

## Do You Know---XVIII

Three questions a day for the housewife:  
 1. Is sugar ever added to meat in the cooking?  
 2. What type of workers can safely eat the greatest amount of sugar?  
 3. How to deaden the bell on an alarm clock?  
 (These questions will be answered this week by the Housewife.)

## Society

**Amy-Wyman.**  
 The marriage of Miss Gertrude Irene Wyman and Warren Allen Amy, both of Omaha, took place Sunday afternoon at the home of Mr. and Mrs. Charles L. Hesse. Rev. Charles W. Savidge officiated. Mr. and Mrs. Amy have gone to Minneapolis, where Mr. Amy formerly lived. They will be at home in Omaha after September 1.

**Toland-Porter.**  
 The marriage of Miss Theima Porter, daughter of Mr. and Mrs. A. N. Porter of Omaha, Neb., and Guy Toland of this city took place Saturday at Emerson, Neb. Rev. Charles Lewis performed the ceremony. Misses Gladys and Greta Porter, sisters of the bride, and Dr. W. A. Cassidy were present at the ceremony. The couple are now at home at 118 South Forty-second street.

**Farach-Ferris.**  
 The marriage of Miss Rose Farach, daughter of Mr. and Mrs. Carl Farach of Omaha, to Emilio Ferris of Lincoln, took place August 8 at St. Philomena church. Father J. W. Stenson officiated in the presence of 150 guests.

**Ford-Owens.**  
 A wedding announcement of interest which was made during the past week was that of Miss Leona Owens of Omaha and Dr. D. T. Ford, whose marriage took place in Blair, Neb., June 26. The bride is the daughter of Mr.

2. To minimize the acid in cooked tomatoes add a little baking soda just before serving.  
 3. Bamboo furniture can be cleaned with a small brush dipped in warm salt and water. Rub very dry with a soft cloth.  
 (Each of these household problems has been worked out by the author, who has not only taken a course in scientific house-wifery and dietetics at Columbia university, and written and edited women's newspaper and magazine features for years, but is a practical housekeeper as well.)

and Mrs. O. R. Owens of Sidney, Neb., and formerly attended the University of Nebraska. Dr. Ford attended the University of Nebraska College of Medicine and is a member of the Phi Rho Sigma fraternity. He is the son of Mr. and Mrs. H. C. Ford of Lincoln. Dr. Ford is an interne at the Clark hospital.

**Liberty Star** sorority will entertain at a dancing party Thursday evening at the Phi Rho Sigma house, Forty-second street and Dewey avenue. Thirty-five couples will be present.

The out-of-town guests will include Misses Ida Prime and Misses Evans of Holdrege, Neb.; Margaret Gardner and Florence Sherman of Riverton, Ia.; Beatrice Ballard of Beatrice, Neb.; Grace McHale of Fairbury, Neb.; Misses Lucile and Wilda Arterburn, Ad Lawson and Helen Edgemoor of Lincoln and Misses Merle Harden and Lulu Haswell of Alma, Neb.

Decorations will be in yellow, flowers and lanterns being used. A special feature of the party will be a fiery dance in which joss sticks are to be used.

**Kensington.**  
 The Liberty Star Kensington club will meet Tuesday afternoon at 2 o'clock at Prettiest Mile club. The hostess will be Mesdames G. W. Hawkin, Dan Tillosson, L. F. Easterly, Samuel Harvey, W. S. Brown, and George Adwers.

**Omaha Guests Honored.**  
 Mr. and Mrs. William Noble of Omaha, who are guests of Mr. and Mrs. S. S. Proudfit of Lincoln, parents of Mrs. Noble, were honor guests at a dinner Saturday night at the Lincoln Country club.

**Luncheon for Visitor.**  
 Mrs. E. A. Baird will entertain at a luncheon at the Feld club, Tuesday, in honor of Mrs. Willard Barrows of Los Angeles, the guest of Mrs. Harry Nicholson.

**Evening Bridge Party.**  
 Miss Ruby Klingbeil will entertain 12 guests at a bridge party at her home Monday evening in honor of Bernice Bushee of Kimball, Neb., the guest of Katherine Reynolds.

**Personal**  
 Mrs. C. C. Chriss is in New York City.  
 Norman Curtice spent Sunday in Lincoln.  
 Viola Muldoon has returned from a trip to Detroit and Chicago.

Dr. Charles Heider left Saturday for a short visit at Kearney, Neb.  
 Dr. L. H. Lee left Monday to spend two weeks near Ashland, Neb.  
 Mr. and Mrs. Robert Kimball of Lincoln motored to Omaha Sunday.

Miss Marguerite Smith of Chicago is visiting her sister, Mrs. E. H. Bedwell.  
 Mr. and Mrs. David Meese of Lincoln, Neb., spent Sunday in Omaha.  
 Mrs. F. W. Thorne left Wednesday to spend two months in Los Angeles.

Mr. and Mrs. Robert Gerspacher were visitors in Lincoln for the week-end.  
 Miss Florence Liver, who is in Estes Park, will return to Omaha in September.  
 Mrs. C. A. Briggs, who suffered a slight accident in Minneapolis two weeks ago, has recovered.

C. M. Gruenther and son, Lieutenant Alfred Gruenther, spent Sunday in Platte Center, Neb.  
 Mrs. W. A. Piel and daughter, Ethel, have returned from Atlantic City, where they spent a month.  
 Miss Gretchen Haslam of Fremont will arrive Wednesday to be the guest of Miss Ruby Klingbeil.

Mrs. Thomas Dugher left Monday to visit her daughter, Mrs. George McNamara, at Beemer, Neb.  
 Dr. Mark Nolan stopped in Omaha last week enroute from New York City to his home at Alliance, Neb.  
 Miss Florence Noonan, accompanied by her brother, Francis, left last week for Davenport, Ia., for a few weeks' visit.  
 Mrs. Willard Barrows of Los Angeles is visiting at the home of Mr. and Mrs. Harry Nicholson. Mr. Barrows will arrive in Omaha Friday from New York.

Irene Leslie left Sunday morning for Lake Okoboji. She will spend a week with Dr. and Mrs. R. W. Remer at their cottage there.  
 Miss Florence McCabe, superintendent of the Visiting Nurse association of Omaha, has returned from a visit to northern Wisconsin.

Mrs. J. P. Fallon has gone to Waverly, Ia., for a short visit. She will then spend several weeks in Chicago and will join her daughter, Marguerite, in Washington, D. C., in September.  
 Mr. and Mrs. Thomas A. Frye and daughters, Alice, Ethel and Daisy, returned last Friday from a motor trip to Bungalow Island, at Clearwater Lake, Minnesota. They also visited friends in Minneapolis.

## ART PRINCIPLES APPLIED to DRESS



APPLYING the principles of line, color, and form, that are taught the art student is advocated for the woman who wants to look well dressed.  
 From the art institute in Chicago missionaries are being sent out under the direction of Ross Crane to present these principles in lectures to the home dressmaker and the professional.

Miss Evelyn Hansen, one of these art dress missionaries, says: "Every woman strives unconsciously or consciously to be well dressed, but it is the great pity that the average American woman believes that attracting attention is a test of a well dressed woman. This more than anything else, accounts for the awful creations that frequent the streets of our villages and cities."

**Study Your Type.**  
 "To be well dressed does not necessarily mean the expenditure of a great deal of money for all expensive materials are not beautiful in color or design. It is interesting to note the advanced price of any material in vogue at a certain season. To be tastefully and smartly gowned requires that each woman make a study of her individual self."

"This idea of all women being dressed in one style is enough to make a person tire of a garment in one season. Designers and manufacturers realize this, and as long as women are content to dress alike, whether they are stout or slender, manufacturers will be content to manufacture one style for each season."  
**How to Know Your Type?**  
 "How can you recognize your type? How can you create a type for yourself? This depends upon several things, whether you are stout or slender, color of your eyes, color of your hair, and one fact very few women realize—the color of your skin."  
 "Very few women will admit that they are stout if, in any possible way, can convince themselves that they are slender, and vice versa. Very few women are perfect 36s, but it is something worth noticing to find that the person with a waist line that can be measured by the yard in place of by the inch usually is blessed with a head of lovely hair and with skin of faultless perfection, while the person who is a perfect happy medium may have feet or ankles of such caliber that they would do well to detract rather than attract attention to same."

**Color and Color Schemes.**  
 "What does one mean by color of skin? There are people with skin resembling the Indian ruddiness, with an undercurrent of scarlet and forging now and then to the surface. These people need the sympathy of the rest of the fairer sex. Then we have those who throughout the whole year carry a coat of tan, and there are a few more fortunate sisters who have enough color in their cheeks. Each of these three groups requires a certain color scheme of dress."  
 "The first, warmer colors—the tans, the browns, rich yet grayed, with now and then brilliant touches of color of Bulgarian hues. Let them avoid the purple and red, violets, pinks and tones of blue."  
 "Now we have the second class, who think that by wearing a collar or a gown of pure white their skin will lose some of the tan, when in reality all that is gained is a more marked contrast. As far as the use of brilliant colors in small areas is concerned, these people have a larger range of choice than the first group. They may care to bring out the color of the eye, color of the hair, or a note of black as an accent."  
 "The third class has no difficulty as far as color is concerned, but the value of the material in the garment of their choice depends upon whether they are slender or stout."

"Mr. Worth, the founder of the house of Worth in Paris, gives the following illustration of the above statement:  
 "To put the matter in different words, the beautiful girl whose hair is the color of ripe corn and whose complexion rivals the lily and the rose, may have a waist circumference that is altogether clumsy and gauche. Now, is such a one to choose colors that will throw up the honeyed radiance of her hair and establish the already evident excellence of her fair skin?  
 "Ever a woman strives unconsciously or consciously to be well dressed, but it is the great pity that the average American woman believes that attracting attention is a test of a well dressed woman. This more than anything else, accounts for the awful creations that frequent the streets of our villages and cities."

**Dare to Be Different.**  
 "Study your type. Are you thick or are you thin? Is your skin sallow, ruddy, or clear?  
 "Dare to be different, and in so doing create your own type. Each woman correctly gown is a beautiful picture. Wear rich grayed colors; avoid large areas of brilliant color; study nature, and you will soon see that large spaces are dull colors and small spaces are bright colors; a mass of grayed, green for the grass, with here and there brilliant color, a sand beach with here and there a stone of brilliant hue; the dark violet blue of the evening sky with here and there a star of crystal-like brilliance.

French shoe manufacturers claim that American women have the prettiest feet of any women in the world.

**ASPIRIN**  
 Name "Bayer" on Genuine

Are you satisfied with your complexion?  
 Even if you are, you will find that a touch of Resinol Ointment now and then tends to prevent roughness, burning, etc.  
 But if your mirror reflects blotches, filled-in pores, or a gray, oily skin you need Resinol Soap and Ointment at once.

Don't hesitate for the healing Resinol balms were intended to correct just such defects, and they rarely fail unless the trouble is due to some internal disorder.  
 Resinol Ointment is a doctor's prescription for eczema, seborrhea, rashes, etc. At all drug stores.

**Resinol**

**Piles Fistula—Pay When Cured**  
 A mild system of treatment that cures Piles, Fistula and other Rectal Diseases in a short time without a severe surgical operation. No Chloroform, Ether or other general anesthetic used. A cure guaranteed in every case accepted for treatment, and no money is to be paid until the patient is cured. Write for book on Rectal Diseases, with names and testimonials of more than 1,000 prominent people who have been permanently cured.  
 DR. E. R. TARRY Sanatorium, Peters Trust Bldg. (Box 134.) Omaha, Neb.

## Holding a Husband

Adele Garrison's New Phase of Revelations of a Wife

**Why Did Major Grantland Telegraph?**

The fresh air revived me so that I was able to realize what was being done with me. I knew I was muffled from head to foot in the luxurious cloak Major Grantland had provided. Dicky, himself, had wrapped it around me when the train had drawn up to the station, and I felt like a bundled mummy as my husband and Major Grantland passed at the door of the limousine.

"Get in first," Major Grantland said tersely. "You can support her better."  
 "Can you manage?" Dicky countered.

"Absolutely."  
 I felt the arms of one man release me and those of the other clasp me closer. But I realized also, whimsically, that there was not the slightest touch of romance in either the situation or the minds of either my husband or the man of whom he occasionally fancied himself jealous. In this hurried, stressful moment, getting me into the limousine was simply a necessary task which must be performed in the shortest possible time.

Major Grantland lifted me through the door of the limousine as easily as if I had been Junior, and Dicky arranged me comfortably in the seat, leaning against him, with his arm around me. I put up my hand, drew a muffled fob from the cloak away from my face and saw that my mother-in-law, with Junior sleeping in her arms, was seated on the other side of me, and that my father was standing at the door nearest her, leaning across and gazing at me. I divined the anxiety which was consuming him, so I smiled encouragingly.

**Four Anxious Faces.**  
 "I am all right, now, father," I said, and his face brightened.  
 "You will be when you get into a Christian bed and go to sleep," my mother-in-law put in tartly, but with a kindly note in her voice. "Be sure you keep that cloak wrapped tight around her, Richard. She is in just the state to catch a bad cold, her vitality is so low."  
 "She's more likely to smother than to catch cold," Dicky grumbled. "Can't you see the difference in the air? Why, it's like spring!"

Major Grantland struck into the conversation abruptly.  
 "It is spring—and has all the treachery of that season," he said authoritatively. "But as this car is closed I wouldn't keep her wrapped too warmly."  
 He turned to my father.  
 "If you'll just get in here with me," he said courteously. "But there was a senseless in his voice and manner that betrayed his haste to leave the spot; and it set in motion again my wild surmises as to the torn telegram. As my father obeyed, the major sprang to the driver's seat and put his hands on the wheel."

"I will drive over myself," Sanders, he said to the man who evidently had brought the big car to the station, and was standing respectfully by it. "Please wait here for me. I'll pick you up on the way."

**Used for 70 Years**  
 Trust its use Grandmother's youthful appearance has remained until youth has become but a memory.  
 The soft, refined, peartly complexion which GOURAUD'S ORIENTAL CREAM renders leaves the joy of Beauty with you for many years.

**ASPIRIN**  
 Name "Bayer" on Genuine

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in every package.

**GIRLS! LEMONS BLEACH; WHITEN**  
 Make Lemon Lotion to Double Beauty of Your Skin

**GOLD MEDAL HARLEM OIL CAPSULES**  
 The world's standard remedy for kidney, liver, blood and uric acid troubles—the National Remedy of Holland since 1895. Guaranteed. Three sizes, all druggists. Look for the name GOLD MEDAL on every box and accept no imitation.

**Make Your Own Complexion Treatment**  
 If you would have a beautiful complexion, one which will make you exceedingly attractive, just try this recipe: Go to any grocery store and get the crusts worth of ordinary oatmeal and from any drug store a bottle of Resinol. Use the oatmeal as directed in every package, but use Resinol and behold the marvelous change. One application will astonish you. Be sure to read the announcement soon to appear in this paper, entitled "How to make your Own Complexion Treatment at Home." It gives full details for using the recipe.

**Girls! Radiant Beauty Can Easily Be Yours**

**Hair Often Ruined By Careless Washing**  
 Soap should be used very carefully if you would keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is Mulsified coconut oil shampoo (which is pure and greaseless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get Mulsified coconut oil shampoo at any pharmacy; it's very cheap and a few ounces will supply every member of the family for months.

back. And attend to that little matter for me will you?"

**Another Closed Car.**

"Yes, sir, I'll see to it," the man replied with a quiet confidence in his manner that would have impressed the most unobservant person with his ability. As he spoke I saw that Major Grantland was watching him attentively, and that the man in return jerked his head toward another closed car with curtains drawn, that would have crossed a little way from us, and had no indications of departure about it.

Major Grantland gave no sign of recognition of the man's gesture, but started the car and we glided away. We had to pass the other car, a T-shaped coupe of the station yard. As we did so I heard its engine starting.

"My word, Grantland," Dicky said lightly. "Do you keep men and motor cars, sir, closed all over this country from Maine to Florida, from New York to San Francisco?"

"Not quite as bad as that," Major Grantland returned in the same tone. "I only please guests to the ownership of three cars—two in

New York and this which I keep at Cedar Croit the year round. I'm a golf fiend, you know, and every chance I get I run down to the club here, which has one of the best courses in the world."  
 "And Sanders isn't my man in a sense. At least, I don't have to pay his salary. He is attached to the club, which is only a few miles from here. I'll pick him up on my way back tonight. Tomorrow morning I'll get in a little golf if I can manage it."

I had much food for thought in this unassuming revelation of the easy task it had been for the young man, in effect, to have this motor car waiting at the station for us.  
 "What then had been the reason for his unremitted attention to the telegraph office on the way down?" (Continued Tomorrow.)

In Scandinavia the bride always gives her future husband a shirt, which he wears during the marriage ceremony. After that, when once he has doffed it, no matter to what depths of poverty he may descend, he never wears that shirt again until he lies in his coffin awaiting burial.

**Be Young In Body, Mind and Looks Despite Your Years**  
 How often you have wished that you could indulge in the strenuous exercise of out door sports with the vigor and enthusiasm of youth! But the end of the week finds you all in—you are tired, listless and lack the energy to go out for a vigorous walk or a round of the links—or any other exercise that requires much physical exertion. Many a man, even in his middle forties, has a vague feeling that he is "getting old"—and right at a time when he should be at his very best physically.  
 And he is growing old, not in the sense that the years are pressing heavily upon him—but in the sense that his vital forces are wasting away faster than Nature replaces the worn out tissues.

**LYKO**  
 The Great General Tonic  
 It enriches the blood—gently stimulates heart, liver and kidneys to normal activity—brings back your pep and mental vigor—chases away that tired, worn-out feeling and replaces it with a spirit of buoyancy.  
 LYKO is a distinctive preparation, scientifically correct in its combination of medicinal ingredients, and there's nothing more invigorating, more strengthening or more rebuilding. Especially beneficial for invalids, convalescents and run-down people of all conditions. Get a bottle now—your druggist today—tomorrow you will feel better for it.

Sole Manufacturers **Lyko Medicine Co.** New York, Kansas City, Ind.  
 For sale by Beaton Drug Co., 15th and Farnam Sts., and all retail druggists.

**ECZEMA**  
 Many have been without comfort if HUNT'S Ointment is used in the treatment of ECZEMA, DERMATITIS, BRUITS, and other itching skin diseases. Try a 75 cent box at our risk.

Sherman & McConnell Drug Co.

**BRIACEA**  
 A Wonderful Medicine  
 TRY this approved remedy. Just the tonic for nervousness, sleeplessness, depressed feeling, loss of appetite, digestive troubles, brain fog, or slow recovery from influenza and kindred ailments. A tonic, alterative and diuretic for blood and nerve disorders.

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

**GOLD MEDAL HARLEM OIL CAPSULES**  
 The world's standard remedy for kidney, liver, blood and uric acid troubles—the National Remedy of Holland since 1895. Guaranteed. Three sizes, all druggists. Look for the name GOLD MEDAL on every box and accept no imitation.

**ASK YOUR DRUGGIST**  
**SWIMMERS**  
 After a strenuous trudge on or crawl enjoy relief from muscular strain in

**BAUME ANALGESIQUE BENGUE**  
 (Bent-A-Les-ay-and-Ben-ay)  
 (Thos. Loring & Co., N. Y.)

**PERFECT MANHOOD**  
 ITS REAL MEANING AND HOW TO ATTAIN IT  
 This wonderful book will be sent free to any man upon request. **CUMBERLAND CHEMICAL CO.** 1015 Berry Street, Nashville, Tenn.

**Be Slender**  
 A new way to become slender, agile, healthy is now yours. See the picture: the shadows are the portion of weight. No need of starving yourself, or watching your diet. No salts or cathartics. No pills or capsules, no pills or capsules, no pills or capsules. Just follow this simple, easy formula as given in this book. You'll see the difference. You'll see the difference. You'll see the difference.

**Girls! Radiant Beauty Can Easily Be Yours**  
 There is no secret about it nor is there any doubt about the results—it's just common, ordinary buttermilk in the form of a wonderful cream. The directions are simple and it costs as little as any oil or woman can afford it. Be sure you get Howard's Buttermilk Cream Sherman & McConnell Drug Co.

**Nothing Succeeds Like Success and Bee Want Ad. Get Yours Started Today.**

**I SUFFERED FOUR YEARS**  
 I Took Lydia E. Pinkham's Vegetable Compound and Now I Can Do all My Own Work.

Charleston, Ill.—"I suffered for four years with female troubles and a displacement. I was not able to do any work and was a misery to myself and my family. A friend recommended Lydia E. Pinkham's Vegetable Compound to me and I got a bottle. I saw it was helping me and so I kept on taking it and now I am able to do all my own work and feel so much better. I tell every woman about this fine Vegetable Compound and you may use these facts as a testimonial if you wish—**MARY ANNE HOUSE, 419 N. 12th Street, Charleston, Ill.**  
 This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.  
 If you need special advice, write to the Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass.

**NUXATED IRON**  
 Dr. Ferdinand King, New York Physician and Medical Author, says:  
 "It is my opinion that in general, iron is more valuable as a tonic and vitality are due to deficiencies in the blood.  
 Nuxated Iron is a most valuable tonic and invigorator of the female organism. It gives strength and vigor, and is a most valuable tonic and invigorator of the female organism."  
**DO NOT ACCEPT SUBSTITUTES**

**Why Be Skinny?**  
 It's Easy to Be Plump, Popular and Attractive

It's easy to be plump, popular and attractive instead of being thin, angular and scrawny. Almost invariably the trouble is due to weak nerves and consequent failure to assimilate your food. You may eat heartily, but owing to the lack of nervous energy and impoverished blood you don't get the benefit from the food you eat. All of this can be remedied very quickly by taking with each meal a five-grain tablet of Blood-Iron Phosphate. This quickly strengthens the nervous system, enriches the blood and increases its oxygen carrying power. In a remarkably short time the average thin, weak, nervous man or woman begins not only to put on flesh, but also begins to look and feel better. Sleep, appetite, strength and endurance are improved, dull eyes become bright, and unless afflicted with some organic complaint, there is no reason why, if you take Blood-Iron Phosphate regularly, you should not soon look and feel much better and many years younger. Deposit \$1.00 to-day with the nearest drug store, or write for a sample. Use at the end of three weeks if you aren't delighted to go back and get your money. Your druggist, a man you know, is authorized to give it to you.

**Everything About Cuticura Soap Suggests Efficiency**  
 Soap, Ointment, Toilet Cream, etc. everywhere. For samples address: Cuticura Laboratories, Dept. E, Malden, Mass.

**Why Be Skinny?**  
 It's Easy to Be Plump, Popular and Attractive

It's easy to be plump, popular and attractive instead of being thin, angular and scrawny. Almost invariably the trouble is due to weak nerves and consequent failure to assimilate your food. You may eat heartily, but owing to the lack of nervous energy and impoverished blood you don't get the benefit from the food you eat. All of this can be remedied very quickly by taking with each meal a five-grain tablet of Blood-Iron Phosphate. This quickly strengthens the nervous system, enriches the blood and increases its oxygen carrying power. In a remarkably short time the average thin, weak, nervous man or woman begins not only to put on flesh, but also begins to look and feel better. Sleep, appetite, strength and endurance are improved, dull eyes become bright, and unless afflicted with some organic complaint, there is no reason why, if you take Blood-Iron Phosphate regularly, you should not soon look and feel much better and many years younger. Deposit \$1.00 to-day with the nearest drug store, or write for a sample. Use at the end of three weeks if you aren't delighted to go back and get your money. Your druggist, a man you know, is authorized to give it to you.

**Everything About Cuticura Soap Suggests Efficiency**  
 Soap, Ointment, Toilet Cream, etc. everywhere. For samples address: Cuticura Laboratories, Dept. E, Malden, Mass.

**Why Be Skinny?**  
 It's Easy to Be Plump, Popular and Attractive

It's easy to be plump, popular and attractive instead of being thin, angular and scrawny. Almost invariably the trouble is due to weak nerves and consequent failure to assimilate your food. You may eat heartily, but owing to the lack of nervous energy and impoverished blood you don't get the benefit from the food you eat. All of this can be remedied very quickly by taking with each meal a five-grain tablet of Blood-Iron Phosphate. This quickly strengthens the nervous system, enriches the blood and increases its oxygen carrying power. In a remarkably short time the average thin, weak, nervous man or woman begins not only to put on flesh, but also begins to look and feel better. Sleep, appetite, strength and endurance are improved, dull eyes become bright, and unless afflicted with some organic complaint, there is no reason why, if you take Blood-Iron Phosphate regularly, you should not soon look and feel much better and many years younger. Deposit \$1.00 to-day with the nearest drug store, or write for a sample. Use at the end of three weeks if you aren't delighted to go back and get your money. Your druggist, a man you know, is authorized to give it to you.