Omaha Students Win Essay and Poster Contests

Voters for Work on Disarmament.

Howard Elliott and Willard Zel-lers of Omaha have been awarded The second generalization is that ing yard in the world, though it has Howard Elliott and Willard Zel-

school, was winner, was open to any high school student in the district "How Disarmament Would Help Our Schools." The poster contest was open to sixth, seventh and eighth grade pupils. Wil-lard Zellers, winner in this district, a pupil at Benson Central school and lives at 2531 North Sixtleth

The state prize essay was written by Hugh Cox of Lincoln and the award for the best poster went to Sylvia Crocker, a sixth grade student at Octavia.

Central City Lad Wins.

The other prize-winning essays were written by Addison Henry Lee, Central city, Third district; Edward lennings, Wilber, Fourth district; Kathryn Wilson, Jolbrook, Fifth Kathryn Wilson, Iolbrook, Fitth district; Amy Chaffin, Kilgore,

Other prize-winning posters were submitted by Julius Shapiro, Mc Kinley school, Lincoln, First dis-Crissie Blumm, Scribner. Second district; Vie B. Scherzinger, Nelson, Fifth district; Luella Zimmerman, Spaulding, Sixth district. Virginia Roderick, editor of the Woman Citizen; Miss Elizabeth J. Hauser, Girard, O., national chairman of the committee on reduction

of armaments for the National League of Woman Voters, and Miss May Gund of Lincoln, secretary of the Nebraska league, were the final udges in the essay contest. Miss test, "I thought the essays were very good, indeed, and the whole idea an admirable one." The third judge turned the essays over to Prof. M. M. Fogg of the state university for his rating.

The run from Dublin to Belfast is two and one-half hours. If there good, indeed, and the whole idea an

Judges Are Faculty Members.

Judges in the poster contest were: Prof. Paul H. Crummann, Prof. W. E. Dann and Miss Olive Rush, all of the state university faculty. Judges in the district contests were selected by the district directors of the

The original plan was that the president of the Nebraska League Women Voters, Mrs. C. G. Ryan of Grand Island, should award the prizes on Weshington's birthday, but because the time of closing the contest had to be extended from December 23 to January 18 on account of Christmas vacation, and because

Tiflis, Armenia, March 25.-The oldest monastery in the world, the Etchmiadzin castle near Erican, has been reopened under the protection of the American flag as an orphanage of the near east relief.

The ancient monastery is historically one of the most important sites in Armenia. It is the cradle of the Christian faith in Armenia, having been founded by the much-venerated St. Gregory, who introduced Christianity into Armenia in the third century.

The monastery covers several acres of ground and is surrounded by a massive wall which has sustained many a siege and has repelled frequent attacks by Kurds, Tartars, Persians and Saracens. At the outbreak of the world war, when thousands of Armenians fled from Turkey, the monastery gates were thrown open to receive them and here they remained safe for many One of the buildings of the monastery dates from the year 350.

Moving Pictures Call for More Irish, Says Lecturer

Chicago, March 25 .- What the motion picture industry needs, according to Col. P. E. Holp, lecturer for the Society for Visual Education, is

"Since vulgarity has been ban-ished from the films, stupidity has taken its place," said Col. Holp. "What we need is more real humor in our pictures. More Irishmen in the industry will accomplish this re-

"Irishmen are able to see the funny side of things. They could bring it out in the celluloids. There is nothing funny in destroying property or hurting people. Yet that is what passes for humor in most of our present day comedies.

"Fun does not depend upon vulgarity. Horseplay is not the concomitant of real humor. True humor is clean, bright and wholesome. Wit and wisdom should be combined in equal parts."

Five Million Man Miles

Air Record for Last Year Washington, March 25.—The air service flew a distance equal to 220

063,909 man miles. By man miles is meant the number of miles flown by each man in any one plane; a plane carrying two men and traveling to a station 50 miles away and return will travel 200 man miles.

flights exceeding 10 miles from an airdome with a definite destination in view and exclude short trips cluding forest patrol,

gret this; but neither one denies the

member of the peerage touches his sistent commercial energy. forelock in the presence of one who

that should be eternally ruled by their landlords for their own good. It refers to the republican Dail it can to promote this outcome,

abusive performance of the Morning Post, which smacks of the gutsistency moderated as my fellow-passengers comprehended that I was Warnings Recalled one of those mad Americans from Roderick wrote concerning the con- gans with a faith which none of us

were a through fast train from Cork, at one end of Ireland, to Belfast at the other end, the trip would take less time than from Boston to New York, or Chicago to St. Paul, or Los Angeles to San Francisco; but doubt if any through train could stand the political strain. Though, physically, it is as simple to go from Dublin to Belfast as

from New York to Philadelphia, I contemplated this journey awesomely and kept putting it off. I had a feeling that it meant that as I came from Dublin I could make no friends in Belfast, and by going to Belfast I would lose any friends I had in Dublin. I should become an out-

San Diego, Cal., are much more alike than Belfast and Dublin, which speak the same language and speak little else that has more in common than the Morning Post and the Republic of Ireland. Yet Ireland is as much of a geographic entity as Cuba, Porto Rico or Long Island, and the pigs, the sheep and the cattle in County Antrim look like those in County Cork.

Dublin is the capital of southern Ireland, the Orangemen tell you; it is the capital of Ireland, declare the southern Irishmen unitedly, including Collins and De Valera. Collins says his policy will bring the Or-angemen into the fold and the De Valera policy is fatal to this national

Belfast is the capital of Uister; but, no-southern Irishmen dispute the definition. They say that Ulster is the name of an ancient province which includes counties in racial, religious and political sympathy with southern Ireland. They refer to the Orange region as northeastern Ireland. Another definition is that southern Ireland has 26 counties against six for the northeast. This the southern Irish also dispute, for they say that two of the six countles belong to them. To this the Orangemen answer:

Fight for Them.

"You will get those two counties only by fighting for them." definition becomes invidious and distinction a genuine difference. That the London Morning Post is popular in Belfast does not mean that the British are, and particularly that either Lloyd George or Winston Churchill is. Those two statesmen are unpopular with the Collins men, Volera men, the block of northern unionists around Belfast and the scattered southern unionists. At Irish quarter which promises to prejudice their policy they immediately retrieve their mistake with a facility of resource which charactertheir political careers. The scattered southern unionists who cannot hope to elect a single member of the free state parliament want the northern unionist bloc to come into the free state for their support. But the business leaders of Belfast-"linen lords," as they are calledhave no sympathy with the aris-tocratic land-holding unionists of the south, who are of another breed, one of inherited rather than self-made

"Because two out of ten men in boat must drown," say the Orangemen, "there is no reason why the other eight should drown to keep them company. The eight are here in a group, shoulder to shoulder, and are going to look after themselves."
For that is the way that the sixcounty men talk—right to the point—

Belfast, Ireland, March 25,-There cultural. This difference, piled upon his itinerary. "We better go around are two generalizations which it is other differences, makes the unpre- or we might get some bullets." None In Dublin.

safe to make. The first is that cedented contrast between the two

looks as if he were going on a definite errand and meant to arrive on time. They say we are hard. Well, we had to be hard to build this city on mud flats. The southern Irishman is a fine fellow to talk to, but when it comes to doing hydroxide. Eireann as a "menagerie" and predicts that Mr. Collins and Mr. De on mud flats. The southern Irishlar denominations, but a Unitarian. Valera will end their differences in man is a fine fellow to talk to, but has used all his influence openly in the contrary direction. an orgy of fractricidal ruin and dis- when it comes to doing business he the contrary direction.

ter, the Republic of Ireland pre- manufacture goods of equal merit Lerited sectional political animosity serves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland is the organ of an estimate of our turnover in sales a feud in what had been notedly an the De Valera movement. I have to southern Ireland. This, however, orderly city, I received explanations even been caught in a railway compartment with both irreconcilable sheets in my possession and the stares at sight of this awful incon- we must, and make it up in another

"Are we going into an all-Ireland

southern Ireland about these occurdate in Dublin. In Belfast a civilian, or two or three civilians, walk
into a house and shoot the inmates,
or, as one passes, he tosses a bomb
into an open window. Then he goes
into an open window. Then he goes
into an open window. Then he goes
in their hearts.

might kill innocent pedestrians. The
outbreaks of violence, infrequent,
in memory of their warfare against
can school furnishing houses had to
be called upon to furnish this rush
order. This, however, is but a part
of an order of some 70,000 decks
which the department of public in
where such fires are smouldering.

"he called upon to furnishing houses had to
be called upon to furnishing houses "We settled on mud flats," is the date in Dublin. In Belfast a civilinto an open window. Then he goes on about his business as a delivery boy does after having left a package

who agree with Earl Curzon that have joined the minority of their der, but in vain, up to the time of there is no hope of salvaging civilization of Belfast are said to abtion until every Briton who is not a sorb the Beliast "hardness" and per- great business leaders of Belfast have promoted it in order to keep "Work did it!" said a banker as he labor divided into two camps and is. As for the masses of southern indicated the hustling people on Roy-live all avenue in business hours. "Every denied not only by them, but by lieves that they belong to a slave race man, woman and child out there

"In August, 1914, Ulster was organizing for defense against dommation of southern Ireland as it is today. Carson led 2,000 of our volunteers to the recruiting depot the day after the great war began. Britain's fight against Germany was Ulster's fight. Our mills furnished most of the airplane cloth the British army used, our shipyards were speeded up, we adapted all our plants to making war material. Labor, to take the place of our men who had 'joined

the feud and what has kept it go- four counties. If they insist to the 20,000 School Desks point of armed resistance, then Ire-

Squads of British regular soldiers land will indeed suffer tragedy, as were patroling the streets when I southern dash faces northern stubwas in Belfast. They had no author- hornness in virulent determination. If ity to search the community for Ulster "fights for it"—and there is the largest orders of school furniture private arms. The man with a bomb danger of this—will England permit the largest orders of school furniture or a revolver in his pocket might her to be corrected? Six-county men ever made for any Latin-American rences. There have been none to might kill innocent pedestrians. The score to pay against southern ireland was this order that numerous Ameri-Eireann, nor the study of the Gaelic favorite saying of the Belfast man, ian, or two or three civilians, walk into a house and shoot the immates, or, as one passes, he tosses a bomb or, as one passes, he tosses a bomb as there are individuals with murder

Tolerant Thinking.

"specials" occasionally passed through the streets in motor lorries. There were said to be 5,000 of these "special constables" armed with rifles and machine guns who had been called out to guard the frontier. I had further glimpses of them in a journey to the "frontier, which is not farther away from Belfast than the distance many commuters travel to their business. On the other side of the frontier between the six counties and the 26 countles where the population is mixed, troops of the Irish republican army were on the lookout. I was told that everyone that I passed in a village

on mud flats. The southern Irishman is a fine fellow to talk to, but an orgy of fractricidal ruin and discorder. And it is doing the best that it can to promote this outcome.

An Aristocratic Calm.

Compared to the violence and abusive performance of the Morning Post, which smacks of the gutter, the Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The Republic of Ireland preserves relatively an arisocratic calm and the manners of gentlefolk. The world's markets cheaper than does not come the tome to take the fieud is not, as supposed, altower the fieu

where such fires are smouldering.

In two hours I was back from the frontier in Dublin where the tolerant thinking would stretch out their hands to the tolerant of Belfast in the vastly increased school attendance on the recommendation of the belfast in the vastly increased school attendance.

Spady on the recommendation of Homer Hoch, congressman of this Ireland in a way to use the industrial territories. As many state schools district, ability of the north and all the varied are weekly coming under federal Spady's skill as a shoemaker, abilities of the south to make a unit-

(Copyright, 1922.) ADVERTISEMENT.

The Truth About Eczema and Piles

a united and prosperous America.

What Would You Give For Good Eyesight?

City Physician Tells How to Strengthen Eyesight as Much as 50% in a Week's Time in Many Cases by a Simple Home Treatment.

mands a united Ireland; that it means unnecessary expense in theory for us to set up an independent government when there are only 1,000,000 of us in this small area. But we deal with conditions as they are while no one would welcome more than ourselves that future united Ireland of the dreams, with double its present population, for we would get our share of the resultant prosperity. Or, if we did not, it would be because we have ceased to deserve it in open competition.

"You have heard us called bigoted, narrow, close-fisted and heard the gibes at our quiet Sundays when no railroad trains run, but here we are not angels. So the Belfast twing and our bank deposits to increase."

When the Belfast men who were in the east yard. Mean and our bank deposits to increase."

With a Belfast man as a guide I.

When the bill of our men who had 'joined up,' and additional labor, was recruited from the south had been was recomment when there are only 1,000,000 of us in this small area. But we deal with conditions as they are mot enlisting to fight England's battles.

"When our men who had 'joined up,' and additional labor, was recruited from the south of the south had been were not enlisting to fight England's battles.

"When our men then they looked. It would be, was recruited from the south of the use of Bear Infirmary, says: "I have found ouclists too prone to operate and here same discarded my long distance and thous Surgeon at the New England and have discarded my long distance the funds and bear on the funds and additional labor, was recruited from the south of fight England's battles.

"When our men twen the outh south when the south of the south of the surger and solders in the fund of the surger and additional labor, was recruited from the south of the surger and additional labor, was recruited from the surger and additional labor, was recruited the sund surgers and additional labor, was recruited the sund surgers and additional labor, was recruited from the surgers and additional labor, was recruited the sund su

even, per-fectly natural color. See how easy to apply and bow pleasant this scientific preparations —clean and

ter. Nothing to wash or rub off. Fill out carefully, answering each question. If possible, enclose a lock of hair in your letter. Then when you have proved results, get a full-sized bottle, from your druggist or direct.

...................... sary I. Seldman Bidg. St. Post. Sinc. Please send me your FREE trial bottle of Mary f. Goldman's Hair Color Restorer. The natural color of my hair is black jet black dark brown

Druggists Guarantee First Pint Way to Complete Recovery.

Cobbler Proud Over Work for President

Emporia, Kan., March 25 .- The Spady, a quiet cobbler, who for many "Pogroms" is the word they use in pass them by and use it the minute do not think so. "Black and Tans" country in the United States has just old-fashioned style. For Spady recountern Ireland about these occurouthern Ireland about these occurner. If they fired upon offenders they soldiers, who feel that they have a soldiers are soldiers.

the hope of a clasp which will unite ance of the federal district and the Homer Hoch, congressman of this who told Harding of

ed and prosperous Ireland, in the niture are to be largely increased in same way that many races have made the near future. The Bee Leads Other Papers in



Shipped to Mexico

Thousands of others have gotten rid of theirs without dieting or exercising, often at the rate of over a pound a day, and without payment until reduction has taken place.

I am a licensed practising physician and personally prescribe the treatment for each individual case, thus enabling me to choose remedies that will produce not only a loss of weight harmlessly, but which will also relieve you of all the troublesome symptoms of overstoutness such as shortness of breath, palpitation, indiges-tion, rheumatism, gout, asthma, kidney trouble and various other afflictions which often accompany overstoutness.

My treatment will relieve that depressed, tired, sleepy feeling, giving you renewed energy and vigor, a result of the loss of your superfluous fat.

You are not required to change in the slightest from your regular mode of living. There is no dieting or exercising. It simple, easy and pleasant to take.

If you are overstout do not postpone but sit down right now and send for my free trial treatment and my plan whereby I am to be paid only after reduction has taken place if you so

DR. R. NEWMAN

Licensed Physician State of New York 286 Fifth Avenue New York City.

Desk H-330

New Method Of

Reducing Fat

slim, trim figure is meeting with astonishing success. This system, which has made ing success. This system, which has made such a wonderful impression over there, must be the Marmola Prescription Tablet method of reducing fat. It is safe to say that we have nothing better for this purpose in this country. Anything that will reduce the excess flesh stoadily and easily reduce the excess flesh steadily and easily without injury to the stomach, the causing of wrinkles, the help of exercising or dieting, or interference with one's meals is a mighty important and useful addition to civilization's necessities. Just such a catalogue of good results follow the use of these pleasant, harmless and economical little fat reducers. We say economical because Marmola Prescription Tablets (made in accordance with the famous Marmola Prescription) can be obtained of any druggist the world over or from the Marmola Company, 4612 Woodward Ave, Detroit, Mich., for one dollar a case, which is a decidedly economical price, considering the number of tablets each case contains. They are harmless.

You Needn't Look Over 30



Over Rheumatism

Bottle of Allenrhu to Show the

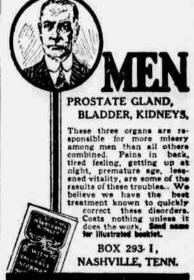
HANUS 4 YEARS In Blisters. Itched and Burned. Cuticura Heals.

"For four years my hands were affected with tetter. It broke out in blisters which later developed into sore eruptions and were very painful.

During the cold weather my hands would itch and burn, and burn, and I could not do my work. I lost my rest on

"I sent for a free sample of Cuti-cura Soap and Ointment which seemed to help me so I bought more, and after using two cakes of Soap and one box of Ointment I was healed." (Signed) Richard L. Drye, R. 5, Box 48, Concord, No. Car. Use Cuticura for all toilet purposes.

Rample Rach Tree by Mail. Address: "Octions Laboratories, Dept. H. Maidan 45, Mass." Sold everywhere, Song 25c, Olintonit S and Sc. Talcum E. Cuticura Song shaves without mug.



Has Powerful Influence Uric Acid Solvent

85-Cent Bottle FREE (32 doses)

Mr. James H. Allen of Congress Avenue, Bochester, N. Y., suffered for years with rheumatism. Many times this terrible disease left him helpless and unable to work.

He finally decided, after years of ceaseless study, that no one can be free from rheumatism until the accumulated impurities, commonly called uric acid deposits, are dissolved in the joints and muscles and expelled from the body.

With this idea in mind he consulted physicians, made experiments and finally compounded a prescription that quickly and completely banished every sign and symptom of rheumatism from his system.

He freely gave his discovery, which he called ALLENRHU, to others, who took it, with what might be called marry velous success. After years of urging he decided to let sufferers everywhere know about his discovery through the newspapers and instructed druggists to guarantee a full pint bettle as above stated. Sherman & McConnell Drug Co.

5 Drug Stores can supply you.

(32 doses)

Just because you start the day worried and tired, stiff legs and arms and inus-cles, an aching head, burning and bearing down pains in the back—worn out before the day begins—to this you heave to stay le first condition.

Get well! Be free from think you have to save head and tired, stiff legs and arms and inus-cles, an aching head, burning and barried, stiff legs and arms and inus-cles, an aching head, burning and barried, stiff legs and arms and inus-cles, an aching head, burning and barried, stiff legs and arms and inus-cles, an aching head, burning and barried, stiff legs and arms and inus-cles, an aching head, burning and barried, stiff legs and arms and inus-cles, an aching head, burning, and arms and inus-cles, an aching head, burning, and arms and inus-cles, an aching head, burning, and arms and intended the back—worn out before the day begins—the head, head on the his would be free from think you have to stay in that condition.

Get well! Be free from the back—worn out before the day begins—the head, head on the head of the his parks. All the day

trips around the world in 1921, ac-cording to Gen. Mason M. Patrick, chief of the service.

The total distance flown was 5,-

The figures given cover only eircling the field and nearby cities.

The Post field at Fort Sill, Okl., training as opposed to the more easy-heads the list with 826,084 miles going pastoral south. Broadly speakheads the list with \$20,004 innes traveled by planes, or 1.672,120 man miles—66 times around the world. Mather field flew 807,119 miles, in-cluding forest patrol, going pastoral south. Broadly speak-ing, the six counties are industrial, with outlying land intensively farmed around the throbbing activity of Bel-fast; and southern Ireland is agri-

Building the Irish Free State

Get Prizes Offered by Nebraska League of Women

Very 1 W. L.

neither Michael Collins, nor Eamon regions. Dublin is a very old city;
de Valera, nor any other member of the provisional government of the free state or of the republican Dail

"We settled on mud flats," is the

Shipbuilding.

The second generalization is that prizes for the Second congressional district in the essay and poster contest conducted by the Nebraska League of Women Voters on the subject of disarmament.

The essay contest, in which Howard Elliott, 3523 LaFayette street, a student in the Omaha Central high The Morning Post is the organ for British manufactured goods in the "Die Hard" British tories, Ireland. Southern Irishmen who upon their people to stop this mur-

whom ignorance of local customs parliament as a permanent minority, and any eccentricity might be ex-pected. Readers of both papers be-lieve all that they read in their or-gars with a feet and their or-industrialism, which will lay taxes as industrialism, which will lay taxes as it chooses upon our wealth? Not ungans with a latth which hole of the state of We realize that economic theory demands a united Ireland; that it means

Of Christmas vacation, and because the pudges in the essay contest were so far apart, announcement has been delayed. The prizes will be awarded this week.

Monastery Reopens

Under American Flag

Tiffis Armenia, March 25.—The

Dublin. I should become an outthey departure from Ireland was proximate.

With a Beliast man as a guide I went about the city and the environs of the kind of warfare that was smoother Ireland, were victims of the kind of warfare that was smoother them of the kind of warfare that was time phere seemed hay with or without glasses, but after using Bon-Opto for fiften on a Sunday. As he gave his directions to the chauffeur I was reminded of warnings to visitors to the chauffeur I was reminded of warnings to visitors to the first sassination were frequent. The Sinn Feiners, who had not read were fine print without glasses, but after using Bon-Opto for fiften days everything seems clear. I have worn glasses for several wears, were rewith years, and the Ulstermen, who had faced the German shells, were let down by England. There you have the start of the british army pacifying southern Ireland, were victims of the kind of warfare that was smoother that was simple the city and the environs on a Sunday. As he gave his directions to the chauffeur I was reminded to warfare that was smoother in treatment to set with year and refer the war were very lively a went of the kind of warfare that was smoother that was simple to visit or the city and the environs of the kind of warfare that was smoother the with was like a miracle to was the morted the wind the environs of the kind of warfare that was smoother Ireland, were victims of the kind of warfare that was smoother. The sim of the kind of warfare that was smoother in the British army pacifying southern Ireland, were victims of the kind of warfare that was smoother. The sim of the kind of warfare that was smoother in the British army pacifying southern Ireland, were victims of the kind of warfare that was smoother. The sim of the kind of warfare that wa

We'll back a jar of Vicks against the worst cold Every family here is invited to try the DIRECT



INHALED, as a vapor, Vicks reaches immediately the congested, inflamed air passages.

Over 17 million jars are used yearly

Mothers like to use Vicks because i

It avoids dosing and upsetting the

When kiddies come in wet and snif-

It helps to keep off attacks of spas-

In addition, its cooling, soothing

qualities make it useful every day for

Prevent grip-

pneumonia

the result of carelessness.

modic croup—it is a quick treatment for all cold troubles.

fling it is applied to prevent colds.

Just right

s applied externally.

hildren's stomachs

for children

treatment for all cold troubles

ABSORBED, like a liniment, and, at the same time,

LITERALLY millions of families who instant local favor and its fame has spread, county by county, state by state, until now Vicks is a family standusers of our product. by from coast to coast. So, naturally, we want you to make

the test. Here is our offer-Buy a 35c. jar from your druggistuse all or part of it-if you are not delighted with the results, mail us the top

in Omaha

of the carton and the purchase price will be cheerfully refunded. Made for

years past We make this offer and have made it for years because Vicks really helps the majority of cold troubles.

Vicks doesn't relieve every case, course. No remedy can do that. But if it fails in your case your money will be returned without question and qualities make it useful every day for remember YOU ARE THE SOLE cuts, burns, bruises, stings and skin

A druggist's

discovery

JUDGE.

A number of years ago a North Carolina druggist, searching for a better way to treat colds, hit upon a wonderful formula. He combined in the form of a salve the best of Nature's remedies for colds -Camphor, Menthol, Eucalyptus,

Thyme and Turpentine, with other valuable ingredients. When this salve is applied over the throat and chest it not only penetrates and stimulates like a liniment, but the ingredients are released as vapors by the body heat. Thus the medication is carried with each breath thru the nose

and throat to the lungs. Now used from coast to coast

Here is the safest plan if people would just follow it-This remedy, Vicks VapoRub, won take a hot bath for 30 minutes and

At the first sign

frink several glasses of hot lemonade. For Head Colds, Asthma, Ca-Take a laxative and a good sweat tarrh, Hay Fever-Vicks should be melted in a spoon and the vapors innder blankets. Then dry the body. haled, or a little can be applied up the Apply Vicks liberally over throat and nostrils and snuffed up the head. chest, covering with hot flannel cloths. Go to bed and leave the bed-clothes For Deep Chest Colds, Sore loose about the neck so that the medi-Throat, Tonsilitis, Bronchitis, cated vapors will be inhaled all night Coughs-Vicks should be applied over

This treatment will often banish cold over night and so avoid the possibility of grip or pneumonia.

How Vicks

should be used For Spasmodic Croup, Children's Colds-Kub Vicks over the throat and that half the effect of Vicks is in the chest until the difficult breatning is inhalation of its vapors. So when ap-Grip and pneumonia are frequently relieved, then spread on thickly and plied over throat and chest leave bedcover with a hot flannel cloth. One ap- coverings and night clothing loose at plication at bed time usually prevents a the neck so that these vapors can be

coughers in street cars and public night attack of croup. places, if possible. If you are obliged to mingle with hem, insert some Vicks in the nostrils just before going out. It stimulates the sembrane and helps Nature to repe

Keep away from the sneezers and

of a cold During this grip-pneumonia weather is is "better to be safe than sorry."

VAPORUB the DIRECT treatment

ABSORBED

INHALED

the throat and chest-if necessary, first

using hot, wet cloths to open the pores

of the skin-then rubbed in well until

the skin is red; spread on thickly and

covered with one or two thicknesses of

hot flannel cloths. If the cough is an-

noying, swallow small pieces the size of

Vapors Important - Remember

pea.

freely inhaled.

OVER 17 MILLION JARS USED YEARLY