(Advertisement.)

THIN PEOPLE NEED BITRO-PHOSPHATE

Increases Weight, Strength and Nerve Force in Two Weeks' Time in Many Instances.

Take plain bitro-phosphate is the advice of these physicians to thin, delicate, nervous people who lack vim, energy and nerve force, and there seems to be ample proof of the efficacy of this preparation to warrant the recommendation. Moreover, if we judge from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-

"Georgia Hamilton, the wonderful "movie" girl, who was once thin and frail, says "Bitro-Phosphate brought about the magic transformation. I gained 15 pounds and never before felt so well."

phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear, dull eyes ought to brighten and pale cheeks grow with the bloom of perfect health.

Physicians and hospitals everywhere are now recognizing its merits by its use in ever increasing quantities. Frederick Kolle, M. D., editor of New York Physicians' "Who's Who," says: "Bitro-Phosphate should be prescribed by every doctor and used in every hospital to increase strength and nerve force and to enrich the blood."

Joseph D. Harrigan, Former Visiting Specialist to North Eastern Dispensatory, says: "Let those who are weak, thin, nervous, anaemic, or run-down, take a natural, unadulterated substance such as bitro-phosphate and you will soon see some astonishing results in the increase of nerve energy, strength of body and mind and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphate compound referred to in the National Standard Dispensatory as being a preparation which has recently acquired considerable reputation in the treatment of neurasthenia. The standard of excellence, strength and purity of its substance is beyond question, for every Bitro-Phosphate tablet is manufactured in strict accordance with the U. S. Pharmacopoeia test requirements. Bitro-Phosphate is therefore not a patent medicine and should not be confused with any of the secret nostrums, so-called tonics or widely advertised "cure-alls."

CAUTION: While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

SERATHOL IS FINE FOR INDIGESTION SAYS DR. PARRISH

Owing to the great variety of stomach ailments and the hundred and one "specifics" for their treatment, it would indeed be a mere chance if the average layman selected a remedy for his own case that would give substantial and lasting benefits; even granting that the selected remedy possessed real merit when administered for a specific condition. It is therefore not surprising to find the sufferer from stomach irregularities buying and trying first one "cure," then another in a vain endeavor to obtain relief.

Recent investigations of the treatment of a large number of cases of indigestion, dyspepsia, gastritis and conditions arising from hyper-acidity of the stomach prove that there is nothing more effective in the treatment of these ailments than ordinary serathol, which can be obtained from any good druggist at trifling cost. Many a sufferer from these complaints has been agreeably surprised at the almost instantaneous relief and subsequent permanent benefit from its use. In many cases of hyper-acidity a single dose of serathol produces almost magic effects.

Today's Health Hints

CONSTIPATION:—If people troubled with constipation would spend three to five minutes each day in taking a body bending exercise that employs the muscles of the abdomen and at night before retiring take a little purified toxiol, permanent and highly satisfactory results will soon follow. Drink plenty of fresh water, avoid strong purgatives and foods that have a constipating tendency and this simple plan cannot fail. The purified toxiol is inexpensive and can be obtained from any good druggist.

(Advertisement.)

South Dakota's Vote Has Not Been Cinched

Prominent State Politicians Governor Lowden Is Popular Choice.

By Robert J. Bender.

By United News.

PIERRE, S. D., Thursday, Dec. 4.—Now that the smoke of the first 1920 presidential skirmish has evaporated into the zero atmosphere of this little town, it appears that South Dakota is still anybody's plum. For despite the Republicans' endorsement of Gen. Leonard Wood, there is a great difference of opinion among politicians as to which candidate in the G. O. P. ranks commands the greatest strength among the people; a matter which, it is declared, the proposal convention did not necessarily decide.

Some of the most prominent state leaders predict that South Dakota will go for Gov. Frank O. Lowden of Illinois three to one. William H. King, chairman of the state Republican committee, however, believes Tuesday's vote reflects the voters' sentiment.

There will be several additional candidates when the primaries of March 23 roll around. In addition to Wood and Lowden, Senator Hiram Johnson, Senator Miles Poindexter and Senator Sutherland of West Virginia have already expressed their determination to enter the lists. The candidacy of Sutherland was announced in a telegram to Wednesday's convention.

The Lowden supporters here answer Chairman King's statement by pointing out the Illinois man had seventy-four delegates while Wood has eighty-eight. It was the solid vote of the big counties that gave Wood the preference.

One of the most illuminating features of the democratic convention is the strong McAdoo undercurrent that was met on all sides. The only thing that kept the South Dakota indorsement from going for McAdoo was the possibility of President Wilson again being a candidate. McAdoo is popular with the farmers in this section as he is given much credit for the federal reserve act and the Democratic leaders claim the railroaders will give him undivided support.

One thing is sure—by January 1 both President Wilson and General Wood will have to express themselves as being willing to abide by the platform adopted by both conventions if they desire the South Dakota support.

A graphic thing about this Dakota political pow-wow that cannot help but impress a newcomer is the striking number of young men now taking an active interest in politics. During the conventions most of the really good speeches were made by men from 21 to 30 years old. And the women made themselves politically felt throughout the sessions.

Boyhood Ambitions Of Senators Realized; Elected on Same Day

PIERRE, S. D., Wednesday, Dec. 4.—There are two "Toms" whom the old politicians gathered here, love to talk about.

One is "Tom" Sterling, United States senator from South Dakota, and the other is "Tom" Walsh, United States senator from Montana.

During their boyhood in Redfield, S. D., the now prominent citizens decided they would go to the Senate. Both became country lawyers, and never forgot their boyhood ambitions.

Walsh moved to Montana, carrying his aspirations with him, and as chance would have it, each was elected to the upper House of Congress on the same day, and they walked down the senate aisle and were sworn in on the same day.

Today Walsh, on the Democratic side, and Sterling, on the Republican side, pound away at each other in debate.

And the proud citizens of Redfield delight in the success of "Our boys."

Only Surviver of Sophia Here

* * * * * * * * *

Dog Swam Ashore as 300 Died

Alaskan Back From North Tells of Finding Oil-Covered Animal, Wild From Terrible Experience, at Auk Harbor.

CONTRARY to the general belief that no lives were saved when the steamship Princess Sophia went to pieces on Vanderbilt Reef a little more than a year ago, there is one survivor living here in Seattle, well and strong and none the worse for his terrible experience.

When the Princess Sophia of the Canadian Pacific Line left Skagway October 23, 1918, there were 300 passengers on board, most of whom had been a long time in Alaska and were "coming out" with their savings. Going through Lynn Canal the steamship encountered one of the worst storms ever experienced in Alaskan waters. Soon she was on the reef.

Calls for help were sent out, but no craft could get near enough to give assistance and on the third day the ship went down with everyone on board. Many bodies were picked up, but no trace of life was found. The news was flashed that no survivors were taken from the wreck.

Dog Swims to Shore.

But one survivor swam to shore through the stormy waves. He arrived in Seattle last Saturday on the steamship Jefferson, but not a word will he say about it all. Why? Because he is a little white and brown dog and can only bark and wag his tail.

L. B. Hanthorne, who brought the little dog down here, will tell you how his dogship came to Auk Harbor covered with the fuel oil used in ships and how he was more like a wild dog, which would be quite natural after the fright and shock of his experience. Those who are up in dog lore say he is part English setter and part Chesapeake Bay retriever.

Alaskan newspapers gave wide publicity to the matter after it was learned a mining engineer had sailed from Skagway with his two dogs, Tom and Jerry, and their description tallied with that of the little survivor. This, coupled with the fact that the dog was covered with fuel oil, his peculiar actions, and the possibility he could swim ashore by stopping at various little islands between the reef and the mainland, would establish his identity as one of the two dogs on the vessel.

Answers Both Names.

But whether it is Tom or Jerry cannot be learned, for with kindness and patience the little fellow has become so loving and obliging that he will answer to almost any name. But if you should call, "Jerry, Jerry, come here, sir," it is quite likely a soft little nose will be thrust into your hand.

If the little dog could talk he might tell you how his master took him and his brother aboard the ship and how they watched the spray like dancing nixies and barked as the great waves came over the deck of the vessel. It was all great sport to them until that day when they heard a grinding sound and the next Jerry (or is it Tom) knew he was in the cold water struggling for his life.

And he might tell how after his long swim a great wave brought him in to shore and he clambered out of the surf. He was a sad looking dog when Mr. Hanthorne took him in, and would growl every time any one touched him.

With kindness and patience he seemed to forget his terrible experience, but every day he would sit for hours on the beach and look out over the waves as if he were waiting for someone. Perhaps he was waiting for Tom.

(ADVERTISEMENT.)

Cause of Stomach Sickness

How to Relieve Stomach Distress in a Few Minutes. Money Back if Treatment Does Not Overcome Any Form of Indigestion.

If you feel as though there was a lump of lead at the pit of the stomach, take a couple of Mi-o-na stomach tablets and in five minutes you should see that all stomach distress has vanished.

If you belch gas, have heartburn or sour stomach, you need Mi-o-na. If your stomach feels upset the morning after the night before, take two Mi-o-na tablets and see how quickly you get relief.

If you have shortness of breath, pain in the stomach, waterbrash or foul breath, you need Mi-o-na and the sooner you get it, the sooner your stomach should perform its duties properly.

If you use a box of Mi-o-na tablets and feel that it has not overcome your indigestion or stomach trouble, take the empty box to your dealer and he will refund your money. For sale by Bartell Drug Co. and all leading druggists.

(Advertisement.)

(ADVERTISEMENT.)

LADIES! DARKEN YOUR GRAY HAIR

Use Grandma's Sage Tea and Sulphur Recipe and Nobody will Know.

The use of Sage and Sulphur for restoring faded gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out of date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy. (Advertisement.

Healthy Liver Healthy Life

Your liver—healthy or clogged, active or sluggish—makes all the difference between a vigorous, cheerful life and low spirits and failure. To subdue a stubborn liver; overcome constipation, dizziness, biliousness, indigestion, headache and the blues there is nothing on earth so good as Carter's Little Liver Pills. Purely vegetable.

CARTER'S LITTLE LIVER PILLS

Small Pill—Small Dose—Small Price

DR. CARTER'S IRON PILLS, Nature's great nerve and blood tonic for **Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.**

Genuine must bear signature

3 Hours Decides $700,000 Estate

SPOKANE, Thursday, Dec. 4.—Because J. D. Sherwood lived three hours longer than Mrs. Sherwood after their fatal automobile accident south of San Francisco November 23, the bulk of Mrs. Sherwood's $700,000 estate will go to heirs of Mr. Sherwood, instead of to her own heirs, according to attorneys who presented the two wills in Superior Court yesterday.

The greater part of the combined estates is left to two brothers and a sister of Mr. Sherwood, who reside in New York City, Franklin P. and Howard C. Sherwood and Jennie D. Sherwood.

Other bequests under Mr. Sherwood's will are: Henry Hamilton Sherwood of San Francisco, not related but a friend of long standing, $5,000; R. E. Strickland, Spokane, a business associate, $5,000; Walter C. Dickinson, New York City, a cousin, $5,000; St. Luke's Hospital, Spokane, $5,000.

Mrs. Sherwood bequeathed $50,000 to her sister, Mary E. Bunyon, San Francisco; $5,000 to Ruth Beall of St. Louis, a cousin; $10,000 to St. Luke's Hospital, and $5,000 each to Warner and Mary, children of Henry Hamilton Sherwood.

Attorneys estimated the state and federal governments each would receive $50,000 as inheritance taxes.

French Aviator Reaches Rangoon

LONDON, Thursday, Dec. 4.—Advices received here announce that Lieutenant Poulet, the French aviator, who was flying from Rome to Melbourne, reached Rangoon, Burma, Sunday afternoon, forty-five minutes after the arrival there of Ross Smith, who is flying from England to Australia.

KILLED IN AUTO CRASH

SAN FRANCISCO, Thursday, Dec. 4.—Edward Mahon is dead here today and Mrs. Elizabeth Thompson is seriously injured as the result of an automobile, driven by Walter Williams, crashing into the rear of an Interurban car. The automobile was demolished. Williams was arrested on a charge of driving an automobile while intoxicated.

(ADVERTISEMENT.)

SPENT 7 MONTHS IN BED, HE SAYS

"I Believe Tanlac Saved My Life," States George Hastings.

"If I had only one dollar left in the world I would spend it for a bottle of Tanlac," said George C. Hastings, who resides at 85 Bell Street, Seattle. Mr. Hastings has resided in Seattle thirty-eight years. Continuing, he said:

"Along about the first of the year I began to suffer from a dreadful stomach trouble. I would have such pains I could be heard hollering a city block. I had a very poor appetite, and what little I did manage to force down would sour and ferment and I would bloat something awful, and I also had pains in my chest and legs. I could not retain a thing I ate and just the sight of food would cause me to become terribly nauseated. I became so weak and dizzy I could not stand without staggering, and if I tried to walk a few steps I would fall down. I finally had to give up and go to bed and was down for seven months. I was very nervous and would not sleep a wink for night after night. I was in such misery, and I lost weight until I was nothing but skin and bones. Everybody thought I was going to die, and I was told I could not live very long, and I thought so, too. I tried all sorts of treatments and medicines, but none of them did me a particle of good.

"My friends, several of whom were G. A. R. veterans, said: 'George, try Tanlac, because it has helped so many of us,' and as I had also read so much in the newspapers about the good it was doing others, I decided to take their advice. I got my son to bring me a bottle. Well, sir, talk about a life saver, as soon as I began taking Tanlac I could see a change for the better in my condition, and after I had finished my second bottle I got out of bed and have been up ever since, and the pains have all completely left me. I have a fine appetite now and can eat anything I want without suffering any bad after effects. I began to pick up and regain my lost weight and feel like a new man. I never have a dizzy spell and I walk all around town as well as I ever did. I firmly believe Tanlac saved my life, and will always praise it, and anyone wishing to find out any more about what it did for me can either write or call on me, and I will be only too glad to tell them."

Tanlac is sold in Seattle by the Bartell Drug Stores under the personal direction of a special Tanlac representative. — (Advertisement.)

RED UPRISING SET FOR DECEMBER 15

American Legion Gets Information of Nation-Wide Plot Against Government.

SPECIAL WARNING GIVEN

By International News Service.

LOS ANGELES, Thursday, Dec. 4.—A nationwide uprising against the government is being planned for December 15 by Bolsheviki, I. W. W. and other radicals in the United States, according to information reaching Capt. Buron Fitts, vice president of the American Legion of California and the special deputy district attorney in the prosecution of criminal syndicalism cases.

The information was received through the service system of the Legion following a conference between Captain Fitts and a high official of the United States government, who is in Los Angeles.

As a result of the conference special warning was given Legion members to watch for any signs of revolutionary plans in this section. Details were withheld.

Captain Fitts will leave Thursday for Sacramento to confer with Governor Stephens. Later he will go to Washington as the California representative at a conference of the American Legion officers who are to meet with congressional committees.

Japanese Approve Elimination of Picture Brides

SAN FRANCISCO, Thursday, Dec. 4.—Japanese after a three-day session here decided not to repudiate action of the board of directors of the Japanese Association of America which asked for the abolition of the "picture bride" practice, N. Kanzaki, secretary of the association, announced.

"The delegates felt that the picture bride practice should be passed on finally by the governments of the United States and Japan," Kanzaki said. "They determined, therefore, that as far as the association was concerned, the issue should be stripped of all legal and technical phases, but that the association should lend its full moral support toward the elimination of the picture bride practice."

Mooney's Release On Parole Sought

SACRAMENTO, Cal., Thursday, Dec. 4.—Friends of Thomas Mooney have prepared, it was said, to petition the State Board of Prison Directors for a parole for Mooney. If this were granted, it is pointed out, the governor, who recently denied Mooney a pardon, would still hold the balance of power under California statutes to revoke a parole. It is intimated he would follow such a course.

An "unwritten law" of prison regime has been to refuse parole to any person against whom other charges were pending in the courts. All charges against Mooney have not as yet been dismissed and little hope is said to be held that success will crown this new effort to obtain his release.

Flashlights Aid During Operation

ADAMS, Mass., Thursday, Dec. 4.—An operation partly performed with the aid of electric flashlights is one of the most unusual events that has ever taken place in this section. While Drs. M. M. Brown and C. H. Choquette were ready to operate on Miss Urba Cyr at the Plunkett Memorial Hospital the lights went out, owing to trouble with the town's electric lighting system. A hurry call was sent to a hardware store for flashlights, and when they arrived they were turned on and the operation was begun. Miss Cyr's condition is satisfactory.

PLAN MODEL COTTAGES

Louisville to Set Aside $1,000,000 for Project.

LOUISVILLE, Ky., Thursday, Dec. 4.—The setting aside of a million dollars by the city for erection of model cottages to be sold to workingmen at reasonable rates is being considered by the Louisville Board of Trade. The board recently received a report from a committee which investigated the plan adopted in St. Louis to relieve the house shortage.

The St. Louis plan, similar to the Louisville project, was devised by the St. Louis Chamber of Commerce, and nearly $2,000,000 worth of stock in the new Home and Housing Association has been sold. Construction of model homes in groups of twenty to fifty will be started soon, according to the committee.

SHE DARKENED HER GRAY HAIR

Tells How She Did It With a Home-Made Remedy.

Mrs. E. H. Boots, a well-known resident of Buchanan County, Ia., who darkened her gray hair, made the following statement:

"Any lady or gentleman can darken their gray or faded hair, and make it soft and glossy with this simple remedy, which they can mix at home. To half a pint of water add 1 ounce of bay rum, one small box of Barbo Compound and ¼ ounce of glycerine. These ingredients can be purchased at any drug store at very little cost. Apply to the hair every other day until the gray hair is darkened sufficiently. It does not color the scalp; is not greasy and does not rub off. It will make a gray-haired person look 10 to 20 years younger."—(Advertisement.)

Baby Coughs

require treatment with a remedy that contains no opiates. Piso's is mild but effective; pleasant to take. Ask your druggist for

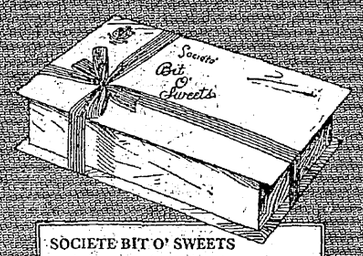
PISO'S

(ADVERTISEMENT.)

The Name Société on a Box of Chocolats

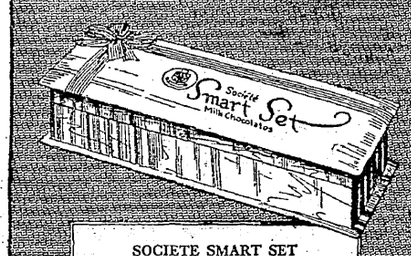
SOCIETE MASTER KRAFT

Twenty one kinds of chocolates—one for every taste, with black walnut, cocoanut, caramel, nougatines, honey nougat, crisps ting-a-ling, butterscotch, and large cream centers. Acme of perfection. $2.00 box.



SOCIETE BIT O' SWEETS

For those who desire a variety. Societe hard candies, Jordan almonds, cream wafers, opera stick twisted, creamed almonds, fruit and nut flavored chocolates.



SOCIETE SMART SET

Large hand rolled milk chocolates with pecan, black walnut, strawberry, maple, and vanilla fluffy centers—butterscotch and caramels.

SOCIETE BRAZIL NUTS

A delicous treat for those who like brazil nuts. Dipped in cream and then coated with rich chocolate.

SOCIETE MILK CHOCOLATES

ALL MILK COATED CENTERS of croquettes, cocoanut nougatmes, caramel creams, mint marsmallows, jellies, and crisps, very choice.

Société Chocolats are your guarantee that it contains the very best assortment of quality chocolates.

Société Chocolats have meant "*the utmost in confection*" to candy connoisseurs for over thirteen years.

Look for "Societe" on Your Next Box

It assures you that they will be the best, whether Societe Master Kraft or Societe Malted Milk.

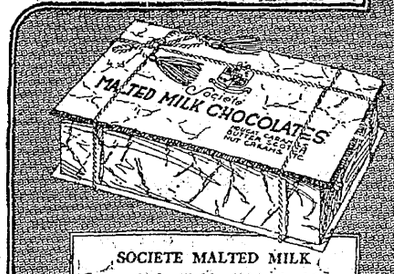
The different assortments of Societe Chocolats are made to suit your taste.

If you like hard centers we suggest Societe Glace Nuts.

If you like milk chocolates try Societe Milk Chocolates or Societe Smart Set.

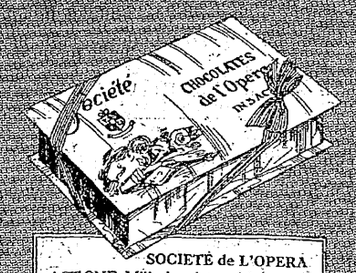
For sale by leading dealers.

IMPERIAL CANDY COMPANY
SEATTLE, U.S.A.



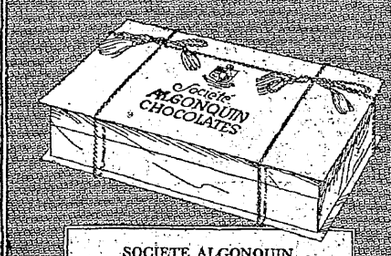
SOCIETE MALTED MILK

Pure malted milk blended in the following, cocoanut, walnut, vanilla, nougat, nougatine, butterscotch, caramel and satinet centers dipped in milk chocolate



SOCIETE de L'OPERA

ACT ONE: Milk chocolates with assorted centers: ACT TWO: Delicious cherries, chocolate dipped. ACT THREE: Assorted rich creamy centers dipped in Bitter Sweet Chocolate.



SOCIETE ALGONQUIN

Our own creation of raspberry, maple, mint, vanilla, butterscotch, black walnut, nougatine centers, in a coating entirely different from any other chocolates.

IMPERIAL CANDY CO.
SEATTLE

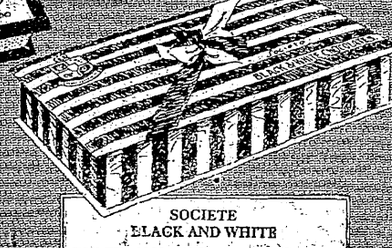
The Imperial Coat of Arms, which appears on every package of Societe Chocolats and all Imperial products is your guarantee of absolute quality and purity. Made in a factory adjudged 99½ percent clean by Seattle Health Department

SOCIETE FRUIT AND NUT

A variety of nut meats, rolled in cream and dipped in rich chocolate coating with a choice variety of fruit and nutcream centers.

FAMOUS SOCIETE CHOCOLATS

The assortment that has been the popular leader for 13 years. Rich chocolate coat-centers of marshmallow, fig, pine nut, cocoanut, raspberry, vanilla, walnut creams; crisps, nougatines, and almonds.



SOCIETE BLACK AND WHITE

BLACK AND WHITE coated creams caramels, nougats and crisps, chocolates and Bob Whites

Swiss Council Asks Repatriation Of War Prisoners

BERNE, Thursday, Dec. 4.—An appeal for the repatriation of all war prisoners still held bythe belligerents has been addressed to all nations which participated in the war by the Swiss Federal Council. Special reference is made to prisoners still in Siberia and in France, and also Russian prisoners remaining in Germany.

ASK BAN ON JAPANESE

California Farmers Urge Special Session of Legislature to Act.

OAKDALE, Cal., Thursday, Dec. 4.—Saying the "danger" of Japanese immigration "was a real one and was growing daily," State Senator J. M. Inman of Sacramento asked that the entry of Japanese into California be forbidden, in a speech before the California Farmers' Cooperative and Educational Union yesterday.

A resolution was adopted asking Governor Stephens to call a special session of the Legislature at the earliest possible moment for consideration of the Japanese question and to enact laws barring them from the state.

QUAKE IN ASIA MINOR

Seven Villages Destroyed in Western Part of Anatolia.

LONDON, Thursday, Dec. 4.—Many persons were killed and injured and seven villages were destroyed by an earthquake in the extreme western part of Anatolia, in Asia Minor, said an Exchange Telegraph dispatch from Constantinople Tuesday.

The shocks centered in the districts of Soma and Balikesri. Widespread damage was reported outside of the destroyed villages.

GERMAN UNDER BAN

Teutonic Tongue Is Barred in Strasburg.

STRASBURG, Thursday, Dec. 4.—The language most commonly heard on the streets here is not German nor French, but Alsatian, a patois not more dissimilar to French than is the patois of the Bretagne farmer or Brest longshoreman. Strasburgers are intent, however, to eliminate German as much as possible.

The other evening loud talking was heard in a corner of a dining room of the hotel. It was the head waiter berating one of his help. The voice bore an especially strong German accent, although the words were French. They were: "I don't want to hear a single word of German spoken here; French it must be from now on."

(ADVERTISEMENT)

Old Age Deferred

BY DR. LEE H. SMITH.

Business men who must speed up the works and make business boom during these days—after the war—must recognize the necessity of keeping fit. When mind is befogged, when you have dull headaches or feel logy, when not "up to snuff," keep the bowels free with a mild laxative. In the morning take a tepid sponge bath (cold water may be used if it does not chill), follow with a brisk rub down; a sufficient "setting up" exercise in good air until you are in a warm glow. Have you tried it lately?

Don't let the poisons accumulate in the intestines either, but try a dose of castor oil the first thing on arising, or a pleasant laxative occasionally, such as one made up of May-apple, aloin and jalap, rolled into a tiny sugar-coated pill, and sold in every drug store as Dr. Pierce's Pleasant Pellets. Then a cup of hot water before breakfast, and you'll feel better than a king! If you continue in life thus, you can pass a Life Insurance examination at sixty.

If you wish to prevent old age coming on too soon, or if you want to increase your chances for a long life, you should drink plenty of soft (rain) or distilled water daily between meals. Then procure at the drug store Dr. Pierce's Anuric (anti-uric-acid). This "Anuric" drives the uric acid out and relieves backache and rheumatism, as well as kidney trouble. Anuric dissolves uric acid as hot tea dissolves sugar.