NUXATED IRON

You Can Tell the Women with Plenty of Iron in their Blood—Beautiful Healthy Rosy Cheeked Women Full of Life, Vim and Vitality.

Dr. Ferdinand King, New York Physician and Medical Author, says physicians should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and in some cases thereby do more harm than good; advisesuse of only nuxated iron, takes three times per day after meals. It will increase the strength and endurance of weak, nervous, run-down folks in two weeks' time in many instances. *Dispensed by all good druggists.*

NORTH STONINGTON

Annual Meeting of Red Cross—Campbell-Pierce Marriage—Town More Than Subscribes Its Bond Quota of $11,600.

The Red Cross auxiliary held its annual meeting last week electing officers as follows: Mrs. Edward Main, chairman; Mrs. George H. Stone, secretary; Mrs. Oren D. Fisher, treasurer. The auxiliary numbers 244 members. During the past year the auxiliary has made 576 articles, including 124 pairs of socks and 153 sleeveless sweaters. It has paid for all materials it has used and has a balance in the treasury with which to continue.

Death of Maud Burdick.

Maud Burdick, eight years old, the youngest child of Mr. and Mrs. eGorge E. Burdick, died Wednesday evening from diphtheria. Burial took place on Thursday afternoon in Wheeler cemetery, where a brief service was jointly conducted by Rev. Lucian Drury and Rev. O. D. Fisher.

Campbell-Pierce.

Stephen E. Campbell and Elsie M. Pierce, both of this town were married Monday, April 29, by Rev. Lucian Drury, at his residence.

Husband Enlists.

Mrs. Samuel L. Root of West Hartford, a six months' bride, is returning this week to the home of her parents, Mr. and Mrs. John D. Avery, for an indefinite stay, her husband having enlisted in the service of his country and entered camp in Texas.

George H. Murray of Vermont, a student in Wheeler school, left town last week in response to a call to the colors.

Mrs. W. H. Brown, who has been in Groton for some time past, is now at her rooms in the Park B. Main house.

Rev. O. D. Fisher exchanged pulpits with Rev. G. F. Goodenough of Ledyard, Sunday.
Ledyard, Sunday.

Wins Honor Flag.

North Stonington has gone over the top on its Liberty loan quota, which was $11,600, and the returns are not all in yet. The largest individual subscription was made by Mrs. Martha P. Norman. The Third Baptist church subscribed $2,000.

U. S. DEPT. OF AGRICULTURE

HOW TO GROW ARTICHOKES

The Jerusalem artichoke will grow in any good garden soil and should be planted in hills 3 to 4 feet apart each way, with three or four small tubers in a hill. Plant as soon as the ground becomes warm in the spring, or about the same time as early potatoes.

The cultivation is similar to that for potatoes, and the tubers may be allowed to remain in the ground during the winter and dug as needed.—U. S. Department of Agriculture.

On the occasion of King Albert's birthday, the Belgian Government addressed a telegram to his Majesty expressing their sincerest good wishes and declaring their unconquerable determination to resist all attempts to destroy the unity of their country.

BEECHAM'S PILLS

quickly help to strengthen the digestion, stimulate the liver, regulate the bowels and improve the health by working with nature.

Largest Sale of Any Medicine in the World. Sold everywhere. In Boxes. 10c., 25c.

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MODERN PLUMBING
is as essential in modern houses as electricity is to lighting. We guarantee the very best PLUMBING WORK by expert workmen at the fairest prices.
Ask us for plans and prices.
J. F. TOMPKINS
67 West Main Street

AGRICULTURAL INTERESTS

PASTURE! PASTURE!! PASTURE!!!

Advisable Not to Allow Pasturing Too Early.

When Uncle Soil casts his smiling countenance more directly upon the hills of old Connecticut, the first welcome spring foliage noticed by the dairymen are the blades of grass peeping through the hoed winter garb of nature. They mean that after a long hard winter of expensive grain feeding the cows may soon graze to their heart's content upon the most excellent food to which they ever have access. The dairyman finds it hard to wait until the starting gun is fired, but for the good of his pasture, and the good of his cow, it will be advisable not to allow pasturing too early.

Even now in many places cows are nibbling what little grass appears at this time. In so doing, the grass is retarded in its growth and the old stalks and roots necessarily consumed by the cows are lige so much saw dust.

The soft condition of the sod at this time of year makes the tramping of cattle over it quite detrimental to a good productive growth of grass. Let the sod harden up and the grass get a good start.

The economy of the pasturing practice must depend on the amount of feed the cow can gather. At this time of year there is not sufficient grass to sustain production and close grazing at too frequent intervals will destroy any pasture. The time to turn to pasture must depend on the quantity of growth. Enough grass should be present to allow three days' feeding before more growth is needed. This gives the first grazed parts a chance to replenish the supply enough to supply sufficient food. Supplementing pasture with hay or other dry roughage is beneficial in that it retards scour which often times reduce the flesh of cows when first turned to pasture.

The pasture cannot be relied upon for the entire summer at best and early pasturing will mean an early return to barn feeding in the fall.—Karl B. Musser, Extension Dairyman, Connecticut Agricultural College.

THE FARM MACHINERY SITUATION BEING SOLVED

Plans Under Way To Help Connecticut Grain Yield.

The plea being sent broadcast to the farmers to raise more grain, has been replied to by the farmers of Connecticut with the statement that if they grew more grain there would not be adequate harvesting and threshing machinery. With this in mind an agricultural survey was planned and carried out by towns in one county of the state and later in five other counties. This survey shows among other things the probable total acreage of grain that may be grown this year with the increase over last year. Also the number of reapers, binders and threshers in the various towns.

It was then planned to visit all the owners of these machines and inspect them and find out as nearly as possible exactly how much work they could and would take care of, which information compared with the acreages grown in the various towns, would immediately indicate whether or not more machinery was needed.

This plan is being carried out as rapidly as possible, and where more machinery is needed, arrangements are being made to secure it. The work is just getting under way in good shape, but already a meeting has been held in one town where machinery was lacking, and very definite plans launched for buying the necessary machinery on a co-operative basis.

The survey of this town showed that the total acreage of rye, oats, spring wheat, buckwheat, barley and a mixture of barley and oats was 250 acres more than last year, with a total acreage of 459 acres, more than double what it was last year. Considerable difficulty was experienced last year in getting the grain harvested, but the plans now under way in this town should insure the successful handling of the crop for thmis year, and a still further increase in future years.—F. W. Duffee, Connecticut Agricultural College.

FARM FINANCE.

Many farmers are wondering how they are going to finance their farming operations this season. Some will require short term loans for this purpose. Farmers desiring such loans can approach their local banks with greater assurance of success bp putting their applications for a loan in the form of a statement of their farming business. For convenience in making out such a statement the Extension Service of the Connecticut Agricultural College has prepared an "Agricultural Credit Statement," a copy of which can be obtained from any county agent, or the Connecticut Agricultural College. This is the most business-like gind of an application and is more likely to be given consideration by bankers than a mere verbal request would be, in fact, many Connecticut banks are requesting their former clients to put their applications in this form. It has long been their practice to require this of business men. This is a method, which should be welcomed by farmers because it puts their credit on the same basis as that of other business men.—Guy C. Smith, Connecticut Agricultural College.

GARDEN INSECT CONTROL.

Careful Preparation of Soil Has Direct Bearing Now.

It is especially desirable at this time that those wishing to obtain the maximum amount of vegetables from their war gardens give attention to the careful preparation of the soil. This has direct bearing on the control of such insect pests as cut-worms, white grubs, and wire-worms.

The fact that garden crops are damaged each year, particularly potatoes, turnips, cabbages, etc., by these pests which are in the soil. They are particulary prevalent in sod land, which has not previously been used for garden purposes.

When young plants are cut off close to the ground, you can be almost sure that cut-worms are present, and they should be given immediate attention. In the small garden, where there are only a few plants, they can be protected by wrapping the stems of the plants in paper. Another way to eliminate this pest is to trap them by placing small boards on the ground, under which the cut-worms will crawl and hide during the day. The boards can then be lifted, and the worms killed. In larger gardens poisoned bran mash may be scattered on the ground. This poisoned bran mash may be prepared by mixing 10 lbs. of wheat bran with 8 oz. or 32 level teaspoons of Paris green or white arsenic, mixing them dry. Then squeeze the juice from two lemons, and cut the pulp and rind into small pieces. Mix one quart of cheap molasses with 2 quarts of water, and add to the bran and poison. If there is danger of poultry or birds feeding on the poison bran mash, it can be covered with a small board.

In case of white grubs, much can be done to eliminate this pest by deep plowing and harrowing. White grubs feed on grass and weed roots, and will be found to be more prevalent in sod land than in ground which has been cultivated for several years. If you are planting your garden on land that has been in sod, it is essential that you plow deep, and, if possible, allow either hogs or poultry to have access to the freshly cultivated ground. They will seek out the white grubs and eat many of them. If a plant is killed, you usually find the grub by digging up the soil beneath the dead plant. The grub itself is a dirty white color, and one inch to one and one-quarter inch in length, with a brown head. This insect may be termed a general feeder, attacking as it does a great number of plants.

Wire-worms, like white grubs, are common pests in the garden, and they also feed on a great variety of plant life. Wire-worms are also more difficult to control, and where prevalent, crop rotation should be practised. Fall plowing helps in combating this est as well as early planting, particularly of corn. Heavy fertilizing, which encourages rapid growth, helps somewhat. The larva of this insect is hard, shiny, slender, and light brown in color, and is about three-quarters of an inch long.

To summarize:

Plant on old ground if possible. By this is meant land which has been free from sod and weeds for a number of years. If it is not possible to secure such land, be sure that when sod and weeds exist you plow deeply.

In addition to this, keep a constant watch for these insect pests at the start of the growing season; and where they are found it is time well spent, especially on the smaller garden plots, to seek them out and kill them, either by using a poison bran mash or by catching them in traps.—G. M. Codding, Special Field Agent of Entomology, U. S. Dept. of Agriculture.

DON'T KILL LAYING HENS.

Flocks Should Be Culled Sparingly At This Time.

Killing the hen which laid the golden eggs is just as unfortunate now as it was in the old fable. The modern eggs are not gold, but with the present war prices they are just as good as money. And the farmers and poultrymen are still killing them with disastrous results just as in the old fable.

When the food administration put a ban on killing hens and pullets last February, it saved the lives of millions of fowls and added many millions of eggs to Uncle Sam's table. Now that the restriction is removed, there is grave danger of a disastrous reaction. Fowls which might have been killed during the last two monts may be slaughtered all at once and result in a glut in the market and the wasting of valuable food.

Prices for poultry soared to unheard of heights during the time the restrictions were on and the temptation is great for the poultry man or farmer to dispose of his surplus stock while the topnotch price holds. It would be a great misfortune if every poultry man should make a wholesale culling of his flock under the influence of the high prices. A glut in the poultry market would result in a below normal price and it is possible that some poultry would be spoiled.

Under these conditions the farmers and poultry men are advised to go slowly and cull their flocks sparingly at present. The hens are still laying at maximum capacity and will be for another month. It will be poor policy to kill any hens that are layinganywhere near full capacity as the cost of keeping has decreased considerably now that he hens are outside and picking up part of their living for themselves. Farmers and poultry men should look over their flocks and cull out a few each week and not put them all on the market at once.

TREATING SEED POTATOES.

All seed potatoes should be treated before planting to prevent disease, not only in the crop this year but to avoid getting disease into the soil. No matter how good-looking the seed potatoes are they should be treated, as the cost of treatment is very small compared with the saving which it will make.

The well-known formalin treatment is the simplest but it is not so effective as the corrosive sublimate treatment which is now recommended. The old method will control scab but is not effective in preventing rhizoctonia. If scab is the only disease to be feared the formalin treatment will be sufficient. It should be prepared in the proportion of one pint to 30 gallons of water and the seed should be soaked 2½ hours. The same solution can be used repeated. The corrosive sublimate solution should be used in the proportion of four ounces to 30 gallons of water. Soak the tubers 1½ hours. This solution weakens, after four or five lots have been treated.

FERTILIZE YOUR LAWNS THIS WEEK.

Top dressing of your lawns with fertilizer should be done this week as the grass has taken a good start. Use a good top dressing or fertilizer analyzing at least 5 per cent. or more ammonia and 10 per cent. phosphoric acid at the rate of 1½ pounds to the spuare rod. Do not apply this fertilizer when the grass is wet as it will stick to the leaves and cause burning and browning of them.

Wheat For Europe.

"No corn can be shipped across the Atlantic for two months after the first of April, because that is the germinating season for corn and it will not stand shipment.

SOLDIERS AND SAILORS

What Eastern Connecticut Boys Are Doing In Various Branches of the Service.

Had Good 'Eats."

Mrs. Frank L. Chapman of 28 Fountain street has received the following letter from her son, Ralph W. Chapman, formerly of the Third company, but now with the Supply company, 56th artillery regiment, A. E. F.:

Somewhere in France.
April 4, 1918.

Dear Mother and All:

Just a few lines to let you know I am well, and hope you are the same, and no doubt you will be surprised to hear from me.

Well, I had a very nice trip and we had some good weather nearly all the way, except the last few hours, and it was not so very rough and there were not many sick, so you can see we were not so very bad off.

Well, you can say that Buster is with the bunch, and so is Metcalfe and John Alberts and all the rest of the boys are around. Well, there is not a great deal of news to tell you, although I could tell you a great deal more but we are not allowed to. How are all the folks, and have you seen anything of Kid L.? If you see anything of him, tell him I am "over there," and also tell him that this is some place, especially what I have seen of it.

Well, we had some very good eats coming over on our trip; at least, I say we did. One night some of the boys went up to the kitchen and came back downstairs with their arms full of chicken, and I want to tell you that the Supply company had one feed that I know of.

Well, I will close for this time, hoping to hear from you soon. I remain

Your loving son,
RALPH CHAPMAN.

Supply Co., 56th Artillery Regibent, A. E. F.

Walter Moran in Cheerful Spirit.

Mr. and Mrs. John A. Moran have received a letter from their son Walter, who was one of the first boys to leave here in the draft and was the first Norwich boy to be wounded. The letter reached here Friday. He says:

France, March 30, 1918.

Dear Father:

Just a line to let you know that I am getting along good now and will be out in fighting trim again shortly. Well, Pa, I am sorry you went to the bother of cabling here, and I certainly do appreciate all the things that you have done already and that you are doing now. I suppose the doctor gave you a good report on it, as I would have been out a week ago only that they found two more pieces in my leg, so they had to cut it again and take them out, but now I am fine and will be out shortly.

Well, Pa, I suppose everything is pretty dull around there now, but you people over there cannot realize what this war is or how it is carried on. It is sure some war, and everybody here is in uniform, and girls doing all the work, even plowing the farms. It is certainly terrible.

But all we do is plug along, and do the best we can, and if we get through it O. K. and everything will be fine, but all we can do is trust in God for the best. Drop me a line once in a while and let me know how you found out about me. I was not going to tell you about it until I was well, but if anything serious happens I will let you know as soon as I possibly can.

Will have to close for now, with love to Ma and all the kids. Give my regards to all my friends, Dr. Callahan, Dr. Donohue and all the rest. I remain

Your loving son,
WALTER P. MORAN.

Company G, 102d U. S. Infantry.

Had Wonderful Trip.

Somewhere in France,
Friday, April 5, 1918.

My Dear Sis: Well, I am somewhere in France, at last, and believe me I had a wonderful trip. I was not sea sick at all.

We were a jolly lot, let me tell you, but rather nervous when we hit the war zone. It took us (censored) days to get over here.

Everything is green here, and it is beautiful. I do wish that you could see it S's, I know you would like it. I am a little tired, but outside of that, am feeling fine. I hope you are all well at home, and are not worrying about me. Please do not, as I will be back again, perhaps in time to enjoy that miniature garden in the back yard, so cheer up.

Be sure and give my regards to Mr. and Mrs. Miller, and remember me to the boys. Tell Mrs. Stockdale that I received the box she sent me just before I left the island, and it was some feed and all decorated so beautiful it was a shame to disturb it; however, we made quick work of it and I thank them all very much.

This will take a long time to get there, so I won't expect to hear from you right away, but keep the letters coming as they will help a whole lot and I am anxious to hear from home.

Once more I want to tell you all, do not worry over me, but remember me in your prayers.

This is all I can write this time, but I could tell you a whole lot if I were home, so I will close now, with love to all.

This is the address:
ARTHUR H. FITZGERALD,
Battery E, 56th Regt. Arty.,
A. E. F., via New York.

Victory Coming Our Way.

In a letter to a friend in Goodyear, Conn., Dr. Franklin C. Young, formerly of Colchester, writes from "Somewhere in France," that the boys "over there" can see that the victory is certainly working our way. He writes:

Somewhere in France,
March 20, 1918.

Friend George: Got a letter from you the other day and was in a place where it was impossible to answer tout de suit, mais je vouseririai maintenant.

It seems ages since I left the States and it looks as if it might be a long time before I get back. But my work is very interesting and I am with Americans now, and that helps a lot. There is very little to write about with them. They are all wonderful boys and the best soldiers, barring none, and I'm proud to be one of them. Let me tell you this: they are fighters, every one. They tell me that the draft army is a wonder, too. I hope they will all come over soon and get in on the final struggle. And I hope they will learn as much as I have. It is a struggle that has come to a scientific point that never was attained before and it is gradually, but surely, working our way and will finally be our victory. We have all suffered and the suffering is more evident behind the lines than in the trenches. Fear and personal harm are all thrown away after seeing the women and children suffering and who have suffered for nearly four long years. A man throws away such things as fear and apprehension and faces the Boche with a grim determination to do his best to avenge the things he has seen.

Fritz is a busy fellow and there isn't anything that can't be expected from him. Many times I've sat in a hole in the ground and cussed him and wished I could give him ——. I am not allowed a gun and so can't do any shooting. My most warlike weapon is an hypo. But I have enough respect to stay down when he's shooting except when it is necessary to help some poor fellow who was unfortunate enough to be hit.

I have been transferred since you got my address and am with a bunch of Missouri boys. They are all regular fellows and I like them best of any I've been with yet.

Somehow or other I run into assignments that are more or less dangerous. The machine gun battalion is popularly known as a suicide squad and this bunch I'm with now goes into more open and dangerous places than they do. I don't know what terror is any more.

It's a great life and I like it and hope to be here when it winds up. I'm like most fellows in some respects. I'd like to go back to America again.

Thank you, George, for writing and do it again. Remember me to Mrs. Cavanaugh and all the others I remember as friends. Tell Carrier I think of him once in a while and wonder how he's making out. Now I must close with my best to you.

FRANKLIN C. YOUNG.
1st Lt. I. W. R. C., 117th Fld. Bu. Signal Corps, A. E. F.

EGG CROP LOSS $50,000,000 A YEAR

By P. G. HOLDEN

At present prices the value of poultry products in the United States is fully three-quarters of a billion dollars annually. It should be much more.

Government reports show that poultry is raised on only 4,000,000 out of 6,000,000 farms in the country; that average number of fowls to the farm is 50, while in Iowa it is 130;, and that the average form hen produces 60 eggs a year, when with proper feed and care she would produce 100 eggs.

If the 6,000,000 farms in the United States had an average of 100 chickens per farm, and each hen produced 100 eggs a year, the annual income from eggs at present prices would be worth nearly $2,000,000,000.

These figures show the possibilities of the poultry industry.

Since the beginning of the war our annual exports of eggs have been increased from 16,000,000 to 26,000,000 dozen.

Large flocks of poultry are needed on every farm and every farmer should keep his young pullets, which will soon be his best layers. Get rid of the roosters. Avoid wasteful methods in handling poultry and in marketing eggs.

Enormous Waste in Eggs.

The waste in eggs in the United States every year amounts to over $50,000,000. It is estimated that 17 per cent. of all the eggs produced in this country become unfit for human food before reaching the consumer because of careless methods of handling.

These losses can be prevented very largely by producing infertile eggs, by not letting hens nest on the damp ground, by keeping the nests clean, by being careful not to crack eggs while handling, by gathering eggs daily, by storing them in a cool, dry place, and by marketing tham at least once a week, and twice a week if possible.

Few people understand that eggs are almost as perishable as meat or milk; that eggs will not stand any kind of treatment. The truth is eggs belong to the same class of food as meat.

If we do not produce more eggs, let us at least care for our present production—that is a duty as well as good business.

STARTING PROMPTLY AT 9 A. M. TODAY

Sale of Women's and Misses'

NEW SPRING SUITS

AT GREAT REDUCTIONS

SUITS - $24.50 Actual prices were from $30 to $40.

SUITS - $34.50 Actual prices were from $45 to $75.

This is our first mark-down sale of the season and it is a phenomenal offering which will make all other sales pale to insignificance by comparison.

This sale not only includes an important new purchase of very high class Suits, but we have also taken Suits from our regular stock—and there are no handsomer Ready-to-wear Suits to be bought in America. Today you can buy them all at savings of

Fully 1-3 Under Regular Prices

The assortment offers a wonderful selection of models for women and misses—all the very best materials and workmanship—beautifully lined and finished.

Colors are mostly Navy Blue, some Rookie, Tan, Dark Copenhagen, Beige, Gray and Black.

Models comprise new tailored effects — Some belted styles — others in straight lines and smart ripple models.

Materials include fine men's wear serge, tricotine, gabardine, Jersey cloth, poiret twill and silk.

Misses' sizes, 14 to 20. Women's sizes 36 to 50½. A model and a size to fit every woman and miss—large or small, stout or slender.

Suits $24.50 formerly $30 to $40

Suits $34.50 formerly $45 to $75

The importance of this sale to the woman or miss who has not yet selected her Spring Suit cannot be exaggerated. The values are most extraordinary and the Suits are as smart as they can be. This is a rare opportunity to get a distinctly high class Suit at a great reduction.

SALE STARTS PROMPTLY AT 9 A. M. TODAY

The Manhattan

121-125 MAIN STREET.

HOPKINTON

Teachers Attend Convention — Miss Carpenter Resigns, to Become Principal at Taunton—Personal Items.

The schools of this town were closed Friday and the teachers, in company with those of Charlestown, attended a teachers' institute held in the conference room of the Baptist church at Shannock. Rev. E. P. Mathewson, chairman of the Hopkinton school committee, was also present and Charles J. Greene, superintendent of Richmond schools, S. Hussey Reed, superintendent of schools of Hopkinton and Charlestown, arranged an attractive and helpful program and the teachers and school officers of Charlestown royally entertained their guests.

Principal at Taunton.

Much to the regret of her pupils and many friends, Miss Dorothy Carpenter has resigned as teacher in the Ashaway school and left town to become principal of a grammar school in Taunton, Mass., a position made vacant by the call of her brother to a training camp.

Charles I. Blake has been away from home a few days, acting as cook for a company of Westerly High school students at Pleasant View.

Mrs. Harriet Robin of Matunuck is visiting Mrs. Sarah A. Kenyon.

John I. Champlin of Matunuck called at the home of Walter F. Mills Sunday.

Misses Zoe L. and Essie I. Kenyon of Westerly spent Sunday with their mother, Harriet C. Kenyon.

SOUTH CANTERBURY

Funeral of Edward N. Tillinghast—Recent Visitors.

The funeral of Edwin N. Tillinghast was held from the home of his parents, Mr. and Mrs. George H. Tillinghast, Friday at 2 p. m. Rev. Mr. Higgins, pastor of the Baptist church, Packer, officiated. There was many beautiful flowers. The hymns sung were, Refuge, Just as I Am, and Rock of Ages. Relatives and friends were present from Mystic, Franklin, Vernon, Jewett City, Lisbon and Willimantic. Burial was in the Cary cemetery. Undertaker G. G. Grant was in charge of the arrangements.

Mr. and Mrs. Bert Allen of Willimantic, were recent guests of Mr. and Mrs. Fred L. Hyde.

Mr. and Mrs. Frank R. Burdick and children, Francis and Bertha, of New London, were recent guests of Mr. and Mrs. Levi N. Clark.

E. Le Verne Kilpatrick was in Norwich, Thursday.

Samuel T. Cooper of Moosup, Mr. and Mrs. Charles H. Newton and Mrs. Emma Mott of New London, were the Sunday guests of Mr. and Mrs. Levi N. Clark.

When a married man is caught red-handed in a flirtation it is up to his wife to snatch him baldheaded.

REMARKABLE PHOSPHATE MAKES THIN PEOPLE FAT

Specialist Tests French Discovery — One Patient Gains 23 lbs., Another 27 lbs.

Nothing Like Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

New York.—The organic phosphate discovered by Prof. Pelouz, the famous French scientist, concerning which so many astounding reports have been published, has again won high recognition in medical circles. At an annual meeting of the New Hampshire Medical Society the report on two rather striking cases showed one patient to have gained 23 pounds and another 27 pounds in weight after a few weeks' use of this substance. Both claimed they have not felt so well and strong for years. These clinical tests, with many other similar ones, have led authorities to the definite conclusion that this organic phosphate when taken into the human system is actually converted into healthy body tissue.

Moreover, the real benefits derived from its use are not confined to the mere increase in weight of thin people. Being an efficient and harmless nerve food which supplies the essential life-giving phosphorus directly to the brain and nervous system, it commends itself to all men and women who are irritable, restless, nervous; those who tire easily or lack vim and vigor; men and women who have faulty memory, sleepless nights, fits of depression, the "blues," or any ailment directly or indirectly due to depleted nervous vitality.

Physicians and hospitals everywhere recognize its merits by its use in ever increasing quantities, and it is therefore a matter of more than ordinary interest to all such sufferers to learn that this organic nerve building substance is now obtainable from Lee & Osgood and most all good druggists in the form of 5-grain tablets of pure bitro-phosphate at a cost so low as to be within the reach of everyone.

One of these tablets should be taken with each meal and the results in many instances are little short of marvelous. Before beginning to take it, weigh yourself, also test your strength to see how far you can walk without tiring—then after two weeks or so see how much you have gained in weight and how your strength has increased. Note, too, if you do not feel more buoyant, have better color, a better appetite, stronger nerves and increased vigor and energy.

As there are a great variety of so-called phosphates, care should be exercised to procure the genuine, standard bitro-phosphate, which is composed wholly of the original organic phosphate discovered by Pelouz.