

Tell Hows Fat Men Can Lose Half a Pound a Day

Here's a simple way to get rid of that corporation and quickly feel in both body and mind the joy of living.

It's the safe way, too—for every day you continue this easy method you'll be getting nearer and nearer to the perfect, unspoiled body that you've always wanted.

This is what they do—they clean out the impurities in your blood by keeping the bowels, kidneys and liver in splendid working shape and fill you with a vigor and tireless energy you'd most forgotten had existence been so simple.

fresh you'll gain in energy, vigor and endurance.

Nine times in ten obesity means inactivity—it means that your blood is starving for the six vital salts your internal organs need to keep you youthful, active, ambitious and sane in mind.

When you take one half teaspoonful of Kruschen Salts every morning in a glass of hot or cold water you get these six vital salts which modern foods and cooking do not supply.

Start taking Kruschen Salts—that's the common-sense way to reduce—but don't take them with the idea that they possess reducing qualities in themselves.

The urge for activity will be so marked that even at the end of a hard day's work you'll feel ready for any social activity or recreation—you can play as hard as you wish.

After two weeks your excess flesh starts to go—you'll know it—feel it—see it—the scales will tell the story.

As one, once corpulent man, remarks: "I feel so energetic that I want to get up with the lark and I'm just as lively as a cricket."

Kruschen Salts are not a cathartic or a purgative, but a real system conditioner and for those who are the victims of constipation or irregularity, its daily use soon means blissful regularity.

Get an 85 cent bottle of Kruschen Salts—last 4 weeks—at Nathan Fuller—of any druggist in the world—Adv.

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