

TO PUT ON FLESH AND INCREASE WEIGHT



"Gee, look at that pair of skinny scarecrows! Why don't they try Sargol?"

"Sargol has put just 10 pounds on me in 14 days," states W. D. Robb. "It has made me sleep well, enjoy what I ate and enabled me to work with interest and pleasure."

"I was all run down to the very bottom," writes F. Gagnon. "I had to quit work, I was so weak. Now, thanks to Sargol, I look like a new man. I gained 22 pounds in 23 days."

"I weighed 132 pounds when I commenced taking Sargol. After taking 30 days I weighed 144 pounds. Sargol is the most wonderful preparation for flesh building I have ever seen," declares D. Martin, and X. D. Sanderson adds: "When I started Sargol I weighed 147 pounds and now I weigh 160 pounds. Everybody is telling me: 'How fat you have got in the last month.'"

When hundreds of men and women there are hundreds, with men coming every day—living in every nook and corner of this broad land voluntarily testify to weight increases ranging all the way from 15 to 35 pounds, given them by Sargol, you must admit, Mr. and Mrs. Ed. Thin Reader, that there must be something in this Sargol method of flesh building, after all.

Hadn't you better look into it, just as thousands of others have done? Many thin folks say: "I'd give most anything to put on a little extra weight," but when some one suggests a way they exclaim: "Not a chance. Nothing will make me plump. I'm built to stay thin." Until you have tried Sargol, you do not and cannot know that this is true.

Sargol has put pounds of healthy "stay-there" flesh on hundreds who doubted, and in spite of their doubts. You don't have to believe in Sargol to grow plump from its use. You just try it and see if your weight does not pile up, hollows vanish and your figure round out to pleasing normal proportions. You weigh yourself when you begin and again when you finish, and you let the scales tell the story.

Sargol is just a tiny concentrated tablet. You take one with every meal. It mixes with the food you eat for the purpose of separating all of its flesh-producing ingredients. It prepares these fat-making elements in an easily assimilated form, which the blood can readily absorb and carry all over your body. Plump, well-developed persons don't need Sargol to produce this result. Their assimilative machinery performs its functions without aid. But thin folks' assimilative organs do not. This fatty portion of their food now goes to waste through their bodies like unburned coal through an open grate. A few days' use will prove whether or not this is true or you isn't it worth trying?

If you want a beautiful and well-rounded figure of symmetrical proportions, if you want to gain some solid pounds of healthy, stay-there flesh, if you want to increase your weight to normal, weigh what you should weigh, go straight to your druggist today and get a package of Sargol and try it as directed. Sargol will either increase your weight or it won't, and the only way to know is to try it. A single package of Sargol easily enables you to make this test. Sixty days' use of Sargol, according to directions, is absolutely guaranteed to increase your weight to a satisfactory degree, or your druggist will refund all the money you have paid him for it. Sargol is sold by leading druggists everywhere.

SARGOL THE FLESH BUILDER

Sold in Seattle and vicinity by all leading druggists, including Bartell Drug Co. and Swift's Pharmacy.

WHAT YOU SHOULD WEIGH

Table of Statistics Similar to Those Used by Leading Life Insurance Companies

Life insurance companies are becoming more and more strict in their physical requirements of those who would take out policies. Any material falling in weight from their table of normal weight statistics is in itself sufficient to cause them, in most cases, to regard the applicant as an "undesirable risk." The following table of normal weights enables both men and women to know exactly what they should weigh to conform to the average for various heights:

Height	Men	Women
5 ft. 0 in.	121	113
5 ft. 1 in.	124	116
5 ft. 2 in.	129	121
5 ft. 3 in.	135	127
5 ft. 4 in.	139	131
5 ft. 5 in.	145	138
5 ft. 6 in.	149	141
5 ft. 7 in.	156	148
5 ft. 8 in.	161	153
5 ft. 9 in.	166	158
5 ft. 10 in.	171	163
5 ft. 11 in.	176	168
6 ft.	182	174

DOWNTOWN FIRE DOES BIG DAMAGE

The basement of the building, the first floor of which is occupied by the Wilcox Co. clothing store, at 715 First ave., was gutted, the contents of the store were damaged to the extent of thousands of dollars, and the offices in the upper stories were smoked up by a fire which started in a paint shop in the rear of the basement at 7:26 a. m. Wednesday.

The fire burned fiercely for a time, and threatened to consume the building and spread to adjoining structures. Apparatus from 12 fire stations was called out to fight the flames.

Altho the flames pierced the basement ceiling, the damage to the Wilcox store was mostly from smoke, water and heat, the some clothing was burned. The damage is estimated at between \$15,000 and \$20,000, covered by insurance.

The offices of Dr. E. J. Brown, on the next floor above, were smelling strongly of smoke Wednesday.

ESTABLISHED 1878
MacDougall Southwick

Entire Sample Line of Women's Underwear at Unprecedented Price Differences



3,600 Garments at prices one-third to one-half less than regular.

This sample line is from one of the foremost American Underwear Mills. You will appreciate the quality as soon as you see it.

- Underwear Up to \$2.00 in Four Lots
25c 35c 50c 75c
- Swiss ribbed Vests with fancy crochet top, French band top, plain pillow bar top, and glove silk top; also Vests of silk, silk lisle and lisle and cotton in regular and extra sizes.
- Silk Lisle or Lisle Bloomers, 75c
Many values up to \$1.50.
- Envelope Chemise, 75c
Many values to \$1.25.

Lawnette and Lace Trimmed Envelope Chemise, French band top or crochet edge trimmed.

Up to \$2.50 Union Suits in Four Lots
50c 75c \$1.00 \$1.50

Union Suits with glove silk tops, Swiss ribbed Union Suits lace trimmed, others with crochet edge, plain tops or French band tops; Union Suits with wide lace knee or tight knee, both pink and white included.

Buy your season's supply in this sale.

Boys' Blue Serge Suits Extra Knickers

Very Special \$5.95

A little lot of 29 Suits priced special for one day's selling. Every Suit is new, good Norfolk style with patch pockets and stitched belt.

SIZES

Sizes	7	8	9	10	11	12	13	14	15	16	17
Suits	2	3	3	3	3	3	3	3	2	2	2

This is the range of sizes. Both pairs of trousers are full lined.

Very special, \$5.95.

Union Dye Works (Inc.)

EVERYTHING IN CLEANING AND DYEING
1078 AVE. AND E. UNION

TOOTH TALKS ON ARTIFICIAL TEETH

By EDWIN J. BROWN, D. D. S.
705-713 First Ave., Union and Washington Blocks

TOOTH TALKS ON ARTIFICIAL TEETH

By EDWIN J. BROWN, D. D. S.
705-713 First Ave., Union and Washington Blocks

MILK 6¢ 3. PT. 4AV

Pasteurized. Regular 10¢ milk, less cost of delivery, profit, bootkeeping and had. Bring bottle. STALLS 4, 7, 28, Lower Floor, Pike Place Market.

Albert Hansen

Jeweler and Silversmith
1010 Second Ave., Near Madison

CALLS NELSON AN ANARCHIST

SAN FRANCISCO, Sept. 15.—Gregory Chesalkin, better known as George Nelson, the bandit who committed suicide after a battle with the police, was a rabid anarchist, according to a statement today by Jules Finburg, for whom Nelson drove a jitney bus.

Finburg said Nelson never lost an opportunity to express his defiance of organized government, and continually incited Russian workmen by preaching his doctrines.

Cockroaches SHOULD BE KILLED

At the first sign of the repulsive cockroach or waterbug, get a box of the genuine Stearns' Electric Rat and Roach Paste and use it according to directions; and in the morning you can sweep up a painful of cockroaches. Ready for use; no mixing. Does not blow into the food like powders.

MONEY TALKS

To most people it says "Good-bye." Does it talk that way to you? Why? Because you won't save it or don't know how, or don't realize the advantage of saving. There never will be a better time for getting the right start than now, while we are all reasonably prosperous.

UNION SAVINGS & TRUST CO.

OF SEATTLE
Capital and Surplus \$800,000

JAMES D. HOGE, President
N. B. SOLNER, Vice President and Trust Officer

HOGE BUILDING
In the Heart of the Financial District

W. J. BRYAN DISAPPEARS WITH FORD AFTER SECRET TALK

DETROIT, Sept. 15.—Former Secretary of State Bryan's alleged visit for a secret conference with Henry Ford, millionaire automobile man, concerning the latter's \$10,000,000 peace movement, was shrouded in mystery today.

Bryan has disappeared and Ford was not available this forenoon. At the Detroit Athletic club, where the conference was declared to have been held, attaches professed to be ignorant of such a session.

GROGERS OPPOSE A PUBLIC MARKET

PORTLAND, Sept. 15.—The Retail Grocers' association today announced that action would be started to obtain a restraining order against the operation of a public market in this city. Robert G. Duncan, secretary of the association, says land owners, insurance men and peddlers would furnish the greatest part of the funds necessary.

IGNORES JEWELRY; CARRIES OFF BREAD

A thief who broke thru a screen, pried open a window and gained entrance to the home of Mrs. Henry Truck, 1605 1/2 Jackson st., passed up several hundred dollars' worth of jewelry, in plain sight, and stole a loaf of bread.

GERMAN PAPERS INFLAMMATORY

BERLIN, Sept. 15.—That German newspapers sent to America recently had enclosed pamphlets advising readers to destroy American munition factories, was announced officially today, together with a disclaimer of responsibility.

"Such a practice," said an official statement, "is officially designated as stupid and dangerous."

KNIGHTS TO MEET

The Knights of Lincoln will hold their regular Friday night meeting in their rooms in the Lyon building, Third and James, at 8 o'clock. The literary exercises will consist of an address by State Senator J. A. Ghent, followed by C. P. Blissett of this city upon "Abraham Lincoln, the Man." Mr. Blissett is famous thruout the United States as an authority upon Lincoln. Dancing and cards will follow.

'SWIFTWATER' IS PINCHED AGAIN

"Swiftwater Bill" Gates, one of the most spectacular figures in Northwest and Alaska history, is in trouble again, this time with his mother-in-law, Mrs. Ida Beebe, of the New Cecil hotel.

Mrs. Beebe's accusations that Bill is not supporting his 12-year-old son, have led to Bill's arrest in Spokane. He was brought here for trial. Gates declared at Spokane that he had given Mrs. Beebe between \$10,000 and \$12,000 for the boy.

Several fortunes were won and lost by Gates in the Klondike. He had at one time a corner on eggs in Nome.

ENGLAND TO RAISE 'NOTHER BILLION

LONDON, Sept. 15.—Parliament was scheduled today to consider additional revenue legislation to provide money for continuing the war. Apparently reliable information was that Premier Asquith would seek authorization of an additional \$1,150,000, bringing the total war credits to date up to \$6,210,000,000.

PORTLAND TO SELL DELINQUENT LOTS

PORTLAND, Sept. 15.—City Auditor Barber is preparing advertisements today to sell property against which there are liens for street improvements, following action by the city council to force delinquent property owners to pay assessments aggregating \$500,000.

AFTER REDSKINS

Fish Commissioner Darwin has appealed to the war department to take a hand in subduing Indian fishermen who have stopped navigation in the Okanogan river with a fish trap.

WANT A JOB?

Civil service examinations will be held at the postoffice soon for the following: Sanitary bacteriologist and assistant, chemist, civil, mechanical and electrical engineers, laboratory aid in physics and chemistry, microscopist, and an assistant in marketing live stock. Information may be had at 207 postoffice building.

FEW BABES DIE HERE

No city with the population of Seattle lost so few children as this city last year, according to Miss Adele M. Feilde, club woman, addressing the Central Council of Mothers here.

OLD AGE A CRIME!

Some people are young at 60—red checked, ruddy and vigorous. Others are old at 40—joints beginning to stiffen up a bit; step beginning to lag and lose its springiness; occasional twinges of pain in the back; feet tired without cause, and possibly a twinge of rheumatic pain.

In most cases, these are the danger signals to warn you that the kidneys are not promptly doing their work of throwing off the poisons that are always forming in the body. To neglect these natural warnings is a crime against yourself. If you have these symptoms, you can find prompt relief in GOLD MEDAL Haarlem Oil Capsules. For more than 200 years this has been the recognized remedy for kidney and bladder ailments.

GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories at Haarlem, Holland. Prices are 25c. 50c and \$1.00. Get them at your druggists. Do not take a substitute.

For sale and guaranteed by the Owl Drug Co.

DISCOVER PLOT TO BLOW UP SHIP

NEW YORK, Sept. 15.—Police officials felt confident today that discovery of two strange bottles of liquids, secreted in No. 2 hatch of the White Star liner Lapland, munitions ship, had frustrated a plot to blow up or set fire to the ship.

The bottles were strangely constructed and the police believe they were intended to break or unseat readily so that when the two liquids mixed, either an explosion or fire would result.

BRITISH GENERAL BADLY WOUNDED

LONDON, Sept. 15.—Brig. Gen. H. G. Casson has been wounded in the Dardanelles fighting.

British marines distinguished themselves in the Gallipoli fighting, holding captured trenches along the southern tip of the peninsula against superior numbers.

FRASER-PATERSON CO.'S NEW OPTICAL DEPARTMENT

On the Balcony
KRYPTOK LENSES

The "near-and-far" invisible Bifocal Eye Glasses and Spectacles. Best service in Seattle at "Popular Prices." A call will please and convince you. We can duplicate any broken lenses. Eleven successful years in Seattle.

Get the Habit of Shopping at Frye's Markets

- Thursday Specials:
- Washington Full Cream Cheese 15c
 - Choice Shoulder 12c
 - Pork Steak 12c
 - Choice Spare Ribs, lb. 10c
 - Choice Steer Round Steak 17c
 - Choice Mutton Chops 15c
 - Choice T-Bone Steak 20c
 - Anchor Brand Bacon 10c
 - 5 cans Wild Rose Milk 25c

Special Train TO THE SAN FRANCISCO EXPOSITION

Saturday, September 25, 1915
VIA
O. W. R. & N.
UNION PACIFIC SYSTEM AND SOUTHERN PACIFIC
UNDER AUSPICES OF
Seattle Fire Dept. Band
To celebrate Washington Day, October 4, and Seattle Day, October 2, at the Exposition

\$34.25 for the Round Trip. Tickets good for fifteen days; stopovers allowed within limit of ticket.

UNION PACIFIC SYSTEM
O. W. R. & N.
SEATTLE

MAN LOST IN FIRE

HOQUIAM, Sept. 15.—A young man whose name is not known is missing today after a fire late last night which destroyed the Cohasset Beach hotel, popular water resort. He had been staying at the hotel and has not been found. It is feared he was burned.

OFF DAY FOR AUTOS; MANY HURT IN VARIOUS ACCIDENTS

Increasing carelessness of drivers of motor vehicles accounts for injuries from which 11 persons are suffering in Seattle Wednesday.

Six occupants of an auto driven by C. B. Merritt, 154 33rd ave., were hurt when his machine collided with that of L. H. Burnett, 716 16th ave. N. They are:

C. B. Merritt, badly bruised and shocked.

Robert Bower, janitor of the New York building, internal injuries.

Miss Grace Gatham, Chicago, back injured and bruised.

Mrs. William Gatham, 827 Allison st., scratched and bruised.

Dr. F. Mederoff, Fantages building, bruised and scratched.

Coaster Collision

James Willey, aged 8, was coasting down a hill on East Ward st. when he collided with F. Nare's motorcycle. Nare lives at 2735 E. Madison st. His left arm and hand are cut. The boy, who resides at 1019 36th ave., is severely cut about the face.

Prominent Eagle Hurt

Charles Gasser, of Kirkland, ran into C. E. Calhoun's auto with his own car. Calhoun, president of the Seattle Aerie of Eagles, is suffering from a broken right arm and a broken rib. G. W. Mogelberg, 1107 30th ave., who was in the machine with Calhoun, has a broken nose, several broken ribs and a fractured left shoulder, besides scalp wounds.

R. S. Stuart, a ship carpenter, who ran down John Carlson, 827 E. 57th st., is in the city jail, charged with reckless driving. Carlson's back is injured.

NIGHT SCHOOL Monday, Wednesday, Friday 7 Till 10 Improve Your Earning Capacity

We teach—
Practical Mathematics, Mechanical Drafting, Power Plant Operation, Meter Testing, Electric Wiring and Switchboards, Dynamo-tending, Repair and Operation, Ignition and Detail, Stationary, Marine and Automobile Gas Engines, Steam Engineering

for Janitors, Firemen and Engineers.

"It Costs Little to Learn." Catalogue on request. Visitors welcome.

Start Now! SEATTLE ENGINEERING SCHOOL

108 West Roy St.
Cars—Kinnear, W. Queen
Anne, Fort Lawton, Ballard
North, Ballard Beach.