

Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor Says Nuxated Iron Is Greatest of All Strength Builders—Often Increases the Strength and Endurance of Delicate, Nervous Folks 200 Per Cent in Two Weeks Time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the

while, double their strength and endurance and entirely got rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you good, otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. SAUER, M. D.

NOTE—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by A. C. Koepfen & Bros. and all other druggists.

July Foreign Trade Totals Were Large

Although Imports Fell Off From Previous Month, Entire Trade Largely Exceeded July of a Year Ago.

WASHINGTON, Aug. 30.—Figures today made public by the Bureau of

Foreign and Domestic Commerce, Department of Commerce, show American imports for July were valued at 182 million dollars, a falling off of 63 million dollars compared with June. July exports amounted to 446 million dollars, a decrease of 19 million dollars compared with the previous month. But although the total foreign trade for the month fell below that for the record month of June it exceeded that of the previous July by 40 million dollars and is the July record for American trade.

The foreign trade for the year ending with July last also marks a new high record, being 6,748 million dollars, compared with 4,540 million in 1915. The twelve months' imports aggregated 2,237 million dollars, against 1,658 million last year, and exports 4,511 million compared with 2,882 million last year.

The favorable balance of trade for July was 262 million dollars, and for the year, 2,273 million. A year ago the export balance was 125 million for July and 1,225 million for the 12 months, while two years ago there was an import balance of 512 million for the month of July and an export balance of 442 million for the 12 months.

Of the July imports, 64.8 per cent entered free of duty, compared with 64.5 per cent in July, 1915.

The month showed a continuation of the net inward gold movement. For July gold imports aggregated 62 million dollars, as against gold exports of 9 million. Last year July showed gold imports of 17 million and exports of 2 million, while two years ago July gold imports were but 2 million as against gold exports of 22 million dollars. The net inward gold movement for the 12 months to August 1, 1916, aggregated 441 million dollars, as against 71 million in the preceding year and a net outward gold movement of 75 million in a like period two years ago.

HOW MRS. BEAN MET THE CRISIS

Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.

Nashville, Tenn.—"When I was going through the Change of Life I had a tumor as large as a child's head. The doctor said it was three years coming and gave me medicine for it until I was called away from the city for some time. Of course I could not go to him then, so my sister-in-law told me that she thought Lydia E. Pinkham's Vegetable Compound would cure it. It helped both the Change of Life and the tumor and when I got home I did not need the doctor. I took the Pinkham remedies until the tumor was gone, the doctor said, and I have not felt it since. I tell every one how I was cured. If this letter will help others you are welcome to use it."

—Mrs. E. H. BEAN, 525 Joseph Avenue, Nashville, Tenn.

Lydia E. Pinkham's Vegetable Compound, a pure remedy containing the extractive properties of good old-fashioned roots and herbs, meets the needs of woman's system at this critical period of her life. Try it.

If there is any symptom in your case which puzzles you, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

ANSCO CAMERAS & SPEEDEX FILM



DON'T let another summer go by without an Anso. It will add more to the pleasure of your outings than anything else. All winter and long afterwards you can live over again with your pictures those good summer days. Let us show you the Anso line. \$2 to \$55.

Tallman & Co. Leading Druggists

SKIN TROUBLE DISFIGURED FACE

Went All Over Hands. Skin Very Red and Burning. Lost Rest. Could Not Put Hands in Water.

HEALED BY CUTICURA SOAP AND OINTMENT

"My skin began to get rough and peeling. It went all over my face and hands and on my neck, and every time I would wash I took some skin off. My skin was very red and burning and I had to scratch and my face was disfigured. I lost rest at night, and I could not put my hands in water. "One day I found a Cuticura soap and ointment advertisement. I first bought a box of Cuticura Ointment and then a cake of Cuticura Soap, and after using them about a week my face began to get well, and I used about two cakes of Cuticura Soap and two boxes of Ointment and I was healed." (Signed) Edward Poldoski, 3027 Graham Ave., Chicago, Ill., Sept. 20, 1915.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

Daily Chats With the Housewife

HOW TO SET THE FORMAL TABLE

At some season of the year the woman in the home turns her thoughts lightly toward entertaining. Perhaps it is a "little dinner" for her husband's friends; perhaps a luncheon for a woman guest or even a more elaborate formal dinner to six or more persons she plans to give. The rules for table setting and service are not difficult. The ideal should be simplicity and dignity in all arrangements. The following directions may be applied to the serving of any formal meal:

- 1. Cover the table with a silence cloth of double faced cotton flannel or felt.
2. Spread a heavy damask cloth smoothly and evenly, having the center of cloth in the center of the table.
3. Allow twenty-five to thirty inches in length for each individual "cover." Allow fifteen inches in depth for each cover. I. e., all plates, silver, etc., must be set inside of an imaginary line fifteen inches from the edge of the table.
4. The service plate is the center of each cover and all plates, cutlery and silver must be set on-half inch from the edge of the table.
5. Place the knife at the right of the service plate (cutting edge toward plate), the soup spoon (bowl up) beyond and parallel, and a canape or oyster fork across the soup spoon (with tines pointing toward the service plate).
6. Place the forks at the left of the service plate (tines up) on the order of use. The first used should be farthest from the plate, as fish fork, first, then dinner fork for roast, etc.
7. At the left of the forks lay the napkin with a roll of breadsticks between the folds but in sight. Napkins are folded to show the monogram or other decorations. The placard indicating name of guest should lie on the napkin.
8. Near the point of the dinner knife set glass or goblets for water or other beverages. Place set of salt and pepper shakers and spoons between each two covers.
9. Arrange centerpieces of flowers, plant or fruit and candlesticks with candles and shades symmetrically so as to add charm and dignity to the table.
10. The sideboard or sidetable should contain a pitcher of chilled water; olives or celery on crushed ice; salted almonds in porcelain dishes; forks for the salad course, finger bowls on dessert plates with dillies, bowl of cut sugar with tongs, extra napkins, silver and towel for emergency, plate and napkin or table scraper with tray for removing crumbs.
11. Plates for hot courses should be kept heated in a warming oven or hot water. Plates for cold courses should be chilled in the ice box. No butter is served at a formal dinner. Coffee is frequently served by the hostess to guests in the drawing room.
12. Everything pertaining to one course must be removed before serving another course. Before serving the sweet course remove crumbs from table. Bring finger bowls in with sweet course and set to left of each guest.
13. All portions prepared for individual service, like soup, salad, etc., should be set down at the right of the guest. All dishes from which the guest helps himself should be offered at the left.
14. About two minutes before announcing dinner the maid should fill water glasses two-thirds full, light the candles and lay on service plates the shell fish or canape that begins the meal.

VASELINE STAINS

Wood alcohol will remove vaseline stains from wash goods. These stains are often troublesome to the average woman because she has not means of knowing the antidote for them. Just soak your fabric in the alcohol for a few minutes.

FOR CHEESE LOVERS

To 1 cupful of finely cut cheese add 1 cup bread crumbs, 1 1/2 cups sweet milk, 1 beaten egg, 1/2 teaspoon salt, 1/4 teaspoon pepper. Bake in moderate oven 30 minutes.

TO CLEAN RUSTY RANGE

In cleaning a rusty gas oven remove all parts that are removable, then saturate a woolen cloth with linseed oil and rub over the entire surface of the oven until all rust disappears. Take a clean piece of the woolen cloth, saturate it with the oil and go over the oven again. Treat the outside of the range in the same way, going over everything with the oiled cloth excepting the burners. Wash the burners, which are removable, and the racks with a hot soda into which has been put some washing soda. Rinse and dry them. Then light your oven burners and dry out the oven thoroughly before turning them off.

TO BE WEALTHY

To be wealthy, a rich man is the first requisite and money, but the second. To be rich in admiration and free from envy, to rejoice greatly in the good of others to love with such generosity of heart that your love is still a dear possession in absence or unkindness—these are the gifts which money cannot buy, and without which money can buy nothing.—R. L. Stevenson.

MAIL SHORTAGE MADE UP BY INNOCENT MAN

W. A. Crosby, Veteran Clerk of Postal Service, Pays Back \$95 Which Arthur Kent Had Stolen.

PORTLAND, Aug. 30.—W. A. Crosby, a veteran mail clerk, paid back the \$95 which Arthur V. Kent took from the mails November 22, 1915, the first of a series of thefts which totaled \$1742 and resulted in Kent's arrest and confession Sunday.

"Mr. Crosby couldn't have taken that money," said the postoffice inspectors. "He is an honest man."

But the money was missing from Mr. Crosby's sack when it was received from Portland, and he had to make it good.

Working with Crosby when the sack was handled was Kent, and he signed the manifest, witnessing that Crosby had placed the money in the sack for Portland. When Crosby went out on a depot platform to "tap" a mail box, Kent took the letter from the sack.

Kent took \$115 in February, and the balance of the total at one haul last June. None of this money has been made good to the government.

"Who did you do it?" asked Inspector C. M. Perkins, when he had confessed, following his arrest by Perkins and Inspector C. B. Welter at the Kent home, 7322 E. Eighty-second street, southeast.

"I was a fool, that's why," said Kent.

He used part of the money to pay installments on his home, pay bills and send Mrs. Kent and three children to the beach. About \$329 he can not account for. He returned \$879 to the inspectors.

AND SHE'S A REAL DUCHESS, TOO



THE DUCHESS OF SUTHERLAND AND PLAYED A GAME OF TENNIS AS HER SHARE IN RAISING THE FUNDS AND THIS PICTURE SHOWS THE DUCHESS AT HER BEST.

Velvet Joe's Able Assistants-



MOTHER Nature and Father Time made diamonds out of carbon. But pshaw! Look what their method does with tobacco. Two years of it make VELVET.



FOR VELVET is matured by two full years of ageing in Nature's way. The result is that mellow, aged-in-the-wood smoothness that no other smoking tobacco possesses. You can't get that smoothness in any other way.

10c Tins 5c Metal-lined Bags One Pound Glass Humidors

MEN FIGHT TO DEATH IN CROWDED THEATRE

Long Standing Quarrel Is Cleared Up By Battle in Moving Picture House—Some Spectators Hurt.

PITTSBURGH, Ark., Aug. 30.—W. M. Cited, a white man, and Virgil Cobb, a negro, cleared up a long standing quarrel last night at Crowder, a mining camp near here, and chose a crowded picture show for a battleground. During the fallouts of shots which soon cleared the house of spectators both men were mortally wounded and died in a short time. Many patrons of the show were trampled upon in the rush, but none was injured.

"BRIDGE OF GODS" IS DISPROVED BY STUDY

Geological Investigation Is Made of Columbia River Gorge and Famous Scenic Points of Highway.

PORTLAND, Aug. 30.—Comprehensive study of the Columbia river gorge from a geological viewpoint, which is being conducted by the Oregon bureau of mines and geology, has disproved Indian tradition regarding the "bridge of the gods," and the legends regarding the river at The Dalles. The results of the work are to be embodied in a bulletin to be issued late this fall. Ira A. Williams, a member of the bureau, returned today from a trip over the highway and stated that the investigation is proceeding in a satisfactory manner and should lead to valuable historical discoveries. Mr. Williams has found that the land on both banks of the Columbia is composed almost entirely of land slips, with the most abrupt slips com-

ing from the Washington side. Apparently this shows that the river once was at its full width even at the narrows but was constricted by some of these historic slides of earth. That the river remains narrow at this point is evidence that the earth is still restless and keeps forcing its way toward the river as fast as the river's erosion naturally would carry it away. The report when completed will describe the formations of the famous scenic points along the highway and discuss from a popular yet scientific standpoint the geological reasons for the great cliffs and chasms.

Advertisement for Remington-Union Metallic Cartridge Co. featuring an illustration of a soldier and text: 'REVOLVER and PISTOL CARTRIDGES For Your Arm—of Whatever Make MANY a man never discovered the sport in pistol and revolver practice till he stopped shooting... THE REMINGTON UNION METALLIC CARTRIDGE CO. Largest Manufacturers of Firearms and Ammunition in the World. Woolworth Building New York'