STOMACH GOOD AS NEW. FOUR DOC-

Mrs. Hendricks, Bedfast Five Months, Was Able to Work in Two Weeks.

"I was sick last winter for five menths with stomach and bowel trouble. Could not turn myself in bed without help. I was under the care of four doctors, and they gave me up. Then Mr. Mills, the druggist, persuaded my husband to try a bottle of Milks Emulsion. I had only taken it two days until I was sitting up in bed, and in two weeks I was doing my own work. When I began taking it, I weighed only 70 pounds; now I weigh 190 pounds."—Mrs. Mary Hendricks, 900 Litchfield Road, Owensbore, Ky.

Thousands of people who have suffered for years from stomach and bowel troubles, have found relief, almost from the first dose of Milks Emulsion. And it is real, lasting benefit.

Milks Emulsion is a pleasant, nutritive foed and a corrective medicine, it restores healthy, natural bowel action, do-

tive food and a corrective medicine. It restores healthy, natural bowel action, doing away with all need of pills and anysics. It promotes appetite and quickly puts the digestive organs in shape to assimilate food. As a builder of flesh and strength, Milks Emulsion is strongly recommended to those whom sickness has weakened, and is a powerful sid in resisting and repairing the effects of wasting diseases. Chronic stemach trouble and constipution are promptly relieved—usually in one day.

This is the only solid emulsion made, and so paintable that it is eaten with a spoon like ice cream.

No matter how severe your case, you are urged to try Milks Emulsion under this guarantee—Take six bottles home with you, use it according to directions and if not satisfied with the results,

der this guarantee—Take six bottles home with you, use it according to direc-tions and if not satisfied with the results, your money will be promptly refunded.

Price 60c and \$1.20 per bottle. The Milks

Emulsion Co., Terre Haute, Ind. Sold by
druggists everywhere.

ADVERTISEMENT You Can Eat Anything



ESTABLISHED 1894 Every traveler should carry RITTER'S DIGES-TIVE LOZENGES. They keep the system right and present stomach troubles. Wrapped in tinfoil to preserve full original strength at all times. Always reliable, never disappoints. Popular for over a quarter century. Price 25 cents. Sold at Sherman & McConnell Drug Stores.

ADVERTISEMENT

KEEP LOOKING YOUNG

It's Easy—If You Know Dr. Edwards' Olive Tablets

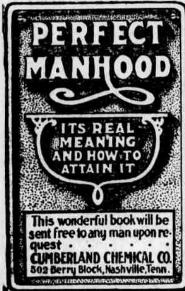
The secret of keeping young is to feel young—to do this you must watch your liver and bowels—there's no need of having a sallow complexion—dark rings under your eyes—pimples—a bilious look in your face—dull eyes with no sparkle. Your doctor will tell you ninety per cent of all sickness comes nactive bowels and liver.

Dr. Edwards, a well-known physician in Ohio, perfected a vegetable com-pound mixed with clive oil to act on the liver and bowels, which he gave to

his patients for years.
Dr. Edwards' Olive Tablets, the subaction yet always effective. They bring about that natural buoyancy which all should enjoy by toning up the liver and

clearing the system of impurities.

Dr. Edwards' Olive Tablets are known by their olive color. 10c and 25c.



Don't **Persecute Your Bowels**

Cut out cathartics and purgatives. They are brutal—harsh—unnecessary.
Try CARTER'S LITTLE
LIVER PILLS.

Purely vegetable. CARTER'S

brane of the bowel. Correct constipation, billiousness, sick headache and indigestion. Small Pill—Small Dose—Small Price great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness. no must beer alguature Brand Took



ADVERTISEMENT **IMPOVERISHED** MEN AND WOMEN

Quickly Regain Health. Strength, The world's standard remedy for kidney, Energy and Ability by Taking 3-Grain

Cadomene Tablets. The Very Best Tonic. Sold by All Druggists.

"Do more than you recommend them to &

TORS GAVE HER UP Says a Grateful User of Sulpherb

and Other Bodily Functions and Overcome Pimples, Bad Blood, Etc.

Probably this little message will help some woman, man, girl or boy, for if the blood is impure, if constipation exists, if the kidneys and the liver are not working to eliminate the body waste, then it is a Bronx and Harlem bugs turned out certainty that poisons will accumulate and cause nervousness with indigestion and many allied ills.

A simple, effective treatment consisting of Sulpherb Tablets (not sulphur tablets), made of sulphur, cream of tartar and the finest extracts of roots and herbs, is advised for your good. Mr. Walter J. Foulds, 1234 San-

four tubes and can say they are the best I have ever taken and can also say they do more than you recommend them to do, as I have passed a tape worm and am getting better fast. etc." May your good work go on, If you need a tonic laxative, purifier and regulator, ask any good druggists for Sulpherb Tablets; 60c per tube.—Adv.

ADVERTISEMENT

Use Antiseptic Liquid Zemo

There is one remedy that seldom fails to stop itching torture and relieve skin irritation and that makes the skin soft, clear and healthy.

Any druggist can supply you with Zemo, which generally overcomes skin diseases. Eczema, itch, pimples, rashes, diseases. Eczema, itch, pimples, rashes, blackheads, in most cases give way to Zemo. Frequently, minor blemishes disappear overnight. Itching usually stops instantly. Zemo is a safe, antiseptic liquid, clean, easy to use and dependable. It costs only 35c; an extra large bottle, \$1.00. It will not stain, is not greasy or sticky and is positively. not greasy or sticky and is positively safe for tender, sensitive skins. The E. W. Rose Co., Cleveland, O.

MOTHERS, DO THIS-

When the Children Cough, Rub Musterole on Throats and Chests

No telling how soon the symptoms may develop into croup, or worse. And then's when you're glad you have a jar of Musterole at hand to give prompt, sure relief. It does not blister. As first aid and a certain remedy, Musterole is excellent. Thousands of mothers know it. You should keep a jar in the house, ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsilitis, croup, stiff neck, asthma, neuralgiq headache, congestion, pleurisy, theu-matism, lumbago, pains and aches of hack or joints, sprains, sore muscles, chilblains, frosted feet and colds of the chest (it often prevents pneumonia).



ADVERTISEMENT

Want Pink Cheeks-Red Lips?

Some unfortunate men and women are prone to wonder why some of their friends are blessed with an abundance of colorpink cheeks and red lips—while theirs are always colorless. The reason for this last named condition is—there is not enough red blood corpuscles in the blood—under a microscope the blood is thin and watery. The flesh is flabby too. Well known physicians assert that the regular administration for several months, of three-grain hypo-nuclane tablets will regular administration for several months, of three-grain hypo-nuclane tablets will greatly improve the color, add to the weight, make the cheeks pink and the lips red and in general be very beneficial. For self-administration, obtain from any of the best apothecary shops.

ADVERTISEMENT

A Sure Way to End Dandruff

There is one sure way that has never failed to remove dandruff at once, and that is to dissolve it, then you destroy it entirely. To do this, just get about four ounces of plain, common liquid arvon from any drug store (this is all you will need); apply it at night when re-tiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff

you may have. You will find all itching and digging of the scalp will stop instantly DR. CARTER'S IRON PILLS, Nature's and your hair will be fluffy, lustrous, glossy, silky and soft and look and feel a hundred times bet-

TOO

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HARLEM ON

liver, bladder and uric acid troubles - the National Remedy of Holland since 1696. Guaranteed. Three sizes, all druggists. Look for the name Gold Medal on every bor and accept no imitation

BASE BALL PULLS

Fine to Regulate Kidneys, Liver Townfolk Always Root for the Team That's Ahead—Army Band Plays Fine Concert.

By "BUGS" Baer. Greenville, Miss., April 5 .- If the in ratio to the base ball fans of Greenville there would be two mil-

lion birds packing the Polo Grounds

every game. And an extra million hanging on the hinges. Greenville has about 15,000 inhabtants, and 7,500 of them were out at the Military Academy rooting or the Red Sox to win when the Red Sox were ahead, and then roottee St., Los Angeles, Cal., writes: ing for the Giants to cop when the "I can't express how grateful I am Giants looped out in front. There Giants looped out in front. There for Sulpherb Tablets. I have taken hasn't been such a big day in the burg since the Mississippi shimmied over the banks 14 years ago and turned the main streets into a branch

of the Gowanus canal. Step-and-a-Half Mose, who cointed himself assistant to Mackall, was born in Greenville during one of the big floods. Naturally Step's debut didn't attract so much attention, with the town having plenty of river to think about. However, Step stayed up all night in his section of the coal tender, dolling nimself up for his entrance into Greenville. He was out to show Greenville how travel can broaden

Travel has broadened Step considerably. He is much taller sitting down than he used to be.

Concert by Army Band. The teams shared the big day with the regular army band from he Eighth Coast Artillery, which cutfit is doing recruiting duty along the levees-a levee being something that Bill Ironson pronounces dif-

When Step heard the band a-buzzng beautifully he thought there

STHMA There is no "cure" but relief is often VICK'S VAPORUBIA

HOW TO RAISE BABY CHICKS

Put Avicol in the drinking water.

Most people lose half of every hatch, and seem to expect it. Chick cholera or white diarrhoea is the trouble. The U. S. Government states that over half the chicks hatched die from this cause.

An Avicol tablet, placed in the drinking water, will positively save your little chicks from all such diseases, Inside of 48 hours the sick ones will be as lively as crickets. Avicol keeps them healthy and makes them grow and develop.

them healthy and makes them grow and develop.

Mrs. Vannie Thackery, R. F. D. 3, St. Parls, O., writes. "I had 90 chicks and they all died but 32. Then I commenced on Avicol and haven't lost any since. They have grown wonderfully."

It costs nothing to try Avicol. If you don't find that it prevents and promptly cures white diarrhoea, chick cholera and all bowel diseases of poultry, tell us and your money will be refunded by return mall. Avicol is sold by most druggists and poultry remedy dealers, or you can send 25c or 50c today for a package by mall postpaid. Burrell-Dugger Co., 273 Columbia Bldg. Indianapolis, Ind.

fatty foods, restores natural appetite is that to win the championship the school must have played five different colleges," said Prof. Cline. "Omaha out weakening or other evil effects.

Mrs. L. Holly, Imperial, Cal., writes:

"Kind Sirs: Have taken your Arbolone Tablets for obesity and in seven months reduced from 205 pounds to 152 pounds. I cannot say enough for them, and anybody who is fat should take them. My health is better than ever, etc."

Penn Game Postponed.

-and Spur is a top notch cigarette

DOUR

A recruiting party was the same reason that Step left Greenville four reason that Step left Greenville four years ago. Step grabs his name because he always keeps a step and a half ahead of trouble. The last piped of Mose he was a step and a half ahead of himself. alf ahead of himself.

Seems a shame he didn't have any ill posters, so that he could let the folks along the route know that the Giants would follow him in about a

The Giants have lost a good rubber and the United States army is either weaker or stronger by one colored recruit.

Greenville is what the movie diectors would describe as a neat ocation. The town is hung on the east bank of the Mississippi when the Mississippi is banking. When she ain't, then Greenville is just hung.

Since the last flood the Chamber of Commerce has laid down a rockballasted levee, which is used as a fact by the army engineers. The about level with the eyes. quaint old stern-paddle steamers that Mark Twain chirped about still waddle up to the wharves, load hemselves bow-legged with bale not wabble or side swing. otton, and then waddle down to New Orleans. There was an open-air barn dance

on Broadway last night, and all the players and newspaper men demonstrated that it is still possible to dance on bevo and grape juice. Step certainly stepped himself out of a good party.
It was the first bit of fraternizing

that the Sox and Giants have pulled on the trip. The two outfits have been knifing each other verbally on the field, and do not mix much off the diamond. They have been wasting a lot of chatter on one another, but Bill Klem buzzes that they still have plenty left to share with him. Klem and Nallin get paid for it. It's an umpire's duty to learn the truth about himself and his ancestors. And a base bal! argument is the only time when history repeats

McGraw Likes Rule Changes.

John McGraw, manager of the pitching added nothing to the speed up to top hand. of the pitchers, was unfair to the batter and detracted from the spec-tacular side of base ball," said Mc-Graw. "The Giants will not suffer as a result of the new rules, either. Phil Douglas is our only spit ball pitcher and he can get along without the moist delivery.

Lighting Fixtures, Burgess-Gran-den.—Adv.

ADVERTISEMENT

Fat People Have Perverted Taste Proof That Arbolone Removes

Craving for Wrong Foods.

Dissolves and Eliminates Fatty Tissues Harmlessly.

well! Five-grain tablets Arbolone title to Doan, with Midland secon

is fat should take them. My health is better than ever, etc."

Tablets Arbolone enjoy the largest sale of any obesity medicine. University of Pennsylvania base ball and they deserve it. Sold by all well team was unable to play its opening stocked druggists in sealed tubes game with Cornell here Monday on with full directions.

6. The back must be arched. 7. The kicking foot (straight leg) kicks forward and up. The swing or pendulum to pull up. If your takeoff is perfect in form | day. your next action is as follows: 1. Spring from takeoff foot. 2. Kicking leg hitches body forward into a straight line. This swing continues until the pole is well up and the body is ap-

way-shoulders particularly should 2. Keeping the shoulders square;

5. The pole should not touch the body.

1. Like the broad jump the run must be long enough to permit of you should be face down with your top speed and easy poise being feet much higher than your hands. Back arched, your arms are still strides. The run should be between 20 and 30 yards. 2. Use a "corrector" or "check

Setting the Pole. As you approach the take off the tip of your pole is gradually low 1. About two steps from your

orward. 2. The rear or top hand swings

On the Take Off.

2. The upper hand is fully extended, and lower hand is within an inch gradually lessening of energy, the resist the many ailments so prevaor at most two inches of the upper

Of Athletic Body in Reference to Omaha

cial.)-Omaha university's claim to the Nebraska state college conference basket ball championship could not be allowed because Omaha played but three conference schools Any Anti-Fat treatment that fails after it became a member, Prof T. to correct the perverted appetite L. Cline of Midland college, head craving for the very foods of the state athletic committee, dewhich make fat is certain to fail of clared Monday. Prof. Cline's compermanent results. Mark that fact mittee last week awarded the

Philadelphia, Pa., April 5. — The University of Pennsylvania base ball account of rain.

There's always room at the top

Can you pick a good one when you see it?

Get right up there where Spur

Cigarettes are galloping in the lead. Judge Spurs by that good old tobacco taste-American and Imported tobacco, blended in a new way.

Judge 'em by their good-breeding, emphasized by their smart package of brown and silver.

They're crimped, not pasted. So they burn slower and draw easier. Rolled in satiny, imported paper.

Something about that package and that cigarette just naturally fills the

You know Spurs for winners the minute the dealer trots 'em out. Liggetterly wer blace C



were tooting for him. When he piped the recruiting party Step faded paler than a quart of milk. TRACK TALKS

By Coach Henry F. Schulte University of Nebraska

The content of the co The Pole Vault.

over the head. Of all track and field events possibly the pole vault calls for the greatest application and is the most off mark. difficult to master. On the other hand it is one of the most spectacular and popular events with the spectator. Every high school of a hundred or more able-bodied boys should have seven or eight candidates working at the vault.

Carrying the Pole. 1. Stand squarely facing the run-

raise the pole until the point is 3. The pole must parallel the run-4. During the run the pole should

Similar to the run in the broad

up" mark about eight or nine strides instant comes the push up of arms from the take off. from the pole. 3. Get up high speed but don't fight for the limit of your speed, or you will lose poise for the poleshoot and take off.

take off spot shoot the pole straight

forward pendulum fashion past the Giants, said recently that he favors body until it is extended in front the new pitching reforms. "Trick of the face. The lower hand slides 3. The vaulter runs under the pole

1. The pole is firmly set at its

Cline Upholds Award

Fremont, Neb., April 5 .- (Spe-

removes the craving for undesirable and gave Omaha no standing at all. fatty foods, restores natural appearance. "The conference rule is that to fatty foods, restores natural appe-tite and digestion, while it dissolves win the championship the school

lack Johnson Sends For Sheriff; Wants To Be Arrested Soon

Calexico, Cal., April 5. - Jack Johnson, former world's heavyweight champion pugilist, sent for Sheriff Applestill of Imperial county 3. Hands from an angle directly Sunday and arranged to have the sheriff take him personally into custody when Johnson crosses the in-5. Springing foot exactly on take ternational line to meet federal charges pending against him at Chicago. Johnson said he hoped to be ready to surrender soon. Johnson. and his party left for Tiajuana to-

> As the result of dwindling of immigration America is more than 4,000,000 men short in industries.

ADVERTISEMENT

Have you heard about the very best system for weight reduction? It is so easy to follow, so different from the objectionable ways—and perfectly safe. 4. And shoots the feet and legs straight upward and high above the Vou may eat and drink all you need.

There is no tedious exercising. Use a little oil of korein at convenient times; also follow the simple, clear directions. A loss of weight, ten to sixty pounds (whatever you need to lose), may be expected by this safe and pleasant system of fat reduction. At the druggist's get a small box of oil of korein, and start at once. Be of normal size, with good figure and attractive appearance, agile, quickwitted, healthier and more efficient. By reducing weight now you are likely to avoid one or more diseases, heart weakness, sunstroke, apoplexy, etc., and to add many years to your life. Remember—oil of korein. Become slender and stay so. Brochure mailed FREE. bar. All this time you are facing up. 5. When 4 is completed the body. shoulder to feet, straightens out and turns over or reverse sharply to a face down position. At this time Back arched, your arms are still doubled from the pull up. 6. The next move is a sharp jackknife from the hips and at the same 7. Wrist snap the pole back from When you get the vault right you will be surprised at the ease with Korein Co., Station F, New York, N. Y. PHOTO-PLAYS.

Don't Blame "Spring Fever" For That "Down-and-Out" Feeling

4. Head thrown back (eyes up).

proaching the horizontal. Arms re-

3. At this instant comes a sharp

pull up, which puts you in a sort o

straight leg sitting position.

main extended.

which you do it,

rities that have been accumulating (Note: Never swing the pole up ter begin to clog up the circulation, causing a general weakness and debilitated condition that is generally known as "Spring fever."

The first symptoms are usually a loss of appetite, followed by a condition so they can more easily system becomes weaker day by day, lent in summer. S. S. S. is withuntil you feel yourself on the verge out an equal as a general tonic and of a breakdown. Children just at system builder. It improves the this season are peevish and irri- appetite and gives new strength and table, and become puny and life-

This whole condition is but the literature can be had by writing to result of impurities in the blood Swift Specific Co., 171 Swift Labthat have been accumulating and oratory, Atlanta, Ga.

housecleaning.

Everybody just now needs a few bottles of S. S., the great vegeof impurities. It is good for the neglect such conditions when children, for it gives them new strength and puts their system in vitality to both old and young. Full information and valuable

The Shirt With Comfort Points Small, neat gusset at hips prevents ripping.





Fatigue from tired muscles ANALGÉSIQUE

Congestion of Kidneys

is indicated by the pain over re-gion of kidneys and following the passage to the irritated bladder. A constant and pressing desire for uri-Your Blood Needs a Thorough make themselves felt more distinct-nation; the secretion scanty, highly colored and sometimes bloody. As Spring approaches the imputes that have been accumulating by with the change of seasons. They show that nature needs assistance in giving the system a general house leaning.

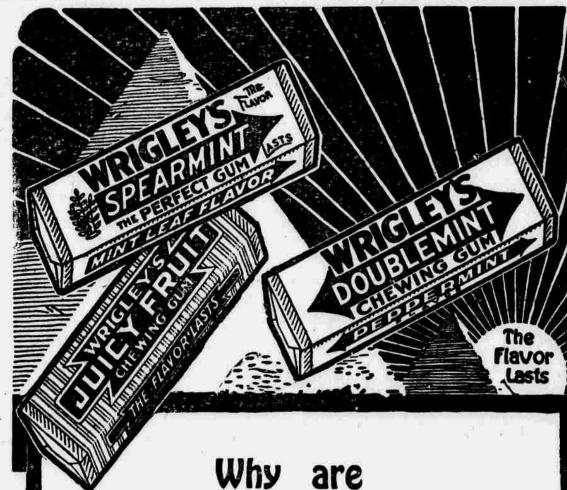
Then the constitutional symptoms are often headaches, eyes bloodshot and burning, slight nausea, sometimes vomitting, nervousness, rheumatic pains and general distable blood remedy, to cleanse it comfort. It is wholly wrong to

Balmwort Tablets

can be obtained of any druggistfor their action is to eliminate congestion, allay inflammation, destroy bacteria and restore normal, natural secretions.
HAVE RELIEVED THOUSANDS

Sold by all druggists.

Bee Want Ads Produce Results.



WRIGLEYS

flavors like the pyramids of Egypt? Because they are long-lasting.

And WRIGLEYS is a beneficial

well as a long-lasting treat.

It helps appetite and digestion. keeps teeth clean and breath sweet, allays thirst.

CHEW IT AFTER EVERY MEAL!



Sealed Tight Kept Right

