ANSWERS TO HEALTH QUERIES BY TIMES READERS

Prepared by DR. LEONARD K. HIRSCHBERG.

Q.—I have a weak place in my left side just along the edge of my ribs. It only used to hurt once in a while, but now it is a dull pain all the time. I also suffer with pain along the spine and between my shoulders. Can you tell me of a remedy?

A.—Drink alternately distilled water and a pure carbonated water—three quarts daily, also olive oil. Eat fats, unseasoned greases, green vegetables without much starch, whey, fresh fruits, cereals, buttermilk, and take a Bulgaria tablet after meals. Avoid tea, coffee, seasoned foods, solid foods, constipation and inactivity. Take ox bile or ox gall, from five to ten grains after meals. Exercise several hours daily.

K. A. B.—Q. What is the cause of short breathing, especially after meals? I get tired very easily. Please advise a remedy.

A.—Eat in smaller quantities at shorter intervals. Take no excitement, obtain lots of rest and sleep and keep the bowels very active. Eat no nuts, pepper, salt, and other condiments. Avoid hot dishes. Do not overexert yourself and take fifteen drops of a saturated solution of iodide of potash in water after meals. Increase one drop at a time until you are taking fifty drops, then go down again to fifteen drops and up several times. Drink three quarts of distilled water daily, also lots of fresh mik. Take a Bugaria tablet with your meals.

C. F. L.—Q. 1. Can you advise a remedy for granulated throat? 2. What shall I do for a severe case of constipation?

A.—1. Use one teaspoonful of compound tincture of benzoin in a cup of hot water as a gargle every three hours. 2. Eat more green vegetables, oranges, apples, dates, figs, prunes, currants, salads, celery, fish, poultry, oatmeal, shredded wheat, cereals, spinach, carrots, and cabbage. Drink three quarts of distilled water daily—two glasses half an hour before each meal. Take one teaspoonfull of milk of magnesia before meals, and six charcoal tablets after. Be in the fresh air and take lots of active exercise.

J. A. N.—Q. Will you publish an article on brain protrusion stating the difference from other forms of insanity and how best treated?

A. Brain protrusion or "hernia" of the brain is not associated with insanity.

M. S.—Q. Is there any way to prevent boys from biting their nails?

A. Apply quinine to the finger tips.

G. P.—Q. (1) What will make the eyelashes grow? Will cutting them help their growth? (2) What will remove a little mustache?

A. (1) You should not cut the eyelashes, as it will cause the hair to grow in stiff and stubby. White vaseline applied to them will promote the growth.

(2) The following depilatory may be used to remove the mustache. It is applied once or twice a week and allowed to remain on for about ten minutes. In using this make a paste with water:

Calcium sulphide	2 parts
Starch	1 part
Zinc oxide	1 part

W. B. M.—I. I have suffered from nervous debility for years. Exercise, bathing, and dieting have helped me somewhat. Kindly advise a remedy? 2. What is good for a tender scalp with dandruff?

1. A great many things are called "nervous debility." I accept no ready-made diagnosis. If the following does not help you, you must describe your symptoms in detail: Obtain more sleep, work outdoors on a farm or in the country if possible. Use electrical treatment, and take one-half grain of suprarenal extract each morning and afternoon. 2. Dandruff will be eliminated with one dram each of acetic acid and sulphur to two ounces of red vaseline, used three times a week. Massage the scalp gently and loosen it with the tips of the fingers.

B. F. C.—Is it possible to correct an up-tilted nose by surgical means?

All sorts of noses can be made into different shapes by skillful surgeons. A nose specialist can correct the condition of your nose without touching the skin, the operation being done on the inside.

Miss R. R. R.—Q. I have read your advice to persons wishing to increase weight and find that you advise eating fats, olive oil, butter, cream, and sweets. I have tried all these foods, but am unable to eat very much greasy food or pastries, my body breaking out when doing so. What shall I eat to increase weight if not these?

A. These foods if eaten in smaller quantities will not affect you in such a way. Take a wineglass of olive oil with your meals, and 10 grains of bismuth after your meals. Eat more green vegetables, spinach, carrots, fresh fruits, cereals, and drink fresh milk, buttermilk, and lots of cream. Obtain more rest during the day and more sleep at night.

J. S.—Q. I have been troubled with scaly skin and large red spots spreading over my body. What shall I do?

A. Eat bread, fresh fruits, stewed fruits, cereals, potatoes, salads, crackers, jelly, and drink milk. Avoid meats, nuts, peas, beans, and eggs. Remove the scales with hot water in which a little soda has been put and apply 40 per cent chrysarobin and drink three quarts of distilled water daily, also a wineglassful of olive oil at each meal.

T. H.—How can warts be removed from the face? 2. What is good for pimples?

1. With a sterilized needle, and very quickly by a doctor. 2. Avoid all greasy, oily and hot foods, sweets, pastries, candies, pickles and sour things. Massage the skin clear with a Turkish towel and ice cold water. Do not use soap or hot water on your face, but wash with salicyclic acid, one part; tartaric acid, two parts; acetic acid, five parts; glycerine, 20 parts; kaolin, thirty parts; rosewater, seventy-five parts. Apply at night sulphur, half ounce; spirits of camphor, fifteen drops; resorcin, ten grains; ocacia, one ounce; rosewater, one ounce; lime water, two ounces.

B. D.—1. What will make the white of my eyes clear? They have a muddy appearance. 2. How can I make my eyelashes and eyebrows grow?

1. Eat more green vegetables, fresh fruits, cereals, oatmeal, spinach, cabbage, and drink three quarts of water daily. Have your bowels move regularly twice a day.

2. Massage your eyebrows each night with this preparation:

Vaseline	2 ounces
Tincture of cantharides	1-8 ounce
Oil of lavender	15 drops
Oil of rosemary	15 drops

The eyelashes may be made to grow if clipped once a month. This should be carefully done, however, or they will become coarse. It is best to have some one clip them for you. Each hair that appears bent, split or out of condition is clipped at the end.

Constant—Q. 1. What is good for a red nose?

2. What is good for red hands?

A. 1. Avoid all pepper, mustard, and condiments, and all seasoned and hot foods. No soap should be used on the face or nose. Bathe the nose with peroxide.

2. Massage the hands with cornmeal flour and wear cotton gloves to work in. Do not let them stay in water any longer than absolutely necessary.

E. W.—Q. (1) Will you please tell me what to do for gas in my stomach?

(2) I am nervous and cannot sleep. Will you give me some advice?

A. (1) Eat figs, apples, oranges, oatmeal, cereals, and drink two glasses of water one-half hour before each meal. Take seven grains of oxide of magnesia before meals, and six charcoal tablets after them.

(2)—Sleep on a lower pillow, drink fresh, pure, unmedicated cod liver oil, eat eggs, cranberries, apples, maple sugar, celery and drink milk.

M. M. M.—What shall I do for hives? Your hives are more than likely caused by something in your diet that does not agree with you. Each portion must be thoroughly tested and the disturbing one eliminated.

G. W. C.—Q. What is a cure for specks always before the eyes?

A. Bathe the eyes in boracic acid water, and have them examined by an eye specialist.

O. E.—Q. Will you kindly advise a means of strengthening weak eyes without the aid of glasses?

A. There is no such thing. It cannot be done without correct lenses.

D. R.—Q. Is a goitre curable? What is the best treatment for it? My daughter has one on her neck.

A. The best treatment is to leave it alone and forget she has it. Almost all young women have small goitres. They do no harm usually.

C. R. H.—I have had trouble with my eyes for the past four months. At first the lids became inflamed, then the sight began to fail and styes appeared. I had glasses fitted, but my eyes are still weak and lids inflamed. I am nervous and do not sleep. What can I do?

Apply six grains of ammoniated mercury to one-half dram vaseline to the lids, bathe the eyes three times a day in a warm boracic acid water solution, and apply white precipitate ointment to the styes when they first appear. You must have your eyes re-examined by a competent eye specialist.

W. C. T. U.—Is there anything that will reduce a nursing mother's weight without injury to her baby?

Unless you wish to kill your child, you must dismiss the idea for a year or two.

George—Can you tell me something that will relieve a headache? I work in an engine room and have one every day. I also have a cough.

Stop in at a hospital and have a correct diagnosis made. In the meanwhile eat more green vegetables, fresh fruits, cereals, salads, fish and poultry, and drink three quarts of distilled water daily, also take olive oil. Take 7 grains of oxide of magnesia before meals and 6 charcoal tablets after. Whenever you have a headache, take half a teaspoonful of aromatic spirits of ammonia in half a glass of water.

E. M. B.—I am tired all the time, my bones and joints ache, my feet are sore and are very painful. I sleep in a well ventilated room and get plenty of exercise. What anall I do?

You should have more rest during the day and more sleep at night. Massage your stiff joints and apply an electric battery three times a day to the painful parts. Massage your feet upward each night with alcohol. Wear soft shoes and do not walk so much. Eat more green vegetables, fresh fruits, cereals, and drink three quarts of distilled water daily; also olive oil, a wineglassful before each meal.

Miss D. A. B.—How can I remove little white hairs from the side of my face?

The following depilatory should be applied once a week to the skin and allowed to remain on for ten minutes. In using this make a paste with water. Any druggist will mix it for you:

Calcium sulphide	2 parts
Starch	1 part
Zinc oxide	1 part

E. J. R.—Is turpentine in any way injurious when taken internally—say ten or twelve drops on sugar? It has been recommended to me for chronic stomach trouble. It is said to be injurious to the kidneys. Is that true? I have suffered with stomach trouble accompanied with a highly nervous condition for years. Can you suggest anything?

Turpentine will not help your stomach trouble. It is a powerful poison, and injurious to the kidneys, stomach, and other structures. You should avoid excitement, obtain lots of rest and sleep, keep the bowels active. Eat no meats, peas, nuts, beans or solid food. Avoid hot dishes, salt, pepper, and other condiments. Do not over-exert yourself, and take fifteen drops of a saturated solution of iodide of potash in water after meals. Increase one drop at a time until you are taking fifty drops, then go down to fifteen drops and up again several times. Drink three quarts of distilled water daily, lots of fresh milk, and take a Bulgaria tablet with your meals.

A Reader—1. It has been stated that Dr. Ambialet has found that if the ordinary coltsfoot or butternut is mixed with tobacco, the harmful effects of the latter are entirely eliminated. Can you advise what proportion of each, coltsfoot and tobacco to use? 2. Where can coltsfoot be obtained? 3. What is coltsfoot used for?

1. Dr. Ambialet says, use enough of each to make a paste.

2. You may obtain this from the Agriculture Department of the Government and from some drug stores.

3. It is used as a medicine to quiet coughs.

G. W.—What causes an excess of saliva to accumulate in the mouth while sleeping?

Over-eating, liquor drinking and the use of tobacco will cause such conditions. Take five drops of tincture of belladonna in water every four hours until your mouth becomes dry and then discontinue.

M. J. L.—Is there a cure for enlarged toe joints? They are not very large, yet they swell and get sore. The big toes also itch.

Apply each night to the toes, resorcin, 1 dram; ichthyol, 1 dram; tannic acid, 1 dram; rose water, 1 ounce.

H. Kowsky—What foods should be eaten in order to strengthen the nails, teeth and hair?

Eat plenty of green vegetables, sweets, fatty and greasy foods, pastries, oils, oatmeal, fresh fruits, and stewed fruits, drink lots of cream, fresh milk, butter and two quarts of water daily. Retire early and obtain ten hours sleep out of the twenty-four.

J. L. W.—What will make my hair grow thicker? It is very oily.

Two drams of glycerine to one ounce of white vaseline, applied at night, will improve this condition.

Anxious Reader of The Times—I have "catarrh" of the stomach, bronchitis and nervous indigestion. Can you help me?

Your symptoms are so confusing and there is a possibility that you might have tuberculosis with them. Go to a hospital and have a correct diagnosis made.

R. J.—I have a burning feeling in the pit of my stomach with dull pains in the small of my back, also twitching pains in my ankles. I am seventy-four years of age. Can I get relief?

Stop eating heavy, solid foods. Live on fruit, sweets, milk, green vegetables with lots of fresh water to drink. Sleep ten hours a day. Do as little walking as possible. Take two glassfuls of water half an hour before meals with a lithia tablet in each one.

P. Endicott—My tongue is constantly coated; my throat is very dry, and I have a dull headache every afternoon. I have persistent constipation and a feeling of drowsiness and lassitude, especially in the afternoon. I get tired with least physical exertion. I am thirty-four years old. What would you advise?

Take seven grains of oxide of magnesia before meals and charcoal after eating. Wear an abdominal bandage. Never eat large meals, or highly seasoned foods.

H. H. H.—1. My ear feels as if there was a film across the inside, so that the sound waves are interrupted giving sound afar. Could this have been caused by diving, three months ago? 2. How can water be removed from the ear? 3. What would you suggest me to do?

1. Yes.

2. By means of an ear syringe; but there is no water there.

3. Go at once to an ear and throat specialist.

W. W. B.—I have had a tired feeling in my limbs for the last few months. At times my hands go to sleep and it takes a minute or so for the blood to flow into them. What shall I do?

This is often caused by high blood pressure, over exertion, loss of sleep, constipation. Take more rest in the afternoon and go to bed earlier. Keeping the hands in water will also cause it.

M. T. B.—1. What is a remedy for nits in the hair? 2. Also please tell a cure for hang nails?

1. Wash the hair in acetic acid and then brush thoroughly; repeat this several times.

2. They should be cut with a sterilized file or scissors. If the cuticle is pressed down instead of cut, the hang nails will not occur.

G. M.—Is belladonna injurious to the eyes when administered by a physician? My eyes are a light gray, and I wish to make them dark by enlarging the pupils. How long would the pupils remain expanded?

A few drops of atrophine dropped into the eye keeps the pupils dilated for ten days. This is a strong poison, in many cases dangerous to eyesight, especially if dark glasses are not worn. Take iron internally and wear black clothing and hat. The reflection of these into the pupils will make them look darker.

F. Willingham—I am a reformed smoker. The nicotine in my system still shortens my breath; can you recommend something to relieve me?

Take one-sixtieth of a grain of sulphate of strychnine every four hours. Be very careful to keep this out of the reach of others.

K. H. C.—What is a cure for a burning sensation of the face and body.

Apply this lotion to the burning parts: Calamine, 2½ drams; zinc oxide, 2 drams; glycerine, 2 drams; phenol, ½ dram; lime water, rose water enough to make 3 ounces.

W. E. H.—1. What is the best kind of tooth paste or powder to use? 2. What is a good blood purifier? 3. Is water beneficial to the hair? How often should the hair be washed?

1. Any chlorate of potash tooth paste or powder is good. 2. Plenty of fresh air, good water, green vegetables, milk, cream, lots of sunlight, and ten hours of sleep. 3. Not unless it is distilled. About once a month is all that is necessary.

Anxious—I have tried to wear a tight bandage to reduce my bust, but it doesn't seem to do any good. Is there anything else that will reduce the bust besides dieting?

If you will persist in wearing the bandage your bust in time will be reduced. That, besides dieting, is the only natural way of reducing the bust.

W. E. F.—I have had vertigo spells for about five years. Nothing seems to help me. What do you advise?

Take fifteen grains of perhydrol of magnesia, whenever you have these attacks.

F. A.—I have lost both my taste and smell. What is the cause and what will restore both to me?

A "cold," or some infection, has done this. Your taste is not lost, it is only the smell. Electric treatment will restore it slowly.

S. Greenberg—I am troubled with a continual ringing in my ears.

Your throat and nose need widening and some slight operations, besides the application of heat in the form of high frequency electricity directly to the ringing noises in the middle ear.

Washington, D. C.—1. Can you give me remedy for belching which comes shortly after eating? 2. What are the causes of sharp shooting pains of a few seconds duration through the pulses of the wrists and through the entire body? I also have a heavy feeling directly over the heart upon lying down. Can you help me?

1. You should avoid rapid eating, over eating, and solid foods. When you have these spells, take a half teaspoonful of oil of spearmint in water.

2. These pains are caused by emotional excitement, over-exertion, or some internal disorder, just what, a physical examination will disclose.

K. K.—1. Occasionally little yellow specks, the size of a flaxseed will come from my tonsils. Can you tell me what this is? Can I have my tonsils removed without going to a hospital or without taking ether? 2. Is pure cod liver oil good for weak lungs? 3. Is Epsom salts good for an elderly lady who suffers with constipation?

A.—1. These yellow specks are particles of food and germs which gather in the canal of the tonsils, which means that the tonsils should be removed. They can be removed at home without an anesthetic. 2. Cod liver oil is a food, good for building all tissues. 3. Epsom salts may help, but it is better for all to use natural methods to prevent constipation. She should eat more green vegetables, cabbage, carrots, spinach, oranges, apples, dates, figs, prunes, currants, salads, clear soups, celery, fish, poultry, bran bread, ginger bread, and drink three quarts of distilled water daily—two glasses one-half hour before each meal. Have her take one teaspoonful of milk of magnesia before meals and six charcoal tablets after. She should get lots of active exercise and plenty of sleep.

B. S. H.—1 Is there any cure for bunions? 2. Is olive oil likely to cause hair to grow when massaged into the face?

1. The only permanent cure for a bunion is to have it removed by a surgeon.

2. No, it will not cause hair to grow.

A. S. C.—The formula you did not understand will be clearer if read as follows: Swallow one, two, or three tablets every four hours of 1-200 or 1-400 grain each. (That is, each tablet contains 1-200 of 1-400 grain) of strychnine of sulphate.

Miss S. B. L.—Is it safe to use —— for the skin? I have a miserable complexion. What will cleanse my skin, —?

The remedy you mention will not benefit the skin in any way. Avoid all sweets, starches, pastries, candies, greasy, oily and hot food and sour things, and keep the intestines active. Do not use hot water on your face, but wash with salicylic acid, 1 part; tartaric acid, 2 parts; acetic acid, 5 parts; glycerine, 20 parts; kaolin, 30 parts; rose water, 75 parts. Rub in well at night sulphur and glycerine, each 1 dram. Benzoated lard, 1 ounce with rose oil. Each morning apply to the enlarged pores, lily of the valley water, 6 ounces; tincture of benzoin, 1 dram; quince seed juice, 1 ounce.

F. B.—I am growing deaf. I have had my tonsils removed, but see no improvement. Could there be a growth of any kind causing my deafness?

It is not a growth causing this, but some trouble in the eustachian tube which should be looked after.

A Reader—Q.—1. Can you give me a cure for boils? 2. Also a cure for acne? 3. Is soap injurious to the face?

A.—1. Apply white precipitate ointment to the boils. 2. Apply ichtyhol, resorcin, 15 grains; lanilin, 5 drams; distilled water, 2 ounces. Use the x-ray or white precipitate ointment. 3. No; it is very good.

K. L.—Q.—1. What can be done for a boy, seven years old, who takes cold often and is troubled with nasal secretion? 2. Is Bright's disease curable?

A.—1. Give him five grains of citrate of soda and hexamethylenamine in a glassful of water every four hours. Rub into the nostrils 6 grains, white vaseline ½ ounce. 2. Some forms cure themselves.

T. A. M.—Q.—If I go for a short walk my breathing becomes shorter and shorter, until I almost collapse. When I lie down my breathing becomes worse, and about 2 o'clock in the morning I have to get up and inhale a little saltpetre, which relieves me. Is saltpetre harmless? Do you think I am curable?

A.—Yes, you are curable. Saltpetre is harmless as an inhalation. You should take five drops of tincture of belladonna in water, under a doctor's direction.

An anxious Waiter. 1. What is good for a greasy shiny face? 2. What causes dark sacks under the eyes? 3. What can one do to get red cheeks?

1. Avoid all greasy, hot and oily foods, sweets, pastries and highly seasoned foods. Live on a plain diet with plenty of rest and sleep. Massage the fac each night with peroxide and glycerine. 2. Worry, late hours, loss of sleep and constipation all cause these. You must live a more quiet life with no excitement. 3. Eat plenty of green vegetables, fresh fruits, cereals, salads, lots of fresh milk, distilled water, butter, cream, olive oil, and lots of exercise. Be in the fresh air as much as possible and retire two hours earlier than usual. Have your room well ventilated and eat a lunch of crackers and milk just before retiring.

A Schoolgirl—Q.—I am in the habit of blushing as soon as any one speaks to me, or when the teacher calls on me in school. Some say it is self-consciousness. How can it be stopped?

A.—You should not think about yourself, but think more of other people. Go out with a crowd of people and be happy and jolly and do not think about yourself.

Belgian Relief Bureau Under Amereican Flag

Under the direction of the American minister, Brand Whitlock, the Commission for Relief in Belgium has completed an organization by which all relief supplies are kept under the protection of the American flag from the time they cross the Belgian border until they reach the communes for which they are intended.

Under this new agency the American office in Brussels will be able to keep track of every cargo of supplies and to superintend the details of local distribution. This work must be performed by Americans and under the Stars and Stripes, because of a demand to that effect by the German authorities now in Belgium.

Business Houses Urged To Install Dental Clinics

The care of teeth and mouth as means of preserving the health and improving the efficiency of employes in large commercial houses was discussed at the banquet of the District Dental Society last night in the Ebbitt. A national movement to educate employers of large numbers to install dental clinics in connection with their business was approved by speakers.

Bowery's "Sweet Singer" Falls Dead at Piano

NEW YORK, Feb. 28.—"Smiling Joe" Sullivan, an English remittance man, for fourteen years known as "the sweetest singer on the Bowery," fell dead across the keys of a piano in a Bowery saloon.

Other Bowery habitues are raising a fund of nickels and dimes to save him from the potter's field. Beyond the fact that he received regular monthly remittances, and that his name was assumed, his history was a mystery.

FRANKLIN & CO.

Opticians

Have Removed to Their Own Building

—AT—

1329 F STREET

O'Donnell's Drug Stores

Are Drug Stores That Have What You Want

More Than That—They Are Drug Stores That Have Many New Things You Will Want the Minute You See Their Convenience and Economy.

SPECIAL CUT PRICES

Prevail All Day Every Day at Both of Our Stores Which Are Conveniently Located Down Town.

904 F St. N. W. TELEPHONE MAIN 5704. **13th and G Sts. N. W.** TELEPHONE MAIN 7726.

Monday and Tuesday DRUG BARGAINS

25c Absorbent Cotton **19c**

Here's a "first aid to the injured" that every household and automobile kit should contain. It's a chance to practice "Safety First" and save 6c.

Essence of Peppermint, 2 ounces	12c
Turpentine, Pint	10c
Denatured Alcohol, pint ... Gallon, 50c	10c
Epsom Salts, pound	5c
20-Mule-Team Borax, in the original 1-lb box	9c
Sal-Ammoniac, 1-lb., enough for 4 batteries	10c
Linseed Oil, pint bottle	10c
Compound Licorice Powder, 1-lb box	25c
Aromatic Fluid Extract Cascara Sagrada, 4-oz. bottle	25c
Liquid Soda Mint, for sick, sour stomach, pint bottle	15c
Russian White Mineral Oil, For Constipation	
Pint Bottles	50c
Quart Cans	90c
Sedlitz Powders, always fresh, put up in air-tight tin boxes	15c

Dye your Straw Hats with Colorite. We have it in all colors 19c

YOUR SHAVING COMFORT

¶Most men shave "on the run."
¶More time given to shaving, or in "getting ready," soon discloses many hitherto unrealized joys of shaving one's self.
¶Early morning shaving is considered best for the face, because the flesh and skin have had a chance to relax and get in a normal condition during the night.
¶The face should be carefully washed and wiped dry before the first lather is applied.
¶Work in the lather with the brush, or a rubber beard softener, and not the fingers. Then use the razor.
¶A razor never "pulls" a beard that has been properly prepared.

AIDS FOR THE MAN WHO SHAVES HIMSELF

Shaving Soaps

Colgate's Shaving Stick	20c
Colgate's Shaving Soap	5c
Cuticura Shaving Stick	29c
Resinol Shaving Stick	18c
Williams' Barber Bar	5c
1 lb. (6 cakes)	27c
Williams' Luxury Cake	19c
D. & R. Shaving Stick	18c

Shaving Powders

Colgate's Shaving Powder	20c
Williams' Shaving Powder	18c
Rexall Shaving Powder	19c

Razor Strops

Double Strops Russia Pig Skin and Horse Hide	49c, 69c, and 89c
Meehan's Safety Stroppers, $2.00 value	69c

Gillette Blades

1 dozen	75c
Half dozen	39c

Ever Ready Blades

Half dozen	25c
1 dozen	49c

Mark Cross Blades

3 for	10c

Safety Razors

$5.00 Gillette Safety Razors	$3.69
$1.00 Gem Junior	69c
$1.00 Ever Ready	69c
Durham Duplex Domino	$1.00
25c Mark Cross	19c
35c Durham Demonstrator	27c

Shaving Aids

Beard Softener	19c
Shaving Mugs	25c up
Styptic Pencils	5c
Bay Rum, pint	39c
Witch Hazel, pint	15c
Peroxide	10c and 19c
Benzoin Cream	21c
Rexall Shaving Lotion	25c
Lather Brushes	25c up

Shaving Creams

Berset Shaving Cream	18c
Colgate's Shaving Cream	20c
Johnson's Shaving Cream	17c
Rexall Shaving Cream	19c

Talcum Powders

Mennen's Talcum Powder	12c
Williams' Talcum Powder	12c
Revere's Violet Talcum Powder	18c
Squibb's Talcum Powder	14c
Colgate's Talcum Powder	15c
Rexall Violet Talcum Powder	15c
Babcock's Corylopsis Powder	13c
Violet Dulc Talcum	25c

Better than the imported.

Candy Specials

Seashore Pebbles are Delicious

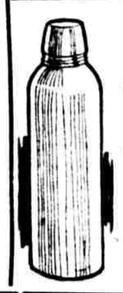
Pure candy, filled with nuts. Flavor is scrumptuous, and we know you'll like them. Pound **29c**

Maxixe Chocolate Covered Cherries. Pound box **29c**

Delatour Chocolates, equal to any 60c candy. Our price **32c**

High-grade Chocolates, in bulk; large assortment. 40c quality. Pound **29c**

Sunshine Chocolate Hydrox, very delicious, lb 32c



COLORIS

Vacuum Bottle Will Keep Things Hot 24 Hours

Will Keep Them Cold 72 Hours

Pint Size, $1.19

Quart Size, $2.19

"77"

For Grip, Influenza, Coughs, Sore Throat

COLDS

"Seventy-seven" for Colds and Grip is carefully prepared from a prescription of

Frederick Humphrey's, M. D.

Late Professor of Institutes of Homeopathy, Pathology, and Medical Practice in the Homeopathic Medical College of Pennsylvania, at Philadelphia, author of "Dysentery and its Treatment," "Cholera and its Treatment," etc., etc., etc.

"Seventy-seven" is a dependable remedy for Colds and Grip, pleasant to take, handy to carry, fits the vest pocket.

25c and $1.00, at all druggists or mailed.

Humphrey's Homeo. Medicine Co., 156 William Street, New York.

FITS

A sample of my remedy has cured cases of falling Sickness, or Epilepsy. Prompt relief guaranteed. I PAY EXPRESSAGE on FREE TRIAL BOTTLE, if you cut out and RETURN advertisement. Sworn statements and hundreds of testimonials on file. Give AGE and FULL PARTICULARS.

DR. F. HARVEY ROOF, Dept. 1344, Station N, New York.

Patent Remedies

25c Pape's Cold Compound	15c
25c Druid Oil	15c
25c Sloan's Liniment	15c
25c Dioxogen	14c
50c Fairchild's Essence Pepsin	35c
50c Resinol Ointment	33c
25c Stuart's Charcoal Tablets	17c
50c Baume Analgesique	38c
25c Pierce's Pellets	15c
$1.00 Pertussin	71c
$1.00 Russel's Emulsion	71c
$1.00 Liquid Peptonoids	73c
$1.25 Liquid Peptonoids, with creosote	$1.00
25c Nelson's Hair Dressing	16c
25c Shac (Stearn's H. A. Wafers)	15c
25c Zymole Trokeys	15c
$1.00 Dr. Bliss' Native Herbs	69c
50c Listerine	31c
50c Sal Hepatica	31c
50c Danderine	31c
50c California Syrup Figs	31c
50c Phillip's Milk Magnesia	33c
50c Rexall Kidney Remedy	39c
50c Rexall Liver Salts	39c
25c Bromo Seltzer	17c
50c Bromo Seltzer	31c

CUT PRICES ON

Toilet Preparations

AND ALL BRANDS YOU KNOW BEST.

50c Pompeian Massage Cream	39c
25c D. & L. Cold Cream	16c
50c D. & L. Cold Cream	37c
25c Nadinola Cream	19c
50c Stillman's Freckle Cream	41c
25c Pebeco Tooth Paste	21c
25c Sozodont Tooth Paste, Powder, or Liquid	17c
25c Rubifoam	17c
25c Peroxide Cream	19c
25c Rooks Face Powder Leaves	13c
25c Espey's Cream	15c
25c Arnica Cream	17c
25c Mint	16c
25c Odorono	18c
25c Bathasweet	15c
10c Jergen's Violet Glycerine Soap, 2 for	19c
10c Physicians and Surgeons' Soap, 2 for	11c
25c Packer's Tar Soap	14c

Clinical Thermometers

The kind that usually sell on $1.00. Sale price **49c**

Eye Cups, usually sold for 10c and 15c, cut to **5c**

Crutches fitted with rubber tips, pair **$1.00**

If You Need a Spring Tonic Try

Rexall Sarsaparilla

It will make your blood richer and purer, your nerves stronger, your eyes brighter, your complexion better. $1.00 bottle **65c**

Get Rid of That Cough Now!

Too frequently the slight cough of today is the pneumonia of tomorrow.

Hall's Cherry Expectorant

Is the best cough insurance in the world. As a remedy for coughs, hoarseness, difficult breathing, etc., it is without a peer. It soothes and heals the inflamed throat and passages and restores the voice to its natural tone, all in a very short time.

Cures the most stubborn coughs. Try a bottle today.

25c and 50c

CIGARS and CIGARETTES

Your Favorite Brands at Cut Prices

MANUEL (Imperiales). Regular 2 for 25c goods. Cut price, 10c. Box of 25, $2.40. Each cigar wrapped in foil.

MANUEL (Perfectos and Panatellas). Regular 10c cigar. Cut to 7c. 4 for 25c. Box of 50, $3.00.

ROSSINI. A dandy 10c smoke. Cut to 7c. 4 for 25c. Box of 50, $3.00.

SPECIAL FIVE. A few left. 3 for 10c. Box of 50, $1.65. Box of 25, $2c.

LA ZIKORA. Another 10c smoke. Cut to 6 for 25c. Box of 50, $2.00.

R. G. SULLIVAN'S 7-20-4 (Londres and Perfectos). Famous 10c cigar. Cut to 7c. Box of 50, $3.25.

MANILA GIRL (Londres). A few left in boxes of 25. 7 for 25c. Box of 25, 85c.

GEN. WALCOTT (Invincibles). 5c cigar. Cut to 7 for 25c. Box of 50, $1.75.

BARRISTER (Puritanos Finos). Sold all over the city for 10c. Our price, 6c. Box of 50, $2.85.

CORTEZ (Boston Chico). Sold everywhere 3 for 25c. Our price, 8c. Box of 50, $2.00.

CORTEZ (Rothschild Special). A 10c size. Cut to 8c. Box of 50, $3.25.

HELOIS (Invincibles). Manila Goods. Cut to 7 for 25c. Box of 50, $1.75.

LA MATEA (Perf. Sub.) A 10c Porto Rican cigar. Cut to 5c. Box of 50, $2.45.

EL CAZOR CAZODORES. This is a dandy if you like a large cigar. Made to sell for 10c. Cut to 5c. Box of 50, $2.45.

PALVAREZ REGALIA SPECIALS. A high-grade 10c Porto Rican cigar. For this sale 5c. Box of 50, $2.45.

Cigarettes Reduced

	50 Pkg.	100 Pkg.
Pall Mall	90c	$1.80
Philip Morris	90c	$1.80
Benson Hedges	—	$1.90
Vafladis	—	$1.80
Melachrino No. 1	—	$2.25
Rameses II	85c	$1.65
Egyptian Deities	90c	$1.80
Egyptian Luxury	55c	$1.10
Melachrino No. 9, cork, plain, straw	55c	$1.10
Moguls	55c	$1.10
Murads	55c	$1.10
Naturals	50c	$1.00
Royal Nestor	50c	$1.00
Richmond Straight	32c	63c
Herbert Torreyton, in pearl shell box	—	$1.25