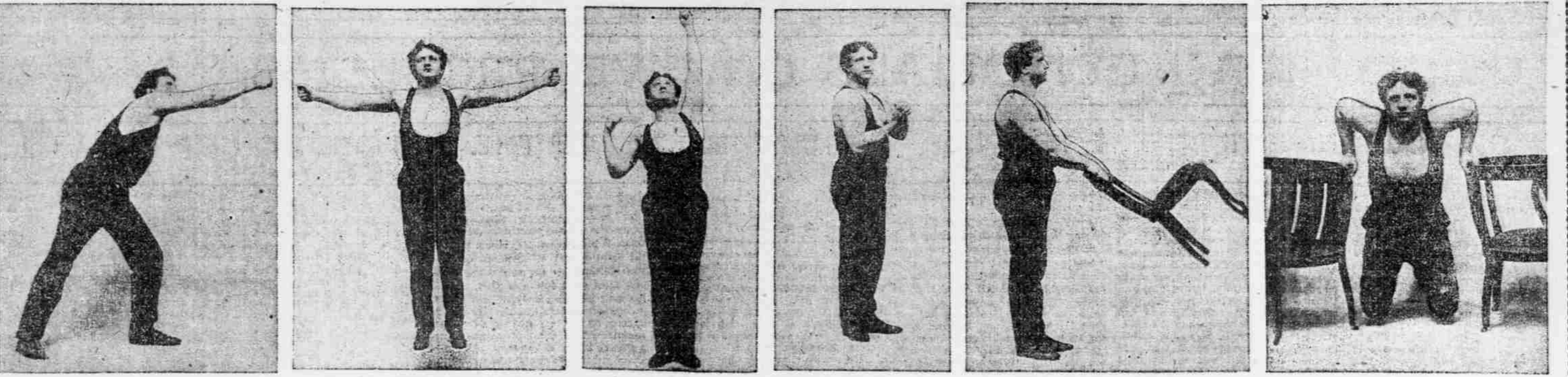


BUSY MEN CAN KEEP THEIR HEALTH

PROFESSOR BARKER TELLS THE IMPORTANCE OF THE MUSCLES OF THE CHEST



No. 1—For the muscles of arms and chest. No. 2—Stretches the chest muscles. No. 3—Develops the striking out muscles. No. 4—Excellent for the biceps. No. 5—Builds up the wrists. No. 6—Good for the entire upper part of the body.

Several equally important reasons the front muscles of the upper part of the body should be developed systematically, and continually.

major, will stand him in excellent stead. They assist in bringing the shoulders down and forward, such a position being absolutely necessary for clinching or pushing.

ing position—head up, shoulders back, chest out, abdomen in, arms straight and along the sides of the body, knees and heels touching, and toes at an angle of 66 degrees.

the body. Repeat until tired, observing this rule in all exercises. This exercise stretches and develops the muscles of the upper chest, gives form to the chest, and will remove what is known as "chicken breast."

go, push it down with the left hand, all the time resting with the full power of the right arm. Also do this exercise with the left arm.

Stand correctly between two chairs and grasp them at their highest points. Bend the knees and lift the lower part of the legs from the floor, putting them straight out behind the body.

out all the air that you can. Gradually inhale, throwing the head and shoulders back as you do so. When you have taken in nearly all the air that you are capable of doing, raise the arms and shoulders and give two or three little sneps, in order to fill the lungs to their utmost capacity.

GEORGE ADE'S FABLE IN SLANG

ONCE there was a moving Target who was strong on the Brotherhood of Man. He ran a little Sunshine Factory all of his own.

Sweet Girl who was being courted by a Wretch quite unworthy of her. The unselfish Benefactor who tries to side-track Weddings that are sure to turn out unhappily is always a Candidate for the Hospital, with a Long Shot at the Morgue.

kind and disinterested and was accustomed to dealing out Good Advice. Any thing that he said would go a long Way to head off the Deal.

QUESTIONS AND ANSWERS

Buying Government Land. 1. Can a person buy Government land if it is not surrounded by deeded land? 2. Can I buy Government land? Upon what terms? 3. Can I homestead two 80s in different locations at the same time if I improve both 80s?

SEATTLE'S EARLIEST PIONEER

SEATTLE, Dec. 12.—(Special.)—Fifty-one years ago September 31 last four young white men landed from an Indian canoe at the mouth of the Duwamish River, where it spreads in two branches over a wide delta of sand, at the south end of the harbor of Seattle.

Death of Henry Van Asselt, Who Left Oregon City in 1851.

Next Morning the Man who wanted to help Everybody did a Flying Leap down the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley of the Possibles, it occurred to him that the True Friend Gag had his Draw-backs.

United States Maps.

1. How many active maps are there in the United States at the present time? 2. Were the territories of Arizona, New Mexico and Oklahoma admitted as states. If so what are their names? 3. Three—San Francisco, New Orleans and Philadelphia.

SEATTLE'S EARLIEST PIONEER

SEATTLE, Dec. 12.—(Special.)—Fifty-one years ago September 31 last four young white men landed from an Indian canoe at the mouth of the Duwamish River, where it spreads in two branches over a wide delta of sand, at the south end of the harbor of Seattle.

Death of Henry Van Asselt, Who Left Oregon City in 1851.

Next Morning the Man who wanted to help Everybody did a Flying Leap down the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley of the Possibles, it occurred to him that the True Friend Gag had his Draw-backs.

QUESTIONS AND ANSWERS

Buying Government Land. 1. Can a person buy Government land if it is not surrounded by deeded land? 2. Can I buy Government land? Upon what terms? 3. Can I homestead two 80s in different locations at the same time if I improve both 80s?

SEATTLE'S EARLIEST PIONEER

SEATTLE, Dec. 12.—(Special.)—Fifty-one years ago September 31 last four young white men landed from an Indian canoe at the mouth of the Duwamish River, where it spreads in two branches over a wide delta of sand, at the south end of the harbor of Seattle.

Death of Henry Van Asselt, Who Left Oregon City in 1851.

Next Morning the Man who wanted to help Everybody did a Flying Leap down the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley of the Possibles, it occurred to him that the True Friend Gag had his Draw-backs.

QUESTIONS AND ANSWERS

Buying Government Land. 1. Can a person buy Government land if it is not surrounded by deeded land? 2. Can I buy Government land? Upon what terms? 3. Can I homestead two 80s in different locations at the same time if I improve both 80s?

United States Maps.

1. How many active maps are there in the United States at the present time? 2. Were the territories of Arizona, New Mexico and Oklahoma admitted as states. If so what are their names? 3. Three—San Francisco, New Orleans and Philadelphia.

SEATTLE'S EARLIEST PIONEER

SEATTLE, Dec. 12.—(Special.)—Fifty-one years ago September 31 last four young white men landed from an Indian canoe at the mouth of the Duwamish River, where it spreads in two branches over a wide delta of sand, at the south end of the harbor of Seattle.

Death of Henry Van Asselt, Who Left Oregon City in 1851.

Next Morning the Man who wanted to help Everybody did a Flying Leap down the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley of the Possibles, it occurred to him that the True Friend Gag had his Draw-backs.

QUESTIONS AND ANSWERS

Buying Government Land. 1. Can a person buy Government land if it is not surrounded by deeded land? 2. Can I buy Government land? Upon what terms? 3. Can I homestead two 80s in different locations at the same time if I improve both 80s?

SEATTLE'S EARLIEST PIONEER

SEATTLE, Dec. 12.—(Special.)—Fifty-one years ago September 31 last four young white men landed from an Indian canoe at the mouth of the Duwamish River, where it spreads in two branches over a wide delta of sand, at the south end of the harbor of Seattle.

Death of Henry Van Asselt, Who Left Oregon City in 1851.

Next Morning the Man who wanted to help Everybody did a Flying Leap down the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley of the Possibles, it occurred to him that the True Friend Gag had his Draw-backs.

QUESTIONS AND ANSWERS

Buying Government Land. 1. Can a person buy Government land if it is not surrounded by deeded land? 2. Can I buy Government land? Upon what terms? 3. Can I homestead two 80s in different locations at the same time if I improve both 80s?

United States Maps.

1. How many active maps are there in the United States at the present time? 2. Were the territories of Arizona, New Mexico and Oklahoma admitted as states. If so what are their names? 3. Three—San Francisco, New Orleans and Philadelphia.

SWANSON RHEUMATIC CURE CO., 160-164 LAKE ST., CHICAGO. LARGEST BOTTLE "5-DROPS" (300 DCS) \$1.00. AT YOUR DRUGGISTS. ASK YOUR DRUGGIST FOR THE "SWANSON PILL," A SURE CURE FOR CONSTIPATION. PRICE 25c.