a) Drink to Me Only With Thine Eyes .....Old English
(b) I Gathered a Rose.....Lee
(c) Grief's Prelude .....MacFayden
(d) The Americans .....Foster

The Music department of the Omaha Woman's club announces that the concert which was postponed on account of the epidemic in December will be given March 6 at the Y. W. C. A. auditorium, presentin,; Mrs. Jensen of Council Bluffs, violinist; Cecil Berryman, pianist, and J. E. Carnal, bass. The last concert date will be announced later. The following program will be presented March 6:

Bouree .....Bach
Gevotte .....Gluck-Brahms.
Czardas .....MacDowell.
Mr. Berryman.
Ring Out Wild Bells.....Gounod
Meet Me by Moonlight Alone.....Wadu
Thou Art Like Unto a Lovely Flower.....
.....Smith.
God Smiled Upon the Desert.....Cadman.
(A California Poppy Song.)
Mr. Carnal.
Romanze F Major.....Beethoven
Minuet .....Mozart.
Schorzo Tarantelle .....Wieniawski.
Mrs. Jensen.
Staccato Caprice .....Cecil Berryman.
Fantastic Nocturne .....Cecil Berryman.
Rhapsody No. 10.....Liszt.
Mr. Berryman.
Invictus .....Huhn.
Noon and Night .....Hawley.
My Love is Like a Red Rose....McDermid
Creation's Hymn .....Beethoven.
Mr. Carnal.
Slavonic Dance G major..Dvorok-Kreisler.
Berceuse .....Paul Juon.
Tambourin Chinois .....Kreisler.
Mrs. Jensen.
Miss Marguerite Morshouse, Alice Davis-Berryman, accompanists.

Mme. Frances Alda, the brilliant soprano of the Metropolitan Opera company, who is now under the same concert management as Galli Curci and John McCormack and who will be heard here in recital at the Auditorium next Friday evening, March 7, as the third number of the All-Star concert course, is said to be one of the most versatile sopranos now appearing before the public. The program for the recital Friday evening follows:

1 (a) Polonaise .....MacDowell
Miss Ballard.
2. (a) Amarilli .....Caccini
(b) Je ne suis quiune Bergere.....
..... Philidor
(c) My Lovely Celia.....Munro
(d) The Lass With the Delicate Air.
.....Dr. Arne
Madame Alda.
3. (a) Jag Lefver (Swedish)....Merikanto
(b) Kehtolaulau (Finnish)...Jarnevelst
(c) Somewhere in France (written for and dedicated to Mme. Alda)..
..... Hartmann
(d) Chanson Norvegienne....Foundrain
(e) Gavotte from "Manon"....Massenet
Mme. Alda.
INTERMISSION.
4. Cracovienne Fantastique....Paderewski
Miss Ballard.
5. Aria: "Un Bel Di," from "Madame Butterfly" ..... Puccini
Mme. Alda.
6 Group of popular songs:
(a) The Birth of Morn.....Leoni
(b) The Star .....Rogers
(c) The Little Gray House in the West .....Lohr
(d) A Khaki Lad.....Allward
(e) An Open Secret .....Woodman
Mme. Alda.

Approggiaturas.

The following is sent by Miss Evelyn B. Hopper, manager for Miss Nash, tells of the recent success of this Omaha artist in her appearance with the Chicago Symphony orchestra in that city. Karlton Hackett writes in the Chicago Evening Post: "Miss Nash was the soloist for the MacDowell concerto and she made an immediate impression. Her tone was vibrant and of surprising volume, her technical equipment excellent throughout. The bravura passages were delightfully clear and done with a certainty which was comforting. She had the spirit of the music and brought it out with a broad sweep that had the true interpretative force in it. The music meant something to her, which she expressed with an independence of thought which stamped her as a personality. She will be heard of in the world of music."

Henri Fevrier, famous French operatic composer, in a recent interview in Musical America, said that Wagner would perhaps not be performed as opera for some time in France, probably not until after this music has been performed for some time in concert form. "In concert these wondrous themes and progressions this glorious orchestrion stimulates our imagination, which is only marred by the conquistadorial business on the stage. Eh, alors, Schumann, Schubert, Beethoven and others are ont to be considered German composers. Today the yare our composers as much as they are those of Germany or any other country."

Musical Notes.

Mrs. Louise Jansen Wylie will give a musical tea on Sunday afternoon March 2, at 4 o'clock at her residence, 3821 Farnam steet. The following pupils will take part: Mrs. Grace Mauer, Mrs. Verne Miller, Mrs. L. B. Moran, Misses Irma Podolak, Ethel Parsons, Lottie Freeman, Gladys Behrens and Mildred Stovel; Miss Flora Simkert, violinist, pupil of Mrs. Louise Shadduck Zabriskie, will contribute a violin solo.

Mr. Harry Murrison will sing a group of "negro spirituals" which have proved so popular, at the Wednesday afternoon meeting of the music section of the Woman's club. Mrs. Murrison will act as his accompanist.

Mrs. Harry Murrison, assistant in the Community Singing department of the War Camp Community service, has been asked by the Music club, which is just being organized by the girls from the Patriotic League clubs, to be their leader and assist them to organize and promote musical activities for the benefit of the men in uniform. More definite plans will be announced later.

The third meeting of the Song Leaders school will be held in the Y. M. C. A. an Wednesday night at 8 o'clock under the direction of Harry Murrison in charge of Community singing of the War Camp Community service. A short resume of the work done at the previous meetings is given each time and then the new points taken up. The meeting will not take more than an hour and a quarter to an hour and a half. The need for these leaders is becoming more insistent from day to day and practical conducting will be available at these meetings.

Wednesday afternoon at 3:30 at the Y. W. C. A. auditorium the Music department of the Omaha Woman's club will give a program of character music. The department extends an invitation to all lovers of music. Mrs. Ray J. Abbott in charge of program. Colonial dances in costume will be given by Virginia Upthum, Virginia Holiday and Alda Beacon. Plantation music will be sung by a ladies quartet, and Mrs. C. F. Brinkman and Mrs. Harry Murrison will sing a group of songs. An Indian dance under the direction of Mrs. G. W. Shields will be given by members of the department.

An interesting program of piano, harp and violin numbers was given in the DeLone Harp studio yesterday afternoon by pupils of Miss DeLone and Mr. Cuscaden. Those taking part were: Misses Irma Clow, Thelma and Larinda Skeen, Dolores O'Berg, Masters Robert Riley and Allan Skeen. A number of the other pupils took part in a musical game and a taffy pull.

On Tuesday evening, March 4, at 8 o'clock at the studio's 512-513, McCague building, the following pupils of J. Edward Carnal will appear in recital: Gladys Nickel, Madeline Stranglen, Fred Cary, Jeanette Warren, Katharine Reynolds, Marie Jensen, S. O. Danielson, Aletha Fletcher and Louise Bratton Moor.

A musical program under the direction of Miss Helen Mackin will be given in the Y. M. C. A. at Fort Omaha on Wednesday evening, March 5. Students of Luella Allen, Mrs. Zabriskie, Helen Makin, and Walter B. Graham, assisted by Miss Kate Swarzlander of the Story Tellers' league and Sergeant Moore of Fort Omaha will furnish the program.

A program of special music will be given at the North Side Christian church on Sunday evening, March 2, at 7:30 p. m. Those taking part will be Miss Jessie Cady, organ, Miss Eleanor Alexander, soprano, Miss Irma Clow, harpist; Jean Higgins, baritone and the choir under the direction of Grace Pool Steinberg.

A program of Hawaiian music was given Thursday evening at the Brandeis theater by pupils of Luella Allen. The following took part: Misses Goldie Vater, Ann Martin, Eva Bobbitt, Clara Huth, Leta Huth, Grace Reiff, Hazel Weaver, McCandless, and Lillian Shellberg and Mrs. Robert Eby.

"Virtuous Wives"

Owen Johnson's Sparkling Society Novel, which is making such a hit in the movies.

CHAPTER XLI.

That wild unleashed kiss burned her lips and cut across her soul like the sting of a lash. Something primevally rebellious rose up. Her brain cleared. She flung back her head. Her arm struck violently against his lips.

"Let me go!"

No longer helpless, but strong with the strength of anger, she wrenched herself free and stood from him, trembling in every limb.

"How could you, oh how could you!"

She tried to speak—she tried to voice the scorn that rose unreasoningly against him. Words choked in her throat. This had been no kiss such as Tody Dawson had stolen. During the one instant of giddiness she had lain in his arms, seeing and hearing nothing, she had been under the absolute mastery of his will, dominated and crushed.

"Why, Amy!" he began in wonder, and in the darkness she felt his hands coming toward her.

"Don't touch me!" she cried furiously, striking his hands away. "Don't you dare!"

"Amy!"

"O what a brute you've been!" she cried hysterically. "You, whom I trusted—you! And this is the way you protect me—the way you respect me!"

"Good God!" he cried in amazed protest. "But I love you!"

"Love? No! That's not love! You've made me despise you—despise myself!"

"Wait!" he said, hurriedly, "You don't know what you're saying—you can't, it's impossible!"

"Impossible? I've never been so humiliated—so hurt—and by you! Oh, to think that this could happen to me!" All at once she gave way and fell back against the wall, shaken by sobs. He stood stern and silent without attempt to justify himself, waiting.

Are you yourself now?" he said, when at length she had grown quiet. "Are you calm enough to listen?"

"I am," she said coldly. Of course, now he would seek to justify himself, to entreat her pardon.

"You said," he began slowly—you said you dispised me." He waited.

"Do you mean what you have just said?" he asked in a tone that should have warned her.

"I do—exactly as I have said it!" she cried. At the moment her only thought was to humble him as he had humbled her before his sudden strength.

"By heavens!" he said with a flash of anger. "I beg your pardon—I guess I see—well, there's only one thing to do. I'll rid you of my presence—and at once."

"I am glad you can at least perceive that!"

"My dear Mrs. Forrester," he said, wheeling around as if he had received a blow. "I think you don't quite understand my reasons."

"There's no use trying to justify—" she started precipitately to say.

"Justify? Hardly," he cut in. "You seem to quite misunderstand the situation. I have not the slightest intention now or at any time of excusing myself for having, in a moment beyond the control of any man who loves, lost my head in a perfectly human way."

"It is useless!" she cried loudly, to still the felling of uneasiness which was creeping over her. "There is no excuse, none!"

"I'm sorry," he said in a low voice. "I had another ideal of you. I didn't think you were like the other crowd. I thought there was something genuine in you—something that would mean something to some man."

"You have no right to—"

"Oh, yes I have. I have the right to say this, for I have protected you in trying moments. In the moment of your trouble I offered you everything—myself, my name, only after you gave me clearly to understand that you and your husband were on the verge of separation. That is something for a man to offer—to put at your feet, without demanding an answer. If I have made a mistake, you have led me to it; you have tried me beyond what a woman has the right to try a man. But understand this: When I offered you what I did—I did it in the belief that your feeling was not one simply of calculation, but that your heart was in it—and that you had a heart."

"Monte, don't!" she cried, recoiling and covering her face. She had never been able to see herself, nor understand her own motives, and when someone laid them before her without mercy, she was always shocked.

"I beg your pardon, I didn't mean—I should have gone without saying such things—but it's been—well, rather a shock!" He laughed, and said with forced gentleness. "The trouble is, Amy, you really are like the others—Irma and Gladys, and the rest. You want to play with something you don't understand, something you don't need in your life. You're willing to take everything from a man and give nothing. You can't understand what you do, because you can't feel yourself. Well, to me that's more immoral than the woman who sacrifices everything because she does love. Possibly I'm wrong in that opinion, but I hold it." He drew a long breath, and when he continued, his voice was even again. "You see, I'm not a manikin. I'm not a Tody Dawson. No, I can't make any excuses. If I lost my head tonight, honestly, blindly, like a human being, I had every right to do so. A woman who really loves doesn't act as you do—and if you don't love me and were only playing with my life like that, then, Amy—" He stopped, checked the hot words on his tongue, shuddered, and said, "I musn't say any more, it's dangerous. Well, I think I understand now. Goodby."

What! He was going—he was leaving her, when every word he had said had convinced her? Her head turned, she felt herself reeling. She stretched out her hand.

"Monte!"

He was already up the path, swinging rapidly, with great strides.

"Monte, don't go like this—Monte listen to me! Monte!"

She ran after him a few steps faltered, and suddenly her knees bent beneath her. Then she was alone, huddled against the side of the veranda, helpless and weak. In the distance the sound of his retreating steps ceased on the gravel path.

(To Be Continued Tomorrow.)

THE WEATHER FOR COUGHS AND COLDS

At the first sneeze or cough, chills, fever, or a discharge of mucous from the nose and throat, watch out. You have caught cold. For such emergencies there is one remedy which the prudent family always keeps in the house.

PE-RU-NA

Ready-to-take for Catarrh and Catarrhal Conditions

Do not neglect a cold. It is a catarrhal condition which may become chronic and give rise to other and more serious disorders. PE-RU-NA also wards off the Grip or Spanish Influenza and is excellent to build up the system after an attack.

PE-RU-NA is the standby in thousands of homes for sour stomach, belching, indigestion, constipation, pains in the stomach and bowels, nausea, rheumatism, or any disorder due to a catarrhal inflammation of the mucous membranes in any of the organs of the body.

PE-RU-NA in the house will often prevent serious and lingering sickness.

A Bottle of PE-RU-NA is Fourteen Ounces of Prevention.

Tablets or Liquid Sold Everywhere

TURN HAIR DARK WITH SAGE TEA

Grandma kept her locks dark, glossy and youthful with a simple mixture of Sage Tea and Sulphur.

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is, grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive.—Adv.

EAT SKINNER'S THE BEST BREAD

SKINNER BAKING COMPANY DOUGLAS-1862

TRADE MARK

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night, your cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a litle of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.—Adv.

PIMPLY? WELL, DON'T BE

People Notice It. Drive Them Off with Dr. Edwards' Olive Tablets

A pimply face will not embarrass you much longer if you get a package of Dr. Edwards' Olive Tablets. The skin should begin to clear after you have taken the tablets a few nights.

Cleanse the blood, bowels and liver with Dr. Edwards' Olive Tablets, the successful substitute for calomel; there's no sickness or pain after taking them.

Dr. Edwards' Olive Tablets do that which calomel does, and just as effectively, but their action is gentle and safe instead of severe and irritating.

No one who takes Olive Tablets is ever cursed with "a dark brown taste," a bad breath, a dull, listless, "no good" feeling, constipation, torpid liver, bad disposition or pimply face.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil; you will know them by their olive color.

Dr. Edwards spent years among patients afflicted with liver and bowel complaints, and Olive Tablets are the immensely effective result.

Take one or two nightly for a week. See how much better you feel and look. 10c and 25c per box. All druggists.

Be Generous With Stomach

Give It Nourishing Food and Give It Generous Assistance With Stuart's Dyspepsia Tablets. For Gas, Heartburn or Distress After Eating.

You may read a library on what to eat and what to avoid. You may follow the rules laid down for dieting and still have indigestion, sour stomach and the heavy, drowsy feeling of over-eating. With most people the stomach simply needs the plain, common-sense help afforded by Stuart's Dyspepsia Tablets. Not only do they aid digestion, but you may eat sausage for breakfast, pie for lunch, lobster salad for dinner. No gas, no sour risings, no lump in your throat, no biliousness, no headache, no dark brown taste in the morning. This is the result after learning that Stuart's Dyspepsia Tablets assist digestion, tone the stomach, bring it back to robust appetite. Eat anything you like. These tablets are sold in every drug store in the United States and Canada, which shows how they are esteemed by those who realize how necessary it is now and then to give the stomach a much needed assistance.

The properties in Stuart's Dyspepsia Tablets, combined with that already in the stomach, act upon food and enable the stomach to move on to the intestines the food contents. Try these tablets and get relief almost at once. You can obtain Stuart's Dyspepsia Tablets at any drug store at 50 cents a box.—Adv.

Tells Impoverished Men and Women

How To Become Healthy, Strong, Energetic, Magnetic and Vigorous.

Three-Grain Cadomene Tablets Advised for Their Wonderful Tonic Properties.

Don't envy the man or woman with abundant energy, vitality, and the ever-present smile of cordial magnetic personality. Resolve to banish your languor, your tired, worn-out feeling, your aches and pains, your mental worry and distress, by supplying your system with plenty of iron, phosphorus, and vegetable tonics so that every organ of your body can perform its normal functions from the vigorous blood supply that courses through your arteries. Tone up the liver, stomach, kidneys, and bowels, digest your food better and supply your nerves with the vital elements in Cadomene Tablets and you won't need to envy anyone. Just get your body and nerves working right and nature will help you do the rest. Cadomene Tablets are sold in sealed tubes by all good druggists, and are guaranteed to please you or money back. —Adv.

A FEELING OF SECURITY

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy.

The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention the Omaha Sunday Bee.—Adv.

IF KIDNEYS ACT BAD TAKE SALTS

Says Backache is a sign you have been eating too much meat, which forms uric acid.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which 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 will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. —Adv.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Men and women, whether sick or well, are advised to drink each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

A Woman's Verdict

Tells of Suffering Greatly With Kidney and Bladder Trouble and How Balmwort Brought Relief.

Her Letter Well Worth Reading

Mrs. Nellie McGinn, 609 East 138th street, New York City, writes: "For the last year I had suffered greatly from Kidney and Bladder trouble, distressing pain in the back and hips, with rheumatic twinges and frequent severe headache, accompanied by nervousness, chills, and fever; also a frequent desire to eliminate, a smarting, burning sensation with pain in the region of the bladder. I would frequently have to arise at night, by sleep being disturbed by the pressure and inflammation in bladder. Beginning the use of Balmwort Tablets I noticed almost instant relief, and continuing to use them I am now totally well and relieved of all pain and distress from which I suffered. I am glad to recommend Balmwort Tablets as a reliable beneficial medicine and trust others may find relief and freedom from pain and distress as I did, etc."

The above letter is a true statement and is on file in our offices. Balmwort Tablets bring relief when other medicine has failed. Sold by leading druggists, $1.00 per tube.—Adv.

STOPS BACKACHE IN FEW MINUTES

Rub lumbago, pain, soreness, stiffness right out with "St. Jacobs Liniment"

When your back is sore and lame or lumbago, sciatica or neuritis has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Liniment" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

Dont' stay crippled! This soothing, penetrating liniment takes the ache and pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn or discolor the skin.

Nothing else stops lumbago, sciatica and lame back misery so promptly and surely. It never disappoints!—Adv.

This Vapor Treatment Surely Is Fine for Catarrh

Breaks Up Cold in Head or Chest Over Night

If you want to get relief from stuffed up head in five minutes; if you want to feel refreshed and invigorated, try the following just before retiring and wake up with a clear head and bright eye in the morning.

Into a bowl, three-quarters full of boiling water, pour a teaspoonful of HYOMEI (pronounce it High-o-me) cover head and bowl with a towel and breathe for five minutes the healing, soothing vapor that arises.

This vapor will penetrate into every nook and crevice where germs congregate and where soreness and inflammation cannot be reached by any other remedy.

A bottle of HYOMEI costs only 60 cents, but to relieve catarrh or stuborn coughs and colds the HYOMEI inhaler should also be used at least four times a day.

Sherman & McConnell Drug Co. and druggists everywhere sell for $1.15 what is called the HYOMEI outfit which consists of a hard rubber pocket inhaler, a bottle of HYOMEI and simple instructions for use; but if you already possess a HYOMEI inhaler you can purchase a bottle of HYOMEI only 60 cents.

For catarrh, coughs, colds, sore throat, asthma and croup HYOMEI is guaranteed, or money back. It kills the germs and soothes and heals the sore and inflamed membrane.—Adv.

Mrs. Jack Conners
Teacher of Dancing
Guarantee to teach you to dance in two lessons.
Conners Hall, 23th and Farnam

Omega Oil for Swellings & Inflammation

Rub Omega Oil gently over the place that hurts. Then soak a piece of flannel with the Oil, lay it on the painful part and cover with dry flannel. This simple treatment usually gives quick relief.

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