# **REED COLLEGE HAS NEW COURSE IN**

Exhibition of Back to Soil Kind of Movement Is Given by Student Body on Friday.

CAMPUS IS CLEANED UP

Young People, Abetted by Faculty, Give Grounds Thorough Currying With Rakes.

By Clyde A. Benis

Out at Reed college they have a new form of higher education. They exhibited it Friday. It is called Campus Day, and is a sort of back to the soil movement. It really does one's heart good to see a modern institution of learning take up this movement, which has needed just uch a champion for so long. The Journal's antique specialist asserts that the novement was begun by Virgil a couple of thousand years ago-but what's 2000 years in the history of the universe? Several courses are included in the

curriculum and were in the exhibition. One of these that interested me particuarly was the nursery department, where nobody was being nursed. The place must have been healthy, for all the nursery people had gone to digging up trees and cutting off branches and fooling around in an attempt to improve on nature. Frank L. Griffin, who wears a Ph. D. on his calling cards, and who outters with mathematics when times are ripe, was one of the nurses. It could not be ascertained whether or not the fact that he has a large family had any bearing on his selection for that work.

One Course Is Popular Dr. William T. Foster, a president, had little course all his own in photography. He added a lot of valuable experience while tramping around the grounds with a camera and trying to get the girls to smile instead of squinting in the sun.

The most popular course was the study of anti-Bolshevism. Any man who refused to work, or who even tried to syndicalize by letting a shady tree interfere with his production of upturned turf, was given a chance to splash about in the chilly waters of the lake. Ray Lapham, who is a returned marine, and who will be given a little scrap of sheepskin again this spring, didn't need any such treatment. He undertook the man agement of the business end of a rake and set a fast pace for the toddling freshmen on the athletic field.

Miss Susan Bacon, who conducts the Spanish and French inquisitions at the college, and Miss Louise Huntley, who answers the telephone in the office so graciously, led a squad of workers in a spring drive on the flower bed. They didn't know that some of the flowers had already gone to bed, and they couldn't understand the language of the gardener who tried to explain that some of the obnoxious weeds were dahlias in the

Miss Polly Kerr, whose real name is Katherine, ruined her manicure in help-ing construct a path along the lakeside. Miss Nancy Holt finished the day with clean hands and flowing alibis. Miss Consuelo McMillan was very busy, spending part of the day entertaining the lakeside path committee and the other part preparing to entertain all of the workers in the evening. Mrs. William T. Foster claimed she attached herself to the woods committee, but nobody there groups were seen gathered togethaccused her of working.

Ray Wilson and George Henney were method of attacking their problems. On seen all prepared to work. They were approaching it was found usually that

## PORTLAND MAN **COULD ONLY EAT** MILK AND MUSH

Wants and Has Gained 23 Pounds.

"When I began taking Tanlac I only weighed about 120 pounds, but now I tip the scales at 143, which makes a gain of 23 pounds," said J. P. Strahl, a well known carpenter, who lives at 6412 Eighty-ninth street southeast, Portland, the other day,

"For the past two years," continued Mr. Strahl, "I have had to live on milk and mush on account of the terrible condition of my stomach. I was afraid to try to eat anything heavy, for I knew that I would suffer from it afterwards. I would get all bloated up with gas, and have the worst sort of pains in the pit of my stomach every time I tried to eat anything like solid food. I was badly constipated and had so little life and energy about me, that I was in no condition to do very much work. I just felt tired and worn-out all the time. Sometimes while lying down I would-feel relleved, but as soon as I got up and began to stir around a little, my troubles would start again. My condition kept getting worse, until finally I was told that if I ever got any permanent relief, I would have to undergo an operation, as nothing in the way of treatment or medicine seemed to do me any good.
"My father-in-law came to see me

one day, and brought a bottle of Tanlac with him, and told me that he wanted me to try it. He was right, for I began to feel better before I had finished that first bottle. My appetite picked up right from the start, and I was soon eating three big meals every day, and the best par: about it is, I didn't suffer from it afterwards. I have taken eight bottles of Tanlac, and I haven't felt so well in years, and am so well and strong that I work hard every day. I go home at night after working hard all day, and don't have that worn out feeling like I did. I feel like myself again, and enjoy life as well as Lever did. As a matter of fact, Tanlae has put me in first class condition in every way. The only regret I have is that I didn't get hold of Tanlac two years ago, for I honestly believe that it would have saved me all the suffering I have had to go through with during that time I have told a great many of my friends about the good Tantac has done me, and I am glad to have this opportunity to tell others." Tanlac is sold in Portland by the Owl

### REED OFFERS CAMPUS DAY "COURSES"





Upper-Study in advertising at Reed college on Campus day, advertising time to quit work, and getting 196 per cent results. Lower-Course in anti-Bolshevism, showing Bolshevist on way to watery grave.

#### Captain Borleske Is Stationed at the Alabama Tech

Captain Stanley Borleske, former athletic coach of the Lincoln High school, and ex-University of Michigan football star, is now stationed at Alabama Tech as an instructor in military science, according to a letter received from Vincent Borleske, athletic director at Whitman college. Captain Borleske went overseas with the Ninety-first division. He coached the Lincoln High school football and baseball teams in 1917.

Read Ellsworth got all the credit for being a Bolshevist because he was shoved the lake in an unwary mor is rumored that he worked. Peterson was first seen in action on the baseball field after work had ceased and the frosh were being played on by the upper classmen

Song Plotting Popular

Others were seen working. Here and er, seemingly intent on devising the best still that way late in the afternoon. they were plotting a song for singing at dinner, for President Foster had announced that he would give a dinner to the group having the best song.
In the evening they all cleaned up, ex-

cept those who didn't need to, and gathered in the assembly hall, where stunts were presented, one of the most popular being the representation of members of the faculty at dinner.

Catalina for Cubs in 1920 Pasadena, Cal., March 29 .- (I. N. S.)-Speaking of de luxe ball clubs, here come the Chicago Cubs with a private training ground of their own. And it is to be on an island quite a ways out in the Pacific ocean, at that. Not long Strahl Now Eats Anything He since, William Wrigley, Jr., acquired the title to Catalina Island, off the coast of California. Wrigley also owns most of the stock in the Cubs. Now comes the announcement that Wrigley has discovered a level spot on the island that is large enough for a ball field, and the Cubs will abandon Pasadena as a training camp and condition themselves hereafter on Catalina Island.

### Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath. Folks who are accustomed to feel dull

Life is not merely to live, but to live

and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter. Everyone, whether ailing, sick or well, should, each morning, before breakfast,

drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations. gases, waste and acidity and gives one splendid appetite for breakfast.

The millions of people who are both ered with constipation, billious spells. stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.-Adv.

Camp Shortstops CROCKETT, Cal., March 29.— When the rain beats down in Creckett it keeps your Beavers indoors and somebody starts the fanfest. The ball player never talks of the so-called "inside baseball." but gives his conversation over to the freak plays in baseball, some of which have never seen print. Among the ex-American leaguers Walter Johnson and Ty Cobb seem to be the motif for many a good story. And then, too, the pipe wreathes its smoke about the boys

**Crockett Training** 

EFTY JAMES tells a good story about Jack Kibbic, the cocky youngster who broke into faster baseball with Portland about 1911. played a season in the Northwestern league and was called up to Cleveland in 1912, later drifting back through the Southern league, the Central association and landing with a bang back in Portland. Like other clubs, Cieveland's players figured when they went against Johnson it was a game gone, unless hey were lucky. Kibble was sent up to hit in the

broke in up there.

ninth inning for a pitcher. It was figured that they might as well send him up as ar ybody else, and t was just as well that he break into the league against the league's speed king. Three fast ones pushed by Kibble and Jack never got the bat off his shoulder. He came back to the bench in a rage.

"Some pitcher is going to suffer for that," snarled Kibble, and the gang nearly fell off the bench. No pitcher, however, did suffer, for Jack was on his way to New Orleans a few days after.

DEL BAKER says that the first time he faced Johnson he never even got the bat off his shoulder while Red Oldham was luckier. He claims to have kissed the first ball pitched to him by Johnson for two bags, but he wasn't so lucky after that. Red says that Johnson doesn't use his great speed against mediocre big leaguers, but saves it for the boys of batting ability. They say that Johnson brings out the powder when he faces Cobb, Speaker and Jackson, and it is quite a battle of wits when this trio takes its turn against

YOU can't keep the cutups down on a ball ffeld, especially when some admirer sends out a flock of flowers. Oldham recalls the time when Rowdy Elliott was made manager of the Oakland ball club and a big time was arranged by Rowdy's friends for his San Francisco premier against the Seals.

They sent out a wonderful floral horseshoe, and there were gifts of a gold watch and a diamond ring. It was Rowdy's first time at the plate that the blowoff came and after the pictures had been taken, the speeches made, etc., the little manager started swinging his bat. It was an impromptu job that the Seals played on Rowdy, and one calculated to put murder in any

ball player's heart. Rowdy hit a roller to Pitcher Bill Steen, who threw to Catcher Brooks, who threw to the third baseman, who threw to the baseman and the ball was held on the bag before Rowdy got there. Quite a catastrophe in view of the celebration.

NOTHER freak play recalled by A Oldham centered in himself. was on the San Francisco park and he had three men on the bases and things were going bad. Manager Wolverton jerked him and he was on his way to the bench with the ball. Catcher Brooks was standing on the plate, when Red concluded to roll the ball to him. At the instant, however, Brooks turned his head to talk to the umpire. When Oldham looked up again the three runners had crossed the plate and the ball was nestling against the grandstand.

## GRAMMAR NINES START RACE FOR

Opening Games of Grade League Will Start This Week: 43 Teams Entered.

DIAMOND TITLE

The opening contests of the Grammar School Baseball league will be played this week. Section two will open the noon, Irvington playing Fernwood on the Fernwood grounds, and Buckman clashing with Holladay at East Twelfth John; Hill vs. Franklin. and Davis streets. The complete schedule of games set for his week follow:

April 1-Kenton vs. Central, Linnton vs. Ockley Green, Peninsula vs. Ports-

Section 2 March 31-Irvington vs. Fernwood, Suckman vs. Holladay. Section 3

April 2-Ainsworth vs. Couch, Chap-Section 4

April 2-Woodlawn vs. Highland. April 4-Vernon vs. Shaver. Section 5

April 2-Montavilla vs. Mount Tabor, Rose City vs. Glencoe, Hawthorne vs. Section 6

April 2-Fulton Park vs. Holman, Failng vs. Shattuck, Ladd vs. Atkinson. Section 7 April 2-Woodmere vs. Kellogg, Cres-

on vs. Woodstock, Arleta vs. Lents. Section 8 April 1-Brooklyn vs. Clinton-Kelly, Llewellen vs. Richmond.

April 3-Sellwood vs. Brooklyn,

on-Kelly vs. Llewellan.

#### HOUSE AND CRISP WIN DOUBLES IN N. W. TOURNEY

Portland Bowlers Win One Title; Woods and Kruse Finish One Pin Behind Leaders.

Vancouver, B. C., March 29 .- The nost successful tournament in the his- vanity case. tory of the International Northwestern Bowling congress closed tonight with Portland, Spokane and Vancouver bowlers sharing the honors. Park and Hernan, Vancouver, tied for first place in the singles with a 658 count, while House and Crisp, Portland, won the doubles event with 1233. Woods and Kruse, also of Portland, Unished second one point behind the leaders. Charley Herman, Vancouver, carried off honors in all events with an aggregate score of 1840.

Joseph F. Morris, Vancouver, was elected president; E. M. Jones, Seattle, vice president; Harry Gorman, Seattle, secretary-treasurer; and the executive

Portland scores-Doubles: House and 1131; Dehaven and Estes, 1180. Sin-Blaney, 550; Bell, 605; Konz, Cole, 543; Henry, 489; Dehaven, Crisp, 615; House, 605; Woods, 561: Kruse, 578.

#### MARIAN MARIANTANA A Woman's Verdict

Tells of Suffering Greatly With Kidney and Bladder Trouble and How Balmwort Brought Relief

Her Letter Well Worth Reading Mrs. Nellie McGinn, 609 East 138th

street, New York City, writes: "For the last year I had suffered greatly from Kidney and Bladder trouble, distressing pain in the back and hips, with rheumatic twinges and frequent severe headache, accompanied by nervousness, chills and fever; also a frequent desire to eliminate, a smarting, burning sensation, with pain in the region of the bladder. I would frequently have to arise at night, my sleep being disturbed by the pressure and inflammation in bladder. Beginning the use of Balmwort Tablets, I noticed almost instant relief, and continuing to use them I am now totally well and relieved of all pain and distress from which I suffered. I am glad to recommend Balmwort Tablets as a reliable beneficial medicine and trust others may find relief and freedom from pain and distress as I did, etc." The above letter is a true statement and is on file in our offices. Balmwort Tablets bring relief when other medicine has failed. Sold by leading druggists, \$1.00 per tube.—Adv.

## HI SCHOOL LEAGUE TO **OPEN SOON**

lefferson and Hill Will Play Initial Contest of Interscholastic Season April 15.

VINE teams will battle for the championship of the 1919 Interscholastic Baseball league, which will open April 15 with Jefferson and Hill as opponents in the initial contest. The season will close June 4.

The Christian Brothers Business college is the only scholastic team not represented in the league this season. The schedule has been approved by the directors of the league and the teams are now practicing for their first games.

In order to bring about an early two games will be played on several days during the season. The league directors have decided to charge an admission this season to assist in defraying the expenses of the teams and for this season it is impossible to designate on which grounds the games will be staged, but t is likely that a majority will be held on Multnomah field. The schedule:

Tuesday, April 15-Hill vs. Jefferson. Wednesday, April 16-Benson VS. ranklin. Thursday, April 17-Columbia vs.

Tuesday, April 22-Hill vs. James Wednesday, April 23-Washington vs. Thursday, April 24-Jefferson Friday, April 25-Franklin vs. Co-

umbia; Hill vs. Lincoln. Tuesday, April 29-Lincoln vs. Washngton: Hill vs. Benson. Wednesday, April 30-Commerce ames John

1-Jefferson Thursday, May Franklin. Friday, May 2-Columbia vs. ngton; Benson vs. Lincoln. Tuesday, May 6—Benson vs. James Wednesday, May 7-Lincoln vs. Com Thursday, May 8-Jefferson vs. Co-

Friday, May 9-Washington vs. James Tuesday, May 13-Hill vs. Columbia; Jefferson vs. Commerce

Wednesday, May 14-Benson Washington Thursday, May 15-Lincoln vs. James Friday, May 16-Franklin vs. Com-

Tuesday, May 20-Benson vs. Coumbia. Wednesday, May 21-Franklin vs James John; Hill vs. Commerce Thursday, May 22-Jefferson

Washington Tuesday, May 27-Jefferson vs. James

Wednesday, May 28-Columbia vs. Commerce: Franklin vs. Lincoln. Thursday, May 29-Hill vs. Wash

Tuesday, Jun 3-Jefferson vs. Lincoln: Benson vs. Commerce. Wednesday, June 4—Franklin vs Washington; Columbia vs. James John

Indians After Good Hurler New Orleans, La., March 29.—(I. N. S.)—"Give us another pitcher; a fellow who can stand the gaff of every four days on the ground and bring home about 70 per cent of the games, and the world is ours." That's the way Tris Speaker feels about the line-up of the Cleveland Indians, who are warming up here preparatory to testing their 1919 strength on the local Pelicans. Manager Fohl can have another, too, if he'll just say the word, for President Dunne of the Indians is here to watch the team work out, and has announced he is favorable, but perplexed as to where to turn for the new recruit. Dunne would gladly loosen purse strings for Dutch Leonard of the New York Yankees, it is said. He is regarded as just the man to fill the bill.

Within the heel of a recently patented shoe for women is contained a complete

## **RUB NEURALGIA PAIN AWAY! QUICK RELIEF**

Stop suffering! Rub neuralgia pain from face, head or body with "St. Jacobs Liniment."

Get a small trial bottle! committee was named as follows: S. H. Rub this soothing, penetrating lini-H. Benson, Seattle; J. W. Blaney, Port-ment right into the sore, inflamed and; F. F. Townsend, Spokane, and nerves, and like magic-neuralgia disappears. "St. Jacobs Liniment" con-quers pain. It is a harmless neuralgia Crisp. 1233; Woods and Kruse, 1232; relief which doesn't burn or discolor the Bell and Konz, 1151; Cole and Blaney, Don't suffer! It's so needless. Get

a small trial bottle from any drug store and gently rub the "aching nerves" and in just a moment you will be absolutely free from pain, ache and suffering, but what will please you more is, that the misery will not come back.

No difference whether your pain neuralgia misery is in the face, head or any part of the body, you get instant relief and without injury .- Adv.

ing up a stronger race of people by increasing the supply of iron in their blood, Dr. George H. Baker, for-merly Physician and Surgeon, Monmouth Memorial Hospital of New Jersey, says: receive and for supplying this deficiency and increasing the red blood corpuscies. I know of nothing more effective than organic iron—Nuxated Iron. From a careful examination of the formula and my own test of Nuxated Iron. I feel convinced that it is a preparation which any I hysician can take himself or prescribe for his patients with the utmost confidence of obtaining highly beneficial and satisfactory results. The fact that Nuxated Iron is today being used by over three million people annually as a tonic. Soft White Hands

#### Students Aid Chamber Drive -Jesse Winters, pitcher, recently Lieutenant Winters, U. S. A., is showing Manager McGraw a world of stuff, and Umatilla today looks good to land a berth in the regular staff. Winters, who was given a trial with the Glants at Marlin and Class Wins Praise

Umatilla high school civics class have not congress take an interest in this been of great assistance in the drive for membership of the State Chamber of Commerce in the State Chamber of Commerce in the district and in appreciation of the efforts of the class the location that would insure inade George Quayle, general secretary of quate accommodation as a terminal for the new state body, has sent a latter all shipping for the section. the new state body, has sent a letter

thanks. The following essay by Miss Ruby Powell, one of the members of the class, indicates the excellent work being accomplished by the class:

Commerce On the Columbia River "The wide awake people of today are oking forward to the time when the been increased many fold. Many foreseeing men have long realized the pos-sibilities of a greater commerce on the western shore.
"The Chamber of Commerce estab-

lished at Portland is a most necessary organization to this state in building up the possibilities for a greater state Its purpose is to create a feeling of unity throughout the state, improve highways, dry docks, better harbors and greater immigration. "The Chamber of Commerce has no boundary or limitation to its work.

Practically every inch of this state and and take notice. "The present plan of this organizacounties interested and to make them years.

all feel as though they are not diin this rapidly changing

boat service must be encouraged; this in the box, including S. Siegrist, L. Garis probably the most important factor ver, G. Ingraham, C. Obenland and H.

Umatilla, March 29,-Students of the plish without boat service? Why does rigors of army life are the thing for a

of Commerce in their district and in The seaport town of Umatilla has

"About 30 years ago Umatilia was expressing the organization's sincere thriving city. The reason for this was the excellent boat service. Even with the poor system of roads, farmers hauled their produce for many miles to be shipped by boat. This healthy com-petition between railroads and boats resulted in reduced freight rates. "Rich will be the possibilities of this Inland Empire when we have the boat

#### Portland Athletes Trying for Places On Whitman Team

Walla Walla, March 29 .- The first outdoor baseball practice of the season started at Whitman college Monday, when Coach Borleske started the 25 many others will be so benefited as men who turned out in batting and to make the world in general sit up fielding practice. The weather in Walla Walla is ideal for baseball and the turntion is to get every one of the 36 outs are expected to be the largest in

The pitchers and catchers have been vided, but that they should act as one. working out in the gymnasium for sev-At present there are 21 counties reperal days. Roy M. Tate and William resented, each showing their excellent Wilson, captain of the basketball team, both of Portland, and Theodore Groschupf of Spokane are making strong "The whole state at large will be bids for the catcher's position, while benefited by this new organization. Its several men are striving for the position

## HERE'S QUICK RELIEF FOR YOUR TIRED, STRAINED MUSCLES

When your muscles become tired and swollen and the joints become stiff, your circulation poor and your suffering duces the pain and cases the soreness. makes you irritable, an application of Sloan's Liniment gives you quick relief -kills pain, starts up a good circulation, relieves congestion. It is easier and cleaner to use than mussy plasters or ointments, acts quickly and does not whole family. Generous size bottles at clog the pores. It does not stain the skin. Gruggists everywhere, 30c, 60c, \$1.20.

"Iron is absolutely necessary to change food into living tissue, muscle and brain. Refined foods and modern methods of

cooking have vobbed us of much of the iron which Nature intended we should

receive and for supplying this deficiency

For sprains, strains, bruises, "black and blue" spots, Sloan's Liniment re-Certainly fine for rheumatism, stiff neck, sciatica, iame back, toothache. You don't need to rub-it penetrates. Its use is so universal that you'll consider Sloan's Liniment a friend of the

Sloan's Aug

## ITCH-ECZEMA FREE lustre, and try as you will you can not find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you

(Also called Tetter, Sait Rheum, Pruritus, Milk-Grust, Weeping Skin, Etc.)

EOZEMA CAN SE CURED TO STAY, and when I say cured, I mean just what I say—U-U-R-E-I), and not merely patched up for awhite, to return worse than before. Now, I do not care what all you have used, nor how many doctors have told you that you could not be cured—sil I sak is just a chance to show you that I know what I am taking about. If you will write me TUDAY, I will send you a FREE TRIAL of my mild, soothing, guaranteed cure that will convince you more in a day than I or anyone else could in a month's time. If you are disgusted and discouraged, I dare you to give me a chance to prove my claims. By writing me today you will enjoy more real comfort than you had ever thought this world holds for you. Just try it, and you will see I am telling you the truth.

DR. J. E. CANNADAY

SEDALIA, MO. 1565 Park Square Bank, Bedalia, Mo. Could you do a better act than to send this notice to some poor sufferer of Eczema?

ine" makes hair thick, glossy and wavy. Removes all dandruff, stops itching scalp and falling hair.

A small bottle of "Dander-

Ex-Lieutenant Has Chance

later sent to the Kansas City club of the American association, shows that the

Beautiful Hair

Gainesville, Fla., March 29 .- (I. N. S.)



beautiful hair; soft, lustrous, fluff; wavy and free from dandruff is merely a matter of using a little Danderine. It is easy and inexpensive to have nice, soft hair and lots of it. Just

get a small bottle of Knowiton's Danderine now—it costs but a few cents-all drug stores recommend itapply a little as directed and within minutes there will be an appear-ce of abundance, freshness, fluffvill see new hair-fine and downy at first-yes - but really new hair anderine is, we believe, the only surmair grower, destroyer of dandruff and

cure for itchy scalp and it never falls to stop falling hair at once. If you want to prove how pretty and soft your hair really is, moisten a gloth with a little Danderine and careully draw it through your hair-takng one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments-a delight. ul surprise awaits everyone was

today is

## Get Back Your Grip on Health Physician Gives Practical Advice On What to Do To Help Build Up Your Strength, Power

and Endurance-Explains How Organic Iron-Nuxated Iron-Helps Put Renewed Vim and Energy Into the Veins of the Weak, Nervous and Run-down-

You can tell which people have a firm Grip on Health —Strong Vigorous Folks with Plenty of Iron in their Thousands of men and women are imthe greatest curre to the health and strength of Ampairing their constitutions laying them-selves open to illness and literally losing their grip on health simply because their erican blood is thinning out and possibly starving through lack of iron. To possess the power, energy and endurance that win the blood the red coloring mat-ter of the blood that life-sustaining oxygen enters the body. Without from should be rich in strength - giving iron. For this purpose phywitality and endur-nnce to combat ob-stacles or withsicians below er stand severe strains. Lack of sufficient from in the brood has plain why they prescribe organic iron man's nerves and utterly robbed him of that virile force and stamma which are so neces-- Nuxated Iron which by enriching the blood and creating thousands of new red blood cells often quickly transform the flabby flesh, toneless tissues and pallid cheeks of weak, anaemic men and women into a glow of health. It increases the strength of delicate, nervous, rundown folks in two weeks' time in many instances: In explaining why he reonfidence and I am convinced. that if others would take Nuxsential to the greatest de-velopment of physical and ated Iron when they feel weak mental power, and discuss-ing the probability of build-

and run-down it would help make a nation of stronger, healthier men and women Commenting on the use of Nuxated Iron as a tonic, strength and broodbuilder, Dr. James Francis Sullivan, for-merly physician of believue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital, said: "Thousands are held back in life for want of sufficient iron in the blood. A weak body means a weakened will power, and like the race horse beaten by nose, many a capable man or woman falls just short of winning because they don't back up their mentality with the oht back up their mentanty with the physical strength and energy which come from having plenty of iron in the blood. That irritable twitch, that fit of despondency, that dizzy, fearful feeling—these are the sort of signals nature gives to tired, listless folks when the blood is clamouring for strength-giving iron—more iron to restore the health by enriching the blood and creating thou-

then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the nackage."

If you are not strong or well you owe it to yourself to make the following test: it to yourself to make the following test: See how long you can work or how far you can wark without becoming tree. Next take two five-grain tablets of ordinary Nuxated fron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. Numbers of nervous, rin-down people who were alling all the while have most astonishingly increased their strength and endurance simply by taking fron in the proper form. And this after they had, in some cases, been dectoring for months without obtaining any benefit.

mny benefit. MANUFACTURER'S NOTE: Nuxated from recommended above is not a secret remedy but one which is well known to druggists everywhere. Unlike the older morganic from products. It is easly assimilated, does not injure the teeth, make them black, nor speet the stomach. Tim massificating requirements successful and antirely, sat-