THIN PEOPLE NEED BITRO-PHOSPHATE

Increases Weight, Strength and Nerve Force in Two Weeks' Time in Many Instances

Take plain bitro-phosphate is the advice of these physicians to thin, delicate, nervous people who lack vim, energy and nerve force, and there seems to be ample proof of the efficacy of this preparation to warrant the recommendation. Moreover, if we judge from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitrophosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells

Georgia Hamilton, the wonderful "movie" girl, who was once thin and frail, says: "Bitro-Phosphate brought about the magic transformation. I gained 15 pounds and never before felt so well."

with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear, dull eyes ought to brighten and pale cheeks glow with the bloom of perfect health.

Physicians and hospitals everywhere are now recognizing its merits by its use in every increasing quantities. Frederick Kolle, M. D., editor of New York Physicians' "Who's Who," says: "Bitro-Phosphate should be prescribed by every doctor and used in every hospital to increase strength and nerve force and to enrich the blood."

Joseph D. Harrigan, Former Visiting Specialist to North Eastern Dispensatory, says: "Let those who are weak, thin, nervous, anaemic, or run-down, take a natural, unadulterated substance such as bitro-phosphate and you will soon see some astonishing results in the increase of nerve energy, strength of body and mind and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphate compound referred to in the National Standard Dispensatory as being a preparation which has recently acquired considerable reputation in the treatment of neurasthenia. The standard of excellence, strength and purity of its substance is beyond question, for every Bitro-Phosphate tablet is manufactured in strict accordance with the U. S. Pharmacapoeia test requirements. Bitro-Phosphate is therefore not a patent medicine and should not be confused with any of the secret nostrums, so-called tonics or widely advertised "cure-alls."

CAUTION:—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

SERATHOL IS FINE FOR INDIGESTION SAYS DR. PARRISH

Sufferers from stomach acidity, indigestion, flatulence, gastritis and ailments arising from hyper-acidity of the stomach should understand that the human stomach is a delicate and intricate piece of machinery; therefore extreme care should be exercised to guard against grave complications, ulcers and serious intestinal troubles.

Instead of dosing with patent medicines, unknown drugs or resorting to the starving treatment, go to your druggist and get about two ounces of ordinary serathol. There is nothing more effective in the treatment of those ailments and it can be obtained at very small cost.

Many a sufferer from these complaints has been agreeably surprised at the almost instantaneous relief and subsequent permanent benefit from its use. Serathol is a harmless and tasteless white powder, which neutralizes acid and stops food fermentation. In many cases of hyper-acidity a single dose produces almost magic effects.

Today's Health Hints

CONSTIPATION:—If people troubled with constipation would spend three to five minutes each day in taking a body bending exercise that employs the muscles of the abdomen and at night before retiring take a little purified toxiol, permanent and highly satisfactory results will soon follow. Drink plenty of fresh water, avoid strong purgatives and foods that have a constipating tendency and this simple plan cannot fail. The purified toxiol is inexpensive and can be obtained from any good druggist.—Advertisement.

Woman's Page

HE PICKS 'EM OUT OF THE SKY

Duffy Lewis, the famous outfielder for the New York Yanks, attempts to pick 'em off from below as Miss Helen Rosen, California beauty, drops baseballs from an airplane in the skies. Duffy is strong for the new way to keep in training during the winter months. The photo shows Miss Rosen receiving instructions from Lewis on how to drop the "pill" from the sky, prior to a flight.

LOVE and MARRIED LIFE

by the noted author Idah McGlone Gibson

A VISIT TO THE CLUB.

John's exclamation of "silly ass," which I was almost sure that Karl Shepard overheard, embarrassed me greatly.

I would not have blushed because Karl kissed my hands, because I felt that he was enthusiastically trying to tell me that he was glad that I had recovered enough to be among friends. But John's exclamation put an entirely different aspect upon the act, and I felt wave after wave of hot blood rush to my face.

I grew more and more embarrassed as it seemed to me the entire company who had gathered around me, and who of course, had seen the salutation, was trying to read the motive behind his somewhat unconventional method of expressing his joy in my recovery.

Karl seemed to realize that he had embarrassed me, for as soon as possible he withdrew to the outer edge of the little circle and it was with gratitude on my part that I realized he was paying me the greatest deference in effacing himself.

I really had longed in my heart to see this gay company again, and I think that unconsciously I had expected just the wonderful spontaneity of the welcome they were giving me. It warmed my heart. I could see that John was proud of me, although the frown was still upon his brow.

Complimented by Eddie.

But even John smiled when Eddie Milton edged his way through the group and said: "For the first time since I can remember, Mrs. Gordon, I wish I were younger than I am, and your kid brother!"

"You can play you're my kid brother, Eddie, if you want to," I said, and with that Eddie gave me a true schoolboy hug and a kiss that resounded through the piazza.

I looked at John in apprehension, but this did not seem to worry him at all. He knew as I did, that Eddie Milton's kiss was just a bit of boyish bravado in the way of showing his affection for me.

"Are you as old as that?" said a soft, insinuating voice in my ear.

"As old as what?" I asked quickly, for at first I did not recognize the voice, but turned to face Elizabeth Moreland.

"I think I'll begin to call you Aunt Katherine," she said, as though that were the answer to my question.

"Oh," I said with sudden understanding, "you recognize that Eddie kissed me as he would his mother."

"No, I didn't either," was Eddie's earnestly boyish remonstrance.

"Well, at least you kissed me as some one very near and dear to you," I said, "and I want you to know that I shall be very proud to be the mother of a boy like you, some day."

She's All Right."

"She's all right, Eddie," said John. "But she isn't so much older than you, boy, that I want you to make a practice of giving her a filial kiss."

I gave John a grateful look. He had risen to the occasion beautifully, but I just couldn't understand why he took Karl Shepard so seriously. Karl was his best friend until John married me but since then I could see that they had been growing steadily apart.

I had been standing quite a long while and I must have grown pale, for very unostentatiously a big easy chair was moved up behind me and as I sank into its depths I did not have to turn my head to know that it was Karl who had paid me the little attention.

"Some one mentioned dinner and John said, "Why, of course, we will stay to dinner."

"I don't believe I can, John," I whispered to him.

"Oh, yes you can, it will do you good."

I did not answer him, but I felt that I could not sit another moment among the merry throng.

The reaction had been overpowering and I just felt that I must get away from it all now.

As Well as Ever.

"Here, let me take you to the dressing room," he said. "With a little doling up you will be as well as ever."

"I couldn't walk to the dressing room to save my life, John," I insisted. "Won't you please take me home?"

"If I had known you were still an invalid I should not have brought you out here."

I closed my eyes to shut back the tears and Alice saved the day by coming up to say:

"I am sure that we are all tiring Katherine. John, we'll leave you while you help her into the car and take her home. Be sure, dear girl, that we'll all call upon you as soon as you will let us."

As Elizabeth Moreland left with the others I heard her say, and I am sure that John did, too:

"To think of John Gordon, of all men, being tied to an invalid!"

Tomorrow—An Uncomfortable Day.

BEAR OIL for HAIR

AN INDIAN'S SECRET

One of the potent ingredients of Kotalko—for the hair—is genuine bear oil. There are other active ingredients not found in any other hair preparation. Kotalko has succeeded in many cases of baldness, falling hair and dandruff when every other hair lotion or treatment has proved futile. $500 Guarantee. Amazing results in cases considered hopeless. You never saw a bald Indian!

Why become or remain bald if you can grow hair? If others have obtained a new growth or have conquered dandruff, or stopped falling hair through Kotalko, why not you? Get a box of KOTALKO at any busy drug store; or send 10 cents, silver or stamps, for BROCHURE with PROOF BOX of Kotalko to

J. H. Brittain, Inc., Station F, New York, N. Y.

Ogden and Salt Lake Musicians Go to Coast

SAN FRANCISCO, Feb. 5.—Closer affiliation of the various unions with each other was the principal consideration before the Pacific states conference of the American Federation of Musicians here today. Thirteen western states are represented in the convention, delegates being present from Ogden, Boise, Butte, Reno, Salt Lake and other points.

Why Pyramid?

Ask Any Druggist How Repeated Sales Have Made Pyramid the Recognized Treatment.

SEND FOR FREE TRIAL.

Mailed free in plain wrapper. It gives you relief. Get a 60-cent box

You Have No Idea How Wonderful Pyramid Is Until You Try It.

of Pyramid Pile Treatment of any druggist. Be relieved of itching, protruding piles, hemorrhoids and such rectal troubles. A single box has often been sufficient in one night. Send coupon for free trial. Take no substitute.

FREE SAMPLE COUPON

PYRAMID DRUG COMPANY,
583 Pyramid Bldg., Marshall, Mich.
Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper.

Name.....
Street.....
City.....State.....

D. AND R. G. WAREHOUSE IS DESTROYED BY FIRE

Fire which apparently started on the roof, caused complete destruction of the Denver & Rio Grande company warehouse, between the Southern Pacific tracks and Pacific avenue on Twenty-first street. Employes of the company estimated the loss at $10,000.

A switch engine crew first sent in word regarding the fire but even before the fire department had been notified, the flames had gained considerable headway. The firemen were successful in checking the flames until the books and records had been rescued from the office in the east end of the building.

It was reported that a large quantity of goods had been stored in the warehouse.

PIMPLY? WELL, DON'T BE

People Notice It. Drive Them Off with Dr. Edwards' Olive Tablets

A pimply face will not embarrass you much longer if you get a package of Dr. Edwards' Olive Tablets. The skin should begin to clear after you have taken the tablets a few nights.

Cleanse the blood, bowels and liver with Dr. Edwards' Olive Tablets, the successful substitute for calomel: there's no sickness or pain after taking them.

Dr. Edwards' Olive Tablets do that which calomel does, and just as effectively, but their action is gentle and safe instead of severe and irritating.

No one who takes Olive Tablets is ever cursed with a "dark brown taste," a bad breath, a dull, listless, "no good" feeling, constipation, torpid liver, bad disposition or pimply face.

Olive Tablets are a purely vegetable compound mixed with olive oil; you will know them by their olive color.

Dr. Edwards spent years among patients afflicted with liver and bowel complaints, and Olive Tablets are the immensely effective result. Take one or two nightly for a week. See how much better you feel and look. 10c and 25c.

MODERN LIGHTING

We have not by any means solved the problem of artificial lighting; but perhaps the indirect method is the best one we have hit upon so far. It may not be the most becoming sort of light, and in the living rooms lamps are placed on the tables doubtless prove most effective. But in a library or other room where an even light is needed the indirect sort is very good.

As yet the fixtures for this kind of light are rather expensive, but the woman who is clever about household tasks can make her own indirect lamp shade and thereby save a pretty penny. Almost any electric light fixture in the center of the ceiling can be used with such a shade and a local electrician can probably supply an inexpensive and at the same time attractive one for a small price. Have him put it in place and then take up the work yourself. You can buy a wicker shade frame sold expressly for indirect lighting at a price some place between $1.50 and $5, according to the size and quality your choose. Rajah silk is the kind sold for lining these wicker shades and this costs about $1.25 a yard. Two yards are ample for lining a shade thirty inches in diameter.

The size of the shade will determine the sort of lining to put in. The usual lining is shirred at the center and fulled very little around the edges. If the shade is circular in shape a long straight strip of cloth should be used. If the shade is hexagonal or octagonal in shape the silk must be cut into six or eight pieces in order to give the right shape along the outside. Once the silk is sewed in place, an opaque lining must be put in. White satin of a cheap quality will answer for this.

The shiny side of the satin should face upward toward the light so that this glazed surface will serve as reflector. If the shade is suspended several inches below the light, white glazed paper may be used for lining, but this must not be too near the lights, for fear of scorching.

The shade may be suspended from the bracket by silk cords or, if they look better, by dull gilt or silver ones. The shade should be near enough to the bracke to hide the bulbs used.

J. J. Brummitt, 2417 Hudson avenue, pays highest prices for Liberty bonds.

HELPFUL

When baking apples individually, them and fill spaces with chopped raisins or dates.

When the feet burn, bathe them daily with water in which there is a little bicarbonate of soda.

A wart may be removed without soreness by applications of oil of cinnamon three times a day.

Always fill a milk bottle with water the moment it is emptied; it is much easier to wash afterward.

Hard boiled eggs are good served sliced with boiled codfish. A little dry mustard may be sprinkled on the fish.

TONGUE SANDWICHES

Chop cold tongue very fine; pound in a mortar. Spread soft butter on one piece of bread, the meat of the tongue seasoned with parika and a little mustard on the other, press the two pieces together. Cut any shape desired.

CANDLES

Candles used for lighting the dinner table will not dry if placed on ice for two or three hours just before serving the meal.

TO HOLD RUGS

By sewing a small brass ring in each corner of the rug and slipping the ring over a tack, rugs can be kept down well, especially when the children are about.

SUB ROSA

Memories are precious things. When the age door closes many of the other avenues of approach to the outer world, the memory gate remains open, letting in a host of pleasant, happy thoughts. That is, it will if we take pains to store them away. We cannot get what isn't laid away for us. If we have stored the grudges, the sorrows, the misunderstandings which we have met with—and all of us do meet with these—we shall find our latter years beset with discontent and cynicism, and remembering, we shall grow bitter and unhappy. Isn't it better to try to put those behind us and remember only the days that shine?

Nor do we want to forget others in our memory thoughts. We are all helping others to store away their memories. What are we giving to them? Many a boy or girl has been saved from harm at some critical moment of temptation because of the flash of memory of home days and teachings. Many a friend has been helped over some rough spot in the road because of tender remembrance of some kindness shown. Many a home has been saved from disruption because of the memories which came trooping when discouragement or unfaith nearly caused their destruction. And the reverse is just as absolutely true.

What kind of memories are we giving others? What kind of memories are we storing away in our hearts? Let's build not only for the present but for the future, which will just as surely be ours by and by.

GOOD TO EAT

Select two spareribs of equal size and shape. Put between them enough liberty cabbage to make it round and shaped like a turkey; with a darning needle and cord sew the two sides together, covering the kraut. Arrange in a baking dish with enough water to cover the bottom of pan; bake in a moderate oven until the meat is thoroughly tender, basting frequently. Serve garnished with dressing seasoned with country sausage.

FROZEN DESSERT

Dissolve half a cup each of honey and "corn syrup" in a pint of boiling water and add the yellow pulp from one orange, and juice of one lemon, one mashed banana and one cup each of canned strawberries and pineapples (finely chopped). Cool and freeze slowly as for sherbet.

FADS

The colonial pump is the smart shoe of the season. Both flannel and challis are being used for blouses on tailored lines.

One model of the trouser skirt has ankles.

Oilcloth strappings and motifs and incorporated with embroidery and silk stitching on costumes of satin, broadcloth and velours.

Complete Equipment on Way for Cadets

Complete equipment for the Ogden high school cadets is now coming to Ogden from the coast, according to word received by school officials. Army shoes, spiral leggings, breeches, caps, rifles and other materials will be included in the material. Lieutenant Ronald Everly, U. S. A., is in direct charge of the cadets.

Oregon's Veteran Coach May Be Sent to Antwerp

PORTLAND, Ore., Feb. 5.—A request that William (Bill) Hayward, veteran trainer of the University of Oregon track teams, be taken to the Olympic games at Antwerp next summer as one of the coaches of the American track and field men, was made today by T. Morris Dunne of this city to the secretary of the amateur athletic union. Dunne has charge of choosing northwest candidates for the American team which will compete at Antwerp.

Because there never has been a trainer from the northwest taken to the Olympic games and because of Hayward's record in developing talent, Dunne said he expected the Oregon coach would be chosen.

VICTIM OF SHOOTING

CHICAGO—Dr. Robert S. Bentley was the victim of what is believed to be an accidental shooting affair that occurred in the doctor's office. William Gardner, an inventor, who did the shooting claims it was an accident. Above pictures are of Dr. Bentley and his wife.

The Quick and easy way to make Pancakes

No fuss—no muss! Just add an equal quantity of cold water and bake on a hot griddle.

ENCORE contains *everything* you need to make good pancakes. The quickest and easiest to make—and the most delicious!

Say "Encore" to your grocer—you'll come back for more.

SPERRY FLOUR CO.
U. S. A.

Ten mills and forty-four distributing points on the Pacific Coast.

ENCORE Pancake Flour

"A Sperry Product"

Republican Committee at Work on Program

WASHINGTON, Feb. 5.—The Republican committee of 171 settled down today to the task of drafting recommendations for the party's national program. The committee took up subjects considered as possible platform timber, including business rehabilitation, tariff changes readjustment of foreign and domestic commerce, postal reform and labor conditions.

Foreign relations were not included in the list the members saying they considered the question open until the senate had taken a final stand on the peace treaty.

Canadian Government May Take Over Rails

LONDON, Wednesday, Feb. 4.—Proposals by which the Canadian government would take over the Grand Trunk railway system, including lines that it controls in the United States, will be laid before stockholders of the company by Sir Alfred Smithers, chairman of the board, February 19. With his call for the meeting sent out today he issued a circular stating the directors advised acceptance of the proposals, which were in the form of an agreement approved by the Canadian parliament last October.

REPORT ON WHEAT BILL.

WASHINGTON, Feb. 5—A favorable report today on Senator Gronna's bill repealing the wartime measure under which the government controls wheat prices was ordered today by the senate agriculture committee.

When a school teacher gets as much pay as a policeman, there'll be less work for policemen.

The raisins are being massacred But occasionally, forming an alliance with a yeast cake, they get revenge.

BLACK STRAW TURBAN

Here is a spring mode in black straw of a fine, soft weave. It is trimmed with black satin cording, and a black pin thrust through the front. The hat rises to a peak in the front, in semi-military style, and is called a Bulgarian turban.

We'll have to agree with the Mexicans on one thing—Relations are an awful bore.

Emma Goldman will soon be certain that it is one thing to advocate Bolshevism and entirely another to get what she advocated.

Old Folks' Coughs

will be relieved promptly by Piso's. Stops throat tickle; relieves irritation. The remedy tested by more than fifty years of use is

PISO'S

Slade has moved to 432 Twenty-fifth Street.

RHEUMATIC PAIN

Rub It Right Out—Try This!

Rheumatism is "pain only."

Not one case in fifty requires internal treatment. Stop drugging! Rub the misery right away! Rub soothing, penetrating "St. Jacobs Oil" directly into the sore, stiff joints and muscles and relief comes instantly. "St. Jacobs Oil" conquers pain. It is a harmless rheumatism cure which never disappoints and does not blister.

Limber up! Quit complaining! Get a small trial bottle of old-time "St. Jacobs Oil" at any drug store and in just a moment you will be free from rheumatic pain, soreness and stiffness. Don't suffer! Relief and a cure awaits you. Get it! "St. Jacobs Oil" is just as good for sciatica, neuralgia, lumbago, backache, sprains and swellings.—Advertisement.