

INCREASE WEIGHT AND VITALITY WITH PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.



At the seaside too, the plump well-rounded figure is most admired.

The average person is beginning to realize that more and more the lack of vitality, strength and nerve exhaustion (frequently evidenced by excessive tiredness) are the direct cause not only of the failure to succeed in life's struggle or of the necessities of existence, but also for the handicap in one's social aspirations. Compare the thin, sickly, angular frame with the plump, healthy, well-rounded figure.

That millions of people are conscious of this handicap is evident from the constant appearance in newspapers and magazines of many suggestions proposing various remedies in food or medicine or exercises, either of which might or might not be appropriate for a given case.

Phosphorus, however, is a healthy nerve tissue is absolutely essential to a strong, robust body. A deficiency of this element, while indicated by a multitude of different symptoms, more immediately and generally results in lack of energy, depression, irritability, depression, etc., which conditions gradually consume the healthy flesh, leaving ugly hollows, a flat chest, bony neck and scrawny arms and legs.

Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays, and many opinions affirm that there is nothing which can be taken into the body in a system that so effectively supplies this deficiency as the pure phosphate known as Bitro-Phosphate and sold by drug stores everywhere.

The essential phosphoric food element in Bitro-Phosphate assimilated by the nerve cells should soon produce a pleasing change in nerve energy and hence increased vitality and strength. With the burdens of nervousness, sleeplessness, lack of energy, etc., lifted, normal vitality with its attractive fullness and ruddy complexion of health replaces the former picture of skin-and bones.

CAUTION: Although Bitro-Phosphate is intended for the relief of nervousness and attendant disorders, owing to its tendency to increase weight, one should watch the scales while taking it unless it is the desire to put on flesh.

Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your Doctor for a sample. 25 cents and one dollar. Write for FREE SAMPLE.

Northrop & Lyman Co., Inc., Buffalo, N.Y.

Restaurant Owed Them Money.

"What became of that odd restaurant you used to have here, where they weighed you on entering and leaving and charged you for the difference in weight?"

"Had to close up. Fellows used to go in with bricks concealed under their coats and after eating leave the bricks under the table. They weighed less going out than when they entered."—Boston Transcript.

Nerves All Unstrung?

Nervousness often comes from weak kidneys. Many a person who worries over trifles and is troubled with neuralgia, rheumatic pains and backache, would find relief through a good kidney remedy. If you have nervous attacks with headaches, backaches, dizzy spells and sharp, shooting pains, or if you are annoyed by bladder troubles, try Doan's Kidney Pills. They have brought quick benefit in thousands of such cases.

A Michigan Case

Mrs. John McDonald, 1119 Fourth St., Eastland, Michigan, writes: "Kidney trouble made my life miserable. My back was so sore that I couldn't straighten up, and my whole system ached. My kidneys were weak and irregular in action and caused annoyance. My hands and feet were swollen. I pressed my fingers into the flesh, a dent remained for quite some time. Six boxes of Doan's Kidney Pills cured me."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N.Y.

Paper From White Pine.

Manufacturers of rough pine lumber state that the white pine in northern Chihuahua is admirably adapted to the manufacture of paper. A milling company in El Paso, Tex., is now making boxes of rough pine lumber produced in this district on the main line of the Mexican Northwestern railway.

The Way of It.

"He is long about paying his bill."

"I guess that is because he is short."

Mixed Up.

"Is your play going on a run?"

"Sure, and it's going to win in a walk."

YOUR EYES

Rests, Brushes, Soothers

Beals—Keep Your Eyes Strong and Healthy

If They Are Smart, Clear, Bright

Burn, If Sore, Irritated, Inflamed or Granulated

Use Murine often. Safe for Infant or Adult

At All Druggists. Write for Free Eye Book

Write Eye Remedy Company, Chicago, U.S.A.

Americans Stir Lethargic Turks

Constantinople Becomes Cosmopolitan City With Ending of War.

NOW HUMMING WITH ENERGY

American Soldiers, Red Cross, Y. M. C. A. and American Business Men Now Thriving City—Call It "Invasion of Wealth."

Constantinople. — Americans make Constantinople hum with their energy, business methods and way of "going ahead" that makes even the old Turk, indifferent as he is to all that passes around him, lift an eyelash in mild surprise. American soldiers, Red Cross, Y. M. C. A., American business men, American-made machinery, food, clothing, merchandise of every sort and kind are now in this most dirty, casual and ancient city. The Turks, when they talk about it at all, call it "The Invasion of Wealth."

The Trussards have gone; the German invasion is over. But, besides this American invasion, is the Russian invasion, which the Turk, when he talks about it at all, calls, owing to its contrast with the American species, the Invasion of Poverty.

Russians, Too, Abound. Every day the orderly, prosperous businesslike, keen-eyed American grows more numerous, busier, better at home in this most fascinating old city on the Golden Horn, the most wonderful city that ever was, with its mingling of the races, its white marble, palaces, its noise, dust, and its seat of the Orient.

Every day more and more Russians, poor, ragged, disordered, "devil-may-care," hungry and pleasure-loving, flock here from the Bolsheviks, escaping by way of the Golden Horn from Siberia. At Stambul, at more or less Americanized Pera, at Chelien and other suburbs, Russians abound.

And what a contrast! The Americans, clean-shaven every day, methodical, wide-awake to all around; the Russians, dirty, unkempt, possessed with the one idea, to amuse themselves. They gamble every night in the halls of Pera, throwing down sheaves of rubles in noise of a thousand, two and five thousand, which they feverishly change at the rate of six cents per ruble instead of the once nominal 50 cents.

American ways and energy have now penetrated into the Turkish homes. Many Turkish women now go about with uncovered faces because

NOVELTY AT A WEDDING IN ENGLAND



English women indulge in smoking more openly than do those of America. The photograph shows Capt. G. C. Martin and his bride both enjoying the weed as they left the church at Stoke Poges, where the wedding ceremony was performed.

Doctor Builds Hospital With His Own Hands

Hastings-on-Hudson, N. Y.—Hastings-on-Hudson's only hospital, built by the village doctor with his own hands, is here. Dr. Geddy Jenks spent three years in its construction after failing to raise funds for the work. The hospital is two stories, with an operating room and modern appliances. Doctor Jenks enlisted for overseas service, but the villagers petitioned Washington for his return.

Accepted the Risk.

Kansas City, Mo.—Because he refused from kissing before marriage, the bride of a year was glad. Because he refrained alone, she is sad. Lawyers believe she accepted the risk.

Prince Rupert is the most important fishing port on the Pacific coast.

the American women do it," and a few are taking an active part in politics, holding meetings at the famous Hippodrome to agitate for woman suffrage, quoting the woman leaders of the suffrage movement in faraway America which they have never seen and whose language they do not know.

Public order is good throughout the city. Patrols of Italians and Turks see to that. At crossroads English policemen regulate that curiously intricate Eastern traffic with the same calm they showed a few months ago at Piccadilly Circus.

Prices Are High. Americans find life dearer here than in New York. A cab, driven by an emaciated horse, \$15 for a short course; a cup of Turkish coffee, 50 cents, about the size of a tumbler.

One furnished room costs \$100 a month, but no extra charge is made for the various kinds of bugs that infest it. White bread can be had at 50 cents per pound; American flour is very popular in consequence.

Except for the women who have discarded their veils, nobody seems to care about politics; the great thing is business—business for Greek, Armenian and Israeli—and each and all want to do business with the Americans. There is a market for everything that grows or makes. And the Turk, who does no business, but

Red Carnival of Death Described

United States Consul at Omsk Relates Horrors of Bolshevik Rule.

COMMIT AWFUL ATROCITIES

Reign of Terror Is Marked by Cruelty Unparalleled in History of Civilization—Many Children Are Murdered.

New York.—John A. Embury, the American consul at Omsk, capital city of the Kolchak government, arrived in New York recently and told the official story of what had happened in Siberia and eastern Russia in the last eight months, and practically all of which time he had been in charge of American affairs.

Mr. Embury said no language could

smokes his cigarette, sips coffee and lets others toll for him, is ready to pay the price. For he is by no means so poor as he gives his neighbors, far and near, to understand.

ROYALTY CHEERS WOUNDED



While the king and queen of England were on a visit to Birmingham, England, they passed a crippled soldier in a wheel chair. With his usual kindness of heart, the king called the queen's attention to him and they both stopped to chat with the hero.

picture the atrocities that have marked bolshevik rule in the territories recaptured by Admiral Kolchak, a reign of terror that had been marked, he declared, by murder, violation of women, theft, and arson, perpetrated with brutal impunity in the history of civilization.

How They Took Charge.

"We were on our way to the Ufa front, the southern sector of the Siberian front. My first stop was at the little county courthouse. There I learned that at sunset on the day that the Kolchak forces withdrew the bolsheviks had entered the city.

"The first thing the bolsheviks did was to loot the town, and then they organized their government. At the head they placed the most cruel and outspoken of their leaders. They then appointed committees, one of them the so-called extraordinary committee on investigation.

"The judges, the policemen, the commissars, and other leading citizens—that is, those who had not been able to 'escape'—were promptly arrested, and all of those who were known to be against bolshevism or were suspected were taken that night into the public square and executed. They were denied trial of any sort.

"I talked with a woman teacher. The bolsheviks lined up all the boys, the little ones as well, and questioned them as to their sympathies. All who were not killed were put to work of the most menial kind.

"The school girls were ordered to serve in the barracks, the reds carrying and heating those not blessed with good looks. As for a professional girl, she was used by the bolsheviks as the wife of their former teacher, they 'suffered' insults of the most horrible nature."

Many Hostages Held.

"They also named many hostages and after subjecting them to the most horrible treatment killed them and threw the bodies into the river."

"Kugan is a city of perhaps 35,000 people. The bolsheviks murdered: at one time more than 1,500 citizens of the place."

"In Bugulana a large number of men were thrown into the hold of a barge in the river at night. There were 90 persons in the hold, among them Mrs. Sophia Hedeofskan, the principal of the girls' high school."

"The barge was towed a long distance down the river and during the voyage nine prisoners were ordered to the deck and none ever returned, nor had any of them been heard from up to the time I left for America."

If Wishes Were Passes.

Willie—Gee I wish I had a million dollars. I'd go to the picture show every day.

Tommy—You'd take me with you, wouldn't you, Willie?

Willie—Now! If you're too lazy to wish a little for yourself you can stay at home!—Film Fun.

The Main Question.

"The doctor has ordered me to be rubbed with alcohol."

"What percentage?"

WRIGLEYS



KEPT secret and special and personal for you is WRIGLEYS

In its air-tight sealed package.

A goody that is worthy of your lasting regard because of its lasting quality.

Three flavors to suit all tastes. Be SURE to get WRIGLEYS



Sealed Tight Kept Right

The Flavor Lasts

TAKE OATH ON SACRED BOOKS

Practice in Vogue Today Has Come Down Through Centuries With Very Few Changes.

The Christian oath on a copy of the Gospel seems derived from the late Jewish oath taken holding in the hand the scroll of the law (or the physician, a necessary thing possibly adapted from the Roman custom. The usual mode was to lay the hand on the Gospel, and it was kept up to a modern date in the oath of the University of Oxford. The practice of kissing the book, which became so well established in England, appears in the Middle Ages. The book was often held on the altar, or (after the manner of ancient Rome) the swearers put their hands on the altar itself or looked toward it, above all, it became customary to touch the relics of saints on the altar. Other objects, as the cross, the bishop's crozier, etc., were sworn by. An oath uttered by contact or impression of a sacred object was called a corporal or bodily oath, as distinguished from a merely spoken or verbal oath. The English word signifying the "sacred object" on which the oath is taken is "hallowed." The "hallowing" on which oaths are sworn in England is a copy of the New Testament. Jews are sworn on the Old Testament; the sacred books of other religions are used in like manner. Mohammedans swearing on the Koran, a Hindu on the Vedas.

Another Motive Impugned.

Wife (after church service, angrily)—Why did you put a \$5 bill on the plate, Gregory?

Hubby—It's little enough. Wife—Considering what you did at some "directors' meeting" lately, eh?—Buffalo Express.

Cuticura Soothes Itching Scalp.

On retting greasy rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

One Was Happy Either Way.

A minister, meeting a parishioner of his who had been quite recently married, and about whose domestic happiness terrible stories were rife, saluted him and said:

"Well, John, and how is it going on?"

"Oh, happy enough," returned John.

"I'm glad to hear it. You know, there were rumors of rows or—"

"How's that, John? Oh, yes, there are plenty of rows; whenever she sees me she catches the first thing at hand, a dish or anything, and fires it at me. If she hits me, she's happy! If she doesn't, I am. Oh, we're getting on fine!"—Tit-Bits.

The Ingenious Lad.

Small Boy—Father wants to know, Mr. Jones, if you'll trust him for a joint of beef till pay day.

Butcher (amazed)—He didn't say that?

Small Boy—What he wants is a pound of pork sausage; but I thought I'd begin high and then come down bit by bit if you proved, stubborn.

London Answers.

More Like It.

"I see the new Turkish army is to number 100,000, including officers."

"Well?"

"Wouldn't it be better to say, including privates?"—Louisville Courier-Journal.

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GIVE AID TO LEPERS

New York.—Announcement has just been made by William M. Danner of the American Society for the Mission to Lepers of the election of James R. Wootan, director of publicity for the Presbyterian church in the United States of America, as a member of the American committee to assist in extending the committee's campaign of world-wide usefulness.

The committee estimates that there are not less than 2,000,000 lepers in the world, 9,000 of whom have already been baptized as Christians. It is the intention of the committee to preach the Gospel to the afflicted victims of this horrible disease to palliate their sufferings, to supply their simple wants and to help rid the world of leprosy.

Ninety-six stations in various parts of the globe are maintained by the committee. Of these 59 are in India, Burma and Ceylon, 14 in China, three in the United States and the remaining scattered through Japan, Korea,

Slam, the Straits Settlements, the Malay states, the Philippines, Africa, Madagascar and Dutch Guiana.

Dr. J. W. McKean of Omaha, head of the Ching Mai hospital and dispensary in Slam and the head of leper work in that section, reports to the Presbyterian board of foreign missions that the lepers have undertaken weekly voluntary offerings for church benevolences. Not having any coin envelopes they made their own out of scraps of paper, many manifesting great skill in gifts of fingerless hands or stumps of arms with which they worked.

In Japan, Korea, the Philippines and parts of China leprosy is said to prevail to the extent of one person to each 1,000 population. Doctor McKean warned the king of Slam and through the Presbyterian board warned the world that there is urgent need for the enlargement of the ships, equipment and efficiency of the leper asylums.

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A Health-Bringer!

Make your morning cereal dish a strengthener.

Grape-Nuts

is not only most delicious in taste, but is a builder of tissue.

"There's a Reason"