

### Iron Is Greatest of All Strength Builders, Says Doctor

A Secret of the Great Endurance and Power of Athlete

Ordinary Nuxated Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent. Stronger in Two Weeks' Time in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum, or narcotic drug, said Dr. Sauer, a well known Specialist who has studied widely both in this country and Europe, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. 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 get 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 form of reduced iron, iron acetate or tinctorial 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 any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter 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 ignominious defeat simply for the lack of iron.

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 ingredients is 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, weakness, nervous run-down conditions. The Manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100,000 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 by all druggists.

### Letter from Gotham

(From Our Regular Correspondent.)

Wilson and Railroad Strike. The efforts of the government mediators to settle the railroad controversy and avert a general strike, involving probably 800,000 men and over 200 railroads, having failed, President Wilson has taken a hand and will endeavor to prevent this calamity. Not only has Mr. Wilson been appealed to by business men and producers from all over the country, but he realizes that it is highly important to prevent a strike because it would be the climax to the long series of labor difficulties which have marked his administration. Regarding the president's request that they do not call a strike until they have conferred with him as a command, the labor leaders agreed to go to Washington for a conference before they took action. Those familiar with the situation gravely regret that the administration so long has at its command the services of Charles P. Neill, who was labor commissioner under Roosevelt and Taft and who had greater success in settling labor difficulties than any other man in the country, probably in the world.

Wilson versus Underwood.

President Wilson, writing to S. M. Hastings, of the Illinois Manufacturers' Association, on July 5, said, in part, "It ought to be possible by such means (the tariff commission created by the Kitchin bill) to make the question of adapting means to ends, of facilitating and helping business and employing to the utmost the resources of the country in a vast development of our business resources." When this statement was read on the floor of the House, Representative Kitchin emphatically denied that it could have been written by the president, and denounced it as straight Republican protection argument, but when shown the president's signature by Representative Longworth, Mr. Kitchin had nothing further to say. Representative Underwood, the author of the Democratic tariff bill, regards the proposed tariff board as purely a piece of protection machinery and has informed the Democratic caucus that he proposes vigorously to oppose its creation. He realizes that the only possible reason for having a tariff board is in order that it may determine the difference between the cost of production here and abroad, as a guide to Congress, that it may fix duties to equal that difference. As the Democratic party is opposed to protection, he can perceive no reason for the creation of a tariff board, unless it be simply a piece of political machinery, designed to steal a Republican issue, and Mr. Underwood is "on straight-forward to stand for that kind of politics. He believes in standing squarely on the Democratic platform which four years ago declared it to be "a fundamental principle of the Democratic party that the federal government, under the constitution, has no right or power to impose or collect tariff duties except for the purpose of revenue," and which this year reaffirms its belief in a tariff for revenue only.

More Militia to Border.

Much mystery attached to the ordering by President Wilson of an additional 25,000 national guardsmen to the Mexican border. The impression prevails that the administration know conditions in Mexico to be even more menacing than is generally realized, and suggestions that the Carranza regime is tottering and about to fall are again rife. The secretary of war has asserted that the ordering of more militiamen to the border at this time is wholly without significance, explaining that the order was due to the falling off of enlistments and "because the guard was not fully equipped." He further adds that the training the men will receive on the border will be highly beneficial. This explanation is, however, received with skepticism, for the reason that all who are well informed realize that the guardsmen could be far better trained in their respective camps, where they would not be subjected to an unaccustomed and almost tropical climate, that it is a serious menace to their health to send them to the border until they have had adequate training, both for the purpose of hardening them physically and of educating them in the proper methods of caring for themselves and protecting their health in the field. There is every reason to fear that terrible record of impaired constitutions, serious illnesses and even deaths will result from sending to the border practically 125,000 guardsmen, most of whom have had no adequate prior physical training, and it is regarded as inconceivable that the administration would have ordered an additional 25,000 men to the border unless compelled to do so by some undisclosed grave development.

Will Fight For Militia.

Senator Townsend, of Michigan, has announced his purpose to fight for the militiamen who in normal times are employed in the mail service. Many private institutions have announced that they will pay militiamen their regular salaries while they are on military duty, or will at least give them the difference between their regular salaries and the amount it may be necessary to pay substitutes to perform their regular duties, according to Senator Townsend. Not so, the postoffice department. In what the senator terms "a bluff at economy," but instead of employing temporary substitutes the postmaster general has appointed men to the permanent roll to fill the vacancies, thus putting himself in a position where he cannot, without an act of Congress, restore those serving with the national guard. Furthermore, the pay of substitutes is fixed by law at 40 cents an hour, while most of the regular employees received considerably higher compensation. Instead of seeking authority from Congress to pay the difference to the guardsmen—which authority would have been readily granted—Postmaster General Burleson is filling the vacancies with permanent men at 27 1/2 cents an hour and purposes, Mr. Townsend declares, to utilize the saving effected to making a showing of economy.

Democrats Extravagant.

Senator Taggart, of Indiana, the recently elected Democrat who will run for senator in Indiana again this fall, has taken occasion to lecture the Democratic party for its "gross extravagance," following in the footsteps of Representative Fitzgerald, the Democratic chairman of the house appropriations committee. "The power to tax is the power to destroy, and we do not want to destroy the people's earning power by over-taxation," said Mr. Taggart. "Instead of squandering money and passing pork-barrel bills would it not be better to cut out these useless expenditures? But if it be the fixed and determined purpose of Congress to go on yearly increasing these appropriations, would it not be better to turn them to things that would help the people instead of pouring money into sink-holes, never to return a cent upon the investment?" The senator declared that every senator and congressman would go bankrupt were he to manage his own affairs with the extravagance Congress is displaying in spending the people's money. Coming immediately on top of Governor Hughes' denunciation of Democratic extravagance, as well as the signing of the \$42,000,000 rivers and harbors "pork" bill by President Wilson, Senator Taggart's speech has occasioned the utmost indignation at Democratic headquarters and there is talk of leaving the senator to shift for himself in his efforts to obtain reelection in Indiana.

### WAR IS MAKING CITY OF BESRA WEALTHY

Arabs There under British Occupation Are Learning Ways of Luxury.

(Correspondence of Associated Press.)

BESRA, Mesopotamia, Aug. 15.—This frontier city and river port of Asiatic Turkey, has since its occupation by the British in the present war, enjoyed more prosperity than in twenty years under Turkish rule, says a British eye-witness account.

Besra is a green spot. It is like an oasis in a great desert. The date palms are festooned with vines which make a canopy, and fig trees and pomegranates with scarlet flowers, grow beneath. The very air seems to sweat, the weather is so warm. Strike a match and it will burn dully without a flicker as if the flame were choked.

Besra was never so rich as now; money is pouring in, trade is brisk, prices are high. Three banks have opened.

The Arabs of the city are learning luxurious ways; the four new theaters which have sprung up during the war barely meet their demand for entertainment. And they are no longer content with their simple diet of dates and kboez (a coarse bread), but purchase English soap and eat pineapples and salmon and biscuits and butter out of a tin.

The craft on the river are almost as hybrid and varied as the boatsmen and jetsam of the streets. Here is a wattle-roofed shanty hatched on some primeval barge, which is very possibly a lineal descendant of Noah's ark. Next to it is the latest device of monitor or gunboat. But amid all these ships there is one small vessel to which a British soldier will always take off his hat. She used to lie snugly against the steps under London bridge. For a penny she would take a passenger to Westminster or the Tower of London; and now, like other ships who are doing their part in the war, she has found her way to the Shatt-el-Arab under her own steam.

# NOW!

"Tomorrow never comes." Who loiters on the way must pay—and dearly. When we shirk our work we flirt with failure. The time to do is today.

The glory of our past achievements cast no golden halo around the doings of today, or the dreams of future here. What is to be remains to be accomplished. We must be up and doing or inactivity will be our undoing. Time is money—or money less—as we choose to make it. "Tomorrow never comes."

## Of Deep Interest To Home Lovers

DISPLAY OF ROOM SIZE RUGS.

The coming of autumn brings a call for new coverings in which every housewife harkens, and right now there are scores of housekeepers in this city who are contemplating purchases of new rugs.

Therefore our present complete showing of room-size rugs is of timely interest and we ask that you inspect the vast number of styles it offers before making your purchase.

Our assortment includes the newest patterns in Axminster, Body Brussels and Wilton Velvets in a good variety of patterns.

Prices are very reasonable.

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MAY, SEA ISLE CITY, OCEAN CITY, STONE HARBOR, WILDWOOD.  
AUGUST 10 and 24, SEPTEMBER 7.  
TICKETS GOOD RETURNING 10 DAYS  
Secure illustrated booklet giving full details from ticket agents, Baltimore and Ohio Railroad.

## Young's Headache Powders

For Headaches and Neuralgia

Especially recommended for Headaches accompanied by a nauseated condition of the stomach commonly known as "Sick Headache." They are safe and reliable, having been manufactured and sold during the past eighteen years and there has never been a single instance reported where harmful effects resulted from their use.

However, Headaches are only symptoms of other disorders and your physician should be consulted as to the cause, but in the meantime YOUNG'S HEADACHE POWDERS may be taken for immediate relief which is certain to follow. They contain no opiates. Sold by all dealers.

10c A PACKAGE

### HUSBAND OBJECTS TO OPERATION

Wife Cured by Lydia E. Pinkham's Vegetable Compound



Des Moines, Iowa.—"Four years ago I was very sick and my life was nearly spent. The doctors stated that I would never get well without an operation and that without it I would not live one year. My husband objected to any operation and got me some of Lydia E. Pinkham's Vegetable Compound. I took it and commenced to get better and am now well, am stout and able to do my own housework. I can recommend the Vegetable Compound to any woman who is sick and run down as a wonderful strength and health restorer. My husband says I would have been in my grave ere this if it had not been for your Vegetable Compound."—Mrs. BLANCHE JEFFERSON, 703 Lyon St., Des Moines, Iowa.

Before submitting to a surgical operation it is wise to try to build up the female system and cure its derangements with Lydia E. Pinkham's Vegetable Compound; it has saved many women from surgical operations.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential.

# COLUMBIA RECORDS

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THE new Columbia record catalog contains thousands of selections, musical and descriptive, conveniently arranged for ready reference.

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The classified section at the back enables you to find immediately any record of a particular class. If you want opera selections, look under the illustrated heading "OPERA", (alphabetically arranged) and the field of opera lies before you. In a like manner dances and popular songs, orchestral and band music—all records of a kind are before you at the moment you want to choose.

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### OLD GOLD JERSEYS WILL BE REPLACED

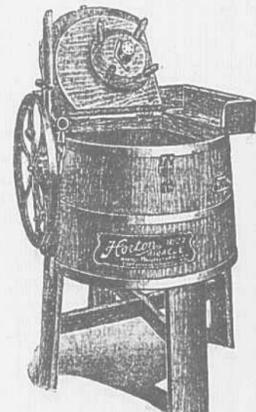
By Blue Ones with Narrow Stripe around Arm by State Eleven.

MORGANTOWN, Aug. 16.—The pile of "yellow jerseys," which have distinguished the West Virginia University football team on the field for many years, will not be in evidence in the game during the coming season. The local gridironists will appear this year in blue jerseys, with half-inch stripes around the arms in old gold. The change will not be welcomed by many of the older University men. Last year, because of the difficulty of getting the real old gold color, a movement was started to substitute the blue, but when the facts became known to the alumni throughout the state, there was a storm of protest, the old grads insisting in the football men clad in the togs which they were familiar with in their college days.

But the European war has done what the younger generation of students could not do. When Director George E. Pyle came to order the equipment for the 1916 squad, he found that not a single manufacturer could offer the old gold of a quality that would endure the hard service the football jersey must stand. Fast blue was obtainable, and so the change came about.

Before leaving for New York, where he will take special work along athletic lines in Columbia University for several weeks, Director Pyle placed his order for forty of the new jerseys, forty pairs of stockings, blue with an old gold band, and all other football equipment needed for the squad.

Amsterdam has the first cemetery in the Netherlands.



Why use a washboard when the "Horton" will wash just as clean in one-half the time, with no more wear on the clothes.

This is a ball-bearing, high speed machine, \$11.50.

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