AS EXHILARATOR FRESH-AIR COCKTAIL HAS ALCOHOLIC CONCOCTION BEATEN TO FINISH

Morning Bracer and Evening Nightcap of Oxygen Have No Peers Among Medicines or Drinks—Famous Singers Are Long-Lived, and There's a Reason.

BY ANTOINETTE DONNELLY.

NEW YORK.—(Special Correspondence.)—Call it by any other name, a fresh air cocktail, if you will, and it will be as bracing!

How do you make it? Of oxygen, as pure as you can get it, and use your lungs as the shaker! Fill your lungs to overflowing, as no damage will accrue if you do. Quaff slowly and heartily. Take from 15 to 20 quaffs on arising every morning for the rest of your life, and your chances of dying of anything but old age will be mollified.

A nightcap made of the same ingredients and taken in as many doses is recommended as well. But the morning bracer is the life preserver. If you become a morning tippler the rest of the day will offer its own temptations to which you will readily enough succumb, once the taste is established.

As an exhilarator the fresh air cocktail has it over the decreased alcoholic mixture so far the latter was naturally doomed to a short albeit interesting career.

But why should I go on telling you what you know full well yourself? You know what fresh air means to the system, to the complexion, to the mind, quite as well as I. You have discovered its value in identically the same way—by imbibing it.

National Drink Proposed.

But I just want to rally you to the cause of making a steady drinker of fresh air out of you rather than an occasional tipster. Let's make it the national drink, everybody doing his and her little daily share and preaching the doctrine far and wide. Then you may safely put up a wager on seeing a hundred happy faces to one you may now chance to meet on the morning subway, elevated, or train.

Fresh air, not bread, is the staff of life. You can live without bread much longer than without air. As Shakespeare wouldn't say, "Just try it once!"

"You cannot reach the best possible growth and development if deprived of fresh air for ever a few hours a day," says Dr. William Lee Howard. "One may live in a room where fresh air constantly circulates, yet not get its benefit through wrong starts in the morning and ignorance of the right methods of breathing.

"If you will recall the lives of famous singers you will be surprised to notice how long lived they are," he continues, "and how full of energy and charm are those now living who have passed their threescore. Now, one of the first things a singer has to learn is to breathe correctly.

Unused Cells Opened.

"When you attempt to run some distance there comes a stitch in the side, and what that really means is that you have discovered a large area of unused lung cells which you did not know existed in you. These have remained closed in a long time and are now opening to receive the fresh air you are pumping in through extra efforts to breathe. These unused cells are slightly stuck together and collapsed upon themselves. The sharp pain is due to the air forcing them apart. When you keep going and the distress is over, you get into what is called 'second wind.' You are then using all your bellows capacity and force. You are burning a lot of stored up waste material and also giving new life to internal organs.

"About one-third of the lung capacity is unused by the average person. This third is the lower portion of the lungs where you get that stitch.

"The human bellows differs from the mechanical in having its leathery covering contain a spongy mass of air cells. Around these air cells flows the blood. It reaches every cell open for it. Remember this distinction—every cell open for it. All impurities in the blood are burnt up by the oxygen sent to it. Then the building blood is sent, by means of arteries, to every portion, organ, and cell in the body. Upon its return to the lungs by way of the veins and heart it carries waste stuff in the form of carbonic acid, which is thrown off when you exhale your breath. Right here is where so many breathe wrong—they take deep inhalations, but neglect the absolutely necessary forcible exhalations. Those who practice deep breathing usually try to see how fully they can inflate the lungs and chest, but not how completely they empty them."

Did you ever stop to think that poor circulation is mostly due to improper breathing; that attacks of indigestion may be relieved by breathing away down to the bottom of the abdomen, so that the oxygen may burn up the waste material and give the abdominal muscles the energy to work with; that fat may be burned off by internal combustion; flat chests are so because the lungs are not developed; lassitude, sleepiness, headaches, nervous instability, worry—are all curable with the fresh air treatment?

Now for the bracer: "We'll assume, of course, you have slept with windows open. Don't close it for a minute or two yet. Before you arise stretch your arms above the head, then stretch your legs one at a time until you actually feel them lengthen. Then stretch entire body, so the spinal column will get the benefit. This gets every organ in condition to profit by the intake of oxygen. Then arise; with head up, shoulders back, arms at side, breathe deeply and slowly. Fill your lungs until you feel you cannot take in any more; then let them empty themselves slowly and without force.

Do this from 15 to 20 times and you will feel the blood circulating from head to toe.

Take your shower or your plunge or your spray in cold or tepid water; follow with a good, vigorous rub-down, and sally forth to the breakfast table and office or other place of duty a happy, smiling creature with a capacity for work and agreeable conversation not experienced in many a day.

INFANTILE PARALYSIS DREAD MALADY THAT DEMANDS CARE

Parents Are Warned to Exert Every Precaution Against Destructive Disease for Welfare of Their Children.

BY SHEBA CHILDS HARGREAVES.

THE mere mention of infantile paralysis strikes terror to the hearts of parents. It is, perhaps, the most terrible disease of childhood, stalking like a thief in the night and leaving in its wake sorrow and desolation. There has been in the last four or five months what is called an endemic of the malady; that is, the disease has appeared in certain definite localities but is by no means general. There has been a relatively large number of cases in Washington and several in Oregon and Idaho.

There are no indications of a great epidemic, such as we had a few years ago, but even a single case demands the serious consideration of parents and physicians, because of the marked deformities which follow in so many cases. It is estimated that about 50 per cent of the crippled children in the United States are the victims of infantile paralysis.

The initial paralysis does not by any means indicate what the permanent result will be. In some cases there is a rapid return of the paralyzed muscles and in others the return is very gradual. In mild cases there is sometimes a complete return to normal without paralysis, but in the vast majority some muscles of one or both legs or arms remain permanently damaged.

* * *

The cause of infantile paralysis has not yet been discovered, though it has all the characteristics of a germ disease. It begins generally with fever and chills, and severe pains in the extremities. Sometimes there is vomiting and other symptoms of acute germ infection, but fortunately it is not easily transmitted from one child to another. Often only one child in a large family will be afflicted, where very little precaution has been taken to prevent the spread of the disease. Even in severe epidemics there is never a large number of cases, but it cannot be too strongly impressed upon parents that it is absolutely necessary to isolate and quarantine every case as soon as it is recognized.

* * *

It is a known fact that damaged muscles are much more likely to recover if the limbs are kept in the proper position in plaster casts or braces. Even the weight of the bed clothes sometimes causes deformity of the feet, which might have been prevented by proper support. Too much attention cannot be given to these seemingly small details, for recovery depends in a large measure, in many cases, on the care the little patient received during the course of the disease.

The most striking feature of this disease is the paralysis that results. This is due to the destruction of certain parts of the nerves that move the muscles of the arms and legs. This paralysis usually is preceded by severe pains in the arms and legs. These pains often persist for several days after paralysis has occurred. The little sufferer may be relieved by the application of dry heat and by supporting the paralyzed limbs in plaster casts. Treatment never should be attempted, even in mild cases, by anyone but a competent physician, for great harm may be done by employing the wrong methods. In fact, a great deal depends upon following the orders of the physician implicitly.

One of the problems that scientific medical researchers are working on is the method of the prevention of this disease, and it is thought that the solution of the mystery of the method of contagion will be discovered in a short time. But in any event strict quarantine must be applied to suspicious cases. Sore throats and acute colds should be carefully watched in all children and greater attention given to cleanliness and hygienic measures in order to reduce the possible chances of contagion.

A serum has been produced that seems to make monkeys immune from infantile paralysis, but it must be worked out very carefully on animals first in order to be sure that such preventive measures are absolutely free from harm. The prevention and cure of such diseases as this is a very strong argument in favor of vivisection and the experimenting upon animals in order that knowledge which will benefit the race may be gained. Personally I have reversed my opinion in the matter in the last few years. It seems to me to be right that the lower forms of life should serve the higher in these matters, when it is the means of gaining knowledge which in time will remove terrible scourges from the earth.

* * *

The case of the child crippled with infantile paralysis is not nearly so hopeless now as it was a few years ago. Even after many years of permanent paralysis very much can be done by modern surgery and the intelligent use of braces to improve the lot of the child crippled with this disease. But in the first place it is nearly always possible to prevent deformity by placing the case in the hands of a skilled physician at the very start. He alone is able to make proper use of the apparatus for preventing deformity. I must repeat that under no circumstances should the layman attempt any use of apparatus. Great harm may be done even by an unskilled physician, not to mention the effects of home treatment in such cases.

Perfectly wonderful results are now obtained by skillful operation upon the bones, muscles and joints of children who have been terribly crippled by this disease. In fact, in many seemingly hopeless cases the complete use of the limbs has been regained. It also must be remembered that great benefit is to be derived from the intelligent use of heat, light, manipulation and massage, as well as gymnastic exercises which tone up the unused muscles, but here again all of these measures should be carried out under the supervision of the skilled physician.

* * *

Oregon has heard the cry of the children and we now have the provisions of which children suffering from deformities which could, in the opinion of those competent to decide, be cured, or distinctly benefited, are placed in charge of the dean of the medical school of the University of Oregon, who gets the best surgeons obtainable for operation on the cases. The county where the children reside must bear the hospital expense of such children and provide clothes and railroad fare, if necessary.

Some 40 children who were crippled by infantile paralysis already have been treated under the provisions of the law. Many have been cured and all very materially improved.

The working of this law has been greatly hampered by the lack of hospital facilities, but it is only a matter of time now until a children's hospital will be erected in Portland which will care for the pitiful cases demanding attention. There are about 500 children in the state who would come under the provisions of this law if facilities for caring for them were at hand.

The lack of a children's hospital is keenly felt by the medical school here, also, as it is very essential that physicians in training should have the opportunity for studying the means of treating this and other diseases so that they may be able to deal successfully with cases later which come up in their practices. It must be remembered that the fate of the children of the near future rests largely in the hands of the young men who are now in training for physicians. There have been such great strides in the treatment of infantile paralysis during the last few years that the physician of the future should be able to cope intelligently with it. The University of Oregon medical school is including in its work instruction in the use of therapeutic measures which will do much to alleviate the suffering of children stricken with this disease.

* * *

In discussing infantile paralysis, I have no thought of making parents fearful for their children. I merely wish to state the facts in the case in such a manner as to make clear the method of procedure in case there is the least suspicion that a child may be suffering with the disease. There is no cause for alarm at the present time, and even if there were nothing is to be gained by living in fear of the disease. Children are in God's hands. All that parents can do is to take every possible precaution to insure the health of their little ones and refuse to worry over conditions that they cannot help, but at the same time we have cause to be very thankful that so much can be done to prevent the disease, relieve the suffering and prevent deformity in those little ones who are afflicted.

Problems of Dressmaking

by Madam Richet

Queries concerning dressmaking will be answered by Madame Richet. Your problems will be carefully considered and promptly replied to. Address letters to Madame Richet, dressmaking editor, The Oregonian. All correspondence should be written upon one side of the paper only. Replies will be made only through these columns, answers appearing in The Oregonian, both daily and Sunday.

PORTLAND, Jan. 7.—Madame Richet: You have been a help to so many, I have come to you for help. I have suit like inclosed sample, two-piece skirt one yard 24 inches at bottom of hem, length of skirt 36 inches, with a hem 2¾ inches; top of front of skirt about 13 inches with pockets cut like inclosed sketch; back 24 inches at top, 33 at bottom; jacket about 32 inches long, 58 inches at bottom, box pleat two inches down the back, seam from shoulder to bottom; back and front; under armpiece about 5½ inches at top, 7½ at bottom with seam across at belt line; belt 2½ inches; jacket buttons to neck in front with about three-inch lap. I am 66 years old, almost white hair, blue eyes, fair skin, not much color, five feet two inches tall, weight about 160 pounds, bust 34, waist 28 inches, hips 36 inches. Could I have a one-piece dress made of this suit? I would like the skirt some wider and would like to know how to do it. If more goods are needed, what would be suitable and how to make the waist; sleeves are two-piece coat sleeves.

MRS. M. P.

MRS. M. P.—Your material of splendid quality will combine very effectively with a matching blue Canton crepe, which, by the way, will find great favor again this coming season. With so much material in the jacket I would advise that you purchase a pattern having the long-waisted line and a slight blouse. Lay your material thereon and see how much must be pieced and determine the width of the vest you desire. Have the insets of the new material and likewise the sides of the skirt, all these to have a pleasing amount of hand work done in black chenille and, should you care for a brighter element, combine the silver thread with the chenille. The insets at the waist will not give to your blouse a patched appearance, as many of the new models have a colored motif with embroidery placed on a dark background. Your sleeve can have an upper of the old material, which can be made wider than the coat type by piecing under the arm and let the crepe make the lower half, carrying the embroidery as used on the waist and skirt. A girdle of the tricotine (your material) with long tassels of chenille would complete a very charming dress and one which you could enjoy for house and street wear. The distance from floor is a question, as every length seems to be in order. However, I would say that from six to eight inches would be best.

Dear Madam Richet: I have a bright red broadcloth jacket, almost new, made tuxedo style. The sleeves are uncomfortable and seemed to bind. I wish to cut them out and bind armholes and wear with a sheer and pretty white waist of some sort. With this I wear a white flannel skirt, white shoes and stockings and a white hat, with a white baroness satin crown and a roll brim of white angora and a bunch of angora cherries (if there are such things).

Please tell me how to keep "these here" waist-line effects around the hips in their proper place. Are the cabochons very expensive? My sleeves will probably do as they are as they are not too awfully short and if I do wear it on the street I can wear gloves. I have a tan suede-like sports hat.

I suppose that a flannel with roses appliqued and made of black broadcloth will do. How shall I finish neck and sleeves? Shall I put a smaller edition of the roses on sleeves? How can I applique without the stitches showing? I wonder if the sleeves are too long and full for this sort of material. I have a black silk cord girdle, several cords knotted together. With this I will wear the aforementioned white hat and have a white fur scarf, very pretty and long, imitation ermine; very good-looking, but do you think a white brushed wool scarf would be more in keeping?

Is there anything I can possibly do with a fancy knit sweater, made tuxedo and ripple style and with ripple sleeves. It is pink and as pretty as when new, but it is out of style.

Thank you, more than you know.

PHYLLIS.

Phyllis, Newberg, Or.: The enclosed sketches lead me to believe that you are a most capable person and quite beyond the advice you seek herewith. Perhaps you will one day cross my path and I will "guess" who you are.

Your red and white outfit sounds most attractive and a waist of the always lovely batiste would be charmingly pretty, one having rather high round neck and long sleeves with frilled cuff. Purchase the angora and make your cherries or make of the worsted.

The low waistline can be kept in place quite successfully by placing here and there an eye on the skirt and the hook on waist or well-holding snappers. However, when all is said and done the one real result is met by using the lining upon which to mount the blouse and skirt and it can be made loose at waist, but the foundation is there and the very fact that you do not wear corsets is all the more reason for the adoption of the lined waist.

Had you thought of removing the ripple and sleeves from your pink sweater, adding to the length and wearing it as a sleeveless over sheer waists for the summer? It would be so pretty with your baronette satin skirt and a pink sports hat made of the grosgrain ribbon.

Do not at this season of the year trim your sweater with the angora, which will soon seem to warm in appearance. Have the knitted sleeves, bottom and neck in the same tone of tan and by all means the long ends which in March will fly most beautifully and fascinatingly. Your hat is, as you know, a perfect companion, and you should be very fetching in such a garment.

You will find quite a reduction in the trimmings including the effective cabochons which so enhance the beauty of the gown. Your sleeves are not at all too short and the spring will bring them in shorter style.

Your cream flannel will be stunning and that the roses on the skirt shall have the featuring touch I would suggest that you finish the neck and the sleeves with a narrow band of the broadcloth with no more than a petal or more as a suggestion of harmony between the waist and skirt. From the sketch I would say that the flowers are in splendid proportion with the skirt. The sleeves are too long and a bit too wide. Some of the newer models are showing quite a departure from the extreme blouse and very wide sleeve. Your girdle will be in excellent keeping with your frock. Do not wear the ermine, whether real or imitation; it has no place with such a dress, and may I take this opportunity to write of the great need which the average American woman has in discriminating in the "when and where" of this particular fur?

Many wear it in the morning when shopping or marketing, (I have seen this pitiful sight), others with their tailored suits. Ermine properly worn should be an evening aquisition. The real is too rare and the imitation represents too fine a fur to wear only as calls for the careful judgment of the wearer. Your scarf will be in taste and proper keeping with your flannel.

With great care the broadcloth can be glued to the flannel. The blanket stitch is also used to catch the edges of the appliqued material.

It has been a pleasure to answer your questions, which while many, carry help to many in their generalities.

BIRKENFIELD, Or., Jan. 6.—Dear Madame Richet: You designed such a lovely dress for one of my friends that I, too, am coming to you for help. I am of medium height and very slender, have brown hair, am 30 years old. Can you "see" a dress for me out of three yards of 54-inch material like inclosed sample?

Sincerely, MRS. G. N.

Mrs. G. N., Birkenfield, Or.—It is always a pleasure to hear of the success others have gleaned from this column and an added one to herein welcome the newcomers who through their friends seek advice.

Your material is of excellent quality and would make up most attractively in the slip-on type of dress, having the bloused line. A "V" shaped neck with continued opening of four inches, the edges to be bound in some material or a black binding. The under vest of cherry or tan duvetyn should reach to the Peter Pan neck line and have the collar dropping over the top edges of the blue. The back of waist comes directly to the finished neck line. The sleeves can be of the tighter and short variety or the flowing type and I would suggest that the neck line be a round "V" and therefore a more pleasing line. And now for the touch which shall "make" your dress. Run the entire frock in square lines of four-inch measure, using the ribbonettes of heaviest weave and in the shade which you have chosen for the vest, collar, etc. The cherry would be stunning and if in the event of the flowing sleeves I would by all means face the bottoms for a distance of eight inches. If the tighter sleeve appeals then have a cuff of the red. The girdle can be of wooden rings held together by red silk cord and ending at the side with long knotted ends of the above-mentioned. I hope that you can "see" the picture which plays before my eyes, for it is exceedingly fetching and individual.

You will require three-quarters yard of material 36 inches wide for the vest, collar, cuffs and more for the facing, that depending upon the sleeve width desired.

Dear Madame Richet: I have a light taupe-colored silk poplin jumper dress and would appreciate very much any suggestions you may make for a waist to relieve the plainness. What color as well as material and style would you suggest? I would like to wear it for a party dress for a change. I am light in complexion, with good color. Thanking you kindly,

STEADY SUBSCRIBER.

Steady Subscriber—To wear with your light taupe poplin I would advise a georgette waist of the same shade embroidered in an allover design of black appliqued flowers, the stems and smaller petals being done in the black chenille. This is a new scheme of trimming and is decidedly beautiful and effective. The taupe and black are an unusually fine combination and I am sure this manner of treatment will delight you in the final result. Trim the sleeves as well.

Dear Madame Richet: Have circular skirt like sample of plaid. Kindly tell me what I can combine to make dress and how to make it. Have two-piece skirt like sample of silk. What could I use for blouse to wear with it? Height five feet four inches, 40 bust, dark hair and eyes. Thanking you,

MRS. E. B.

Mrs. E. B.—With the approach of spring would you not like to consider a taffeta in combination with your pretty plaid? Use the plaid as a long tunic, having an open front of at least ten inches. The blouse or straighter line waist, but long in either case, should be of the taffeta with the loose over strips of the plaid which you will have after cutting your skirt into the tunic line. The combining taffeta can be the green or blue to match the colors found in sample. Have the boat neck if becoming and the kimono type of sleeve. Bind all edges in the taffeta. The ends of the taffeta girdle should be finished with the wooden drops now so popular and decorative.

With the silk skirt wear a waist of georgette in the Peter Pan style and from under the collar a white silk cord which will bind in closer relationship the stripes on skirt. If you have a leftover of the silk why not add shoulder straps and gain the jumper line? It would be very attractive so treated.

MILWAUKIE, Or., Jan. 8.—Dear Madame Richet: I would appreciate your good advice to help me in planning coat and dress for my daughter, four years old, with light brown hair and blue eyes. I want a dress for general wear, and had natural color pongee in mind, embroidered at the neck in blue, with bloomers to match. Do you consider the color suitable for so young a child, and would a sash be effective on this sort of dress? How should the sleeves be made?

Do you approve of the inclosed style for a coat? Please suggest a good material not too expensive. Do you think brown a good color to use?

What sort of hat or bonnet is being worn by girls of four years? Browns seem too grown-up. Any suggestions you might give me will be gratefully received.

Very truly, MRS. V. JONES.

Mrs. V. Jones, Milwaukie, Or.—A dress of pongee will be splendid, as it is light in weight and tubs well. The most successful type of dress would be that one having the smock yoke line and the straight, full line to the bottom edge, which comes several inches above the narrow-edged ruffle of the pongee bloomers. The blue in a shade which shall lend character to the pongee is the color to select. There is also a beautiful shade of cherry which goes well with the material in mind, and likewise with one of your daughter's coloring. Finish the bloomers' ruffle in the blanket stitch, using, of course, the silk as used for smocking. Kimono sleeves or a short puff with band are best for the frock of the little one.

The coat as seen in sketch is in good style, but there are more simple lines shown in some of the spring numbers, which I think you will fancy even more. A cinnamon brown is a lovely shade for the little miss, and such materials as serge, polo cloth or chinchilla will be found satisfactory. It is not wise to put cheap material into a coat, as its place and wear are worthy of serviceable cloth. Will be glad to be of further help to you.

ALBANY, Or.—Madam Richet: I have a coat like enclosed sample. Would like to make a dress of it. Can it be dyed and if so what color? What material can I combine with it?

I have three yards of point twill. Would like to make a one piece dress of it. It is dark blue. What would you suggest? Am 60 years old, 5 feet 1½ inches tall, weigh 148 pounds, rather large hips and flat in bust. Any suggestion as to style, trimming, etc., will be greatly appreciated by one who has to make her own clothes.

MRS. M. E.

Mrs. M. E., Albany, Or.: If your entire coat has no faded parts and is as perfect in shade as the sample sent I would certainly not think of dying it. If, however, you are desirous of a change of shade I would suggest a pretty blue, either in the French, which is one the Alice order, or you could have a navy. Should you decide to keep the material in the present shade I would suggest that you embroider the dress in a black chenille.

The blue poitet twill will make up very nicely of itself if in the wide width, otherwise you can combine with the black satin, using the satin for the skirt and vest and the twill for the long open front tunic and the long-waisted surplice which is showing in many of the spring fashions. Run the edges of the tunic in a line design so that you may gain full height, also the shawl collar would be effective if trimmed in the same manner; the color of the material used to embroider would be well contrasted if a ribbonette in black with a clustering of the steel beads tastefully used. There is an end tie at the back and for this the use of the twill as the tie is really a continuation of the surplice. Outline the sleeve edges with the ribbonette and a few rows will give finish to the vest's top line.

Licorice Oldest Confection.

Washington Star.

The greater part of black licorice is derived from Spain, where it is made from the juice of the plant and mixed with starch to prevent it from melting in hot weather. The licorice plant is a shrub that attains a height of three feet, and it grows wild where its roots reach the water. It flourishes especially on the banks of the Tigris and Euphrates rivers. Since the valley of the Euphrates contained one of the earliest civilizations in the world, the probability is that licorice is about the oldest confection of all, and the taste which the boys and girls of today like so well was enjoyed by the youngsters of 2000 years ago.

Brakeman Helped Wrong Way.

Locomotive Engineers' Journal.

A green brakeman was making his first trip up the Sierras. The train was going up a very steep grade, and with unusual difficulty the engineer succeeded in reaching the top. At the station, looking out of his cab, the engineer said with a sigh of relief: "I tell you what, my lad, we had a hard job to get up there, didn't we?" "We certainly did," said the brakeman, "and if I hadn't put on the brakes, we'd have slipped back."

MOTHERS AND DAUGHTERS

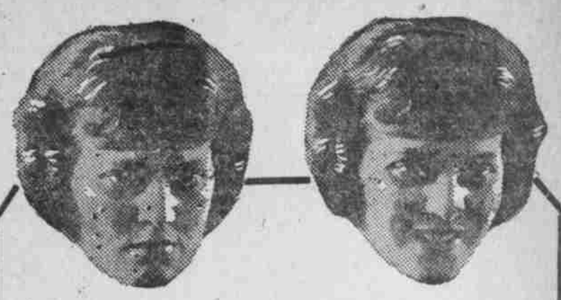
Read This Letter from Mrs. W. S. Hughes

Greenville, Del.—"I was under the impression that my eldest daughter had some internal trouble as ever since the first time her sickness appeared she had to go to bed and even had to quit school once for a week. I always take Lydia E. Pinkham's Vegetable Compound myself so I gave it to her and she has received great benefit from it. You can use this letter for a testimonial if you wish, as I cannot say too much about what your medicine has done for me and for my daughter." Mrs. WM. S. HUGHES, Greenville, Del.

Mothers and oftentimes grandmothers have taken and have learned the value of Lydia E. Pinkham's Vegetable Compound. So they recommend the medicine to others.

The best test of any medicine is what it has done for others. For nearly fifty years we have published letters from mothers, daughters, and women, young and old, recommending the Vegetable Compound. They know what it did for them and are glad to tell others. In your own neighborhood are women who know of its great value.

Mothers—daughters, why not try it?



See For Yourself How Ironized Yeast Clears Complexions

And Grows New Firm Flesh on Thin, Pale, Nervous and Run-down Folks

Mail Coupon for Famous Three-Day Free Trial Treatment—Watch the Quick Results

What A Difference!

You simply will not believe what a wonderful improvement IRONIZED YEAST can bring in your appearance and in your general health, until you try it. Go to your druggist today. Or mail coupon below for the generous Three-Day FREE Trial Treatment. Then judge IRONIZED YEAST by the actual results it brings

If you are thin and run-down—if your complexion is marred with pimples, blackheads, boils, etc.,—if you are easily tired-out—here is your opportunity to prove to yourself *without risking a single penny* that you can quickly round out your figure with firm, hard flesh, increase your energy and acquire a clear, fresh, clean-looking skin, the kind you have always longed for.

Simply go to your druggist, get a package of the wonderful IRONIZED YEAST Tablets on our absolute money-back guarantee. Or mail coupon below for the Famous Three-Day Free Trial Treatment. Take these pleasant-tasting tablets—two with each meal. Then get ready for a surprise!

Watch the Results!

You will certainly be amazed at the quick improvement IRONIZED YEAST shows in you. Note how it immediately increases your appetite—how it enables you to get real joy out of every morsel of food you eat. See how quickly it drives away pimples, blackheads, etc.—how rapidly your skin takes on a new freshness and charm. See how your energy increases—how this newly acquired "pep" makes hard work or play a pleasure instead of a task. And as for putting new solid flesh on your bones—not flabby fat, but firm hard flesh—many thin and run-down folks report gaining five pounds and more from the very first package of IRONIZED YEAST!

Yeast Best When Ironized

The reason IRONIZED YEAST brings such splendid results is simply this—IRONIZED YEAST stands forth among its host of imitators as the *perfected* vitamine tonic treatment. It is scientifically correct in every way, containing in highly concentrated form a specially cultured yeast which is grown under the strictest supervision for medicinal purposes—a yeast which is unequalled for its richness in the essential Water Soluble B vitamines. In addition it contains the correct amount of the two other vitamines—Fat Soluble A and Water Soluble C—which are equally important to health.

These three vitamines bring excellent results even if taken alone—but when through a special process they are *ironized* as in IRONIZED YEAST, these results are secured *often in just half the usual time!*

READ!

"I am very happy to say that I have found great results from the Three-Day Trial Treatment. I have gained three pounds and my complexion has cleared very noticeably."

"The Three-Day Treatment has worked wonderfully! I have made a good gain in weight and will continue taking Ironized Yeast until I reach normal."

"I have never seen such quick results. The Three-Day Trial has given me an appetite and I am beginning to feel a great deal better already."

WARNING!

Due to the marked superiority of IRONIZED YEAST it is being widely imitated. IRONIZED YEAST is entirely different from ordinary combinations of yeast and iron—or yeast and iron taken separately. Certain types of yeast and iron have absolutely no value medicinally. IRONIZED YEAST, on the other hand, means not only specially cultured yeast and other vitamines, but the special process by which these vitamines are *ironized*. There is only one IRONIZED YEAST. Insist upon it always—for nothing else can be like it.

Money Back Guarantee

IRONIZED YEAST is sold at all drug stores on a positive guarantee that the first package will bring satisfactory results—or your money instantly refunded.

Free Trial Coupon 46

The Ironized Yeast Co., Dept. 261, Atlanta, Ga.

Please send me the famous THREE-DAY FREE TRIAL TREATMENT of IRONIZED YEAST.

Name _____

Address _____

City _____ State _____

NOTE—Only One Trial Package of IRONIZED YEAST to a Family.

ACID STOMACH

In five minutes "Pape's Diapepsin" ends

Indigestion Gases Heartburn
Sourness Flatulence Palpitation

"Pape's Diapepsin" "really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world.

If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous—and the joy is its harmlessness. A large 60-cent case of Pape's Diapepsin is worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the most efficient antacid and stomach regulator in the world. —Adv.