A Real American Love Story.

THE HEART BREAKER

By VIRGINIA TERHUNE VAN DE WATER.

(Copyright, 1919, Star Company.)

Arthur Bruce Takes the Two Brent Girls Riding and Then to His Parents' House.

(Continued from Tuesday's Herald.)

CHAPTER II.

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CHAPTER III.

DINNER in the Brent household was a simple affair, yet the table was always daintily set, and the glass, silver and china that had been a part of Mrs. Brent's wedding furnishings shone and glistened brightly.

Mrs. Higgins did not sit at the head or foot of the table. She insisted that these seats be occupied by the two sisters. But she presided from her place at the side of the board with a quiet dignity that proved her birth and breeding.

Her years as a housekeeper and companion had not made her forget that she was also a lady.

She was not much of a talker, but listened with evident interest as the two girls chatted. She asked no questions until Honora mentioned that Arthur Bruce was coming to take them driving.

"We are to be ready at 3 o'clock," he added.

Mrs. Higgins looked up anxiously. "You two girls are not going alone with him, are you?" she queried.

"Oh, no." Honora. "Mrs. Bruce will accompany us."

"I am glad," Mrs. Higgins approved. "I would not want you to go without a chaperon."

Mildred laughed scoffingly. "I really fail to see why we should need a chaperon when we two girls are together," she argued. "I can understand why it might not be the proper thing for a young girl to take a night ride alone with some man she does not know well. But surely there can be no possible impropriety in two girls riding with a man whom they have known for years."

Old Fashioned Ideas.

"Well—perhaps I am old fashioned, but I think it looks rather queer, my dear," Mrs. Higgins tried to explain.

"Who's going to see us?" Mildred demanded. "However," with a light laugh, "there's no use in fussing about it now. For Mrs. Bruce is going. Honora," turning to her sister, "why did you ask to sit on the back seat with Mrs. Bruce? Do you really mean that you prefer sitting there? Won't it be rather slow music for you? Wouldn't you rather be in front with Arthur?"

"I like Mrs. Bruce very much," Honora evaded. "I just suggested my sitting with her—for I think it will be pleasanter for Arthur to have a girl in front with him."

"But you might have been that girl," Mildred reminded her.

Honora did not reply. In her heart she was wondering if Arthur would by any chance have suggested her occupying the place by him. Then, as she recollected the look in his eyes when he saw Mildred coming up the path this afternoon, she sighed inaudibly.

Of course he would want Mildred by him!

Yet it had not been consideration for her sister that had made Honora Brent propose that she herself be next to Mrs. Bruce. It had been a desire to spare Arthur the painful disappointed or chagrined at the knowledge that his mother was to accompany them upon their jaunt.

Always Good Friends.

For the older sister did not feel at all sure that Mildred—pretty and wilful—cared any more for Arthur Bruce than for any one of the various young men whom she knew. The two girls and Arthur had always been good friends. Since his return to Fairlands from college Honora and seen signs that the man's interest in her attractive little sister might develop into something warmer than mere friendship.

Her suspicions along this line increased as she watched the pair on the front seat during the moonlight drive across the river and up the valley.

Mrs. Bruce was an agreeable woman and a persistent talker, so Honora had abundant time for reflection while seeming to pay strict attention to her companion's conversation. The girl leaned back comfortably and drank in the beauty of the night.

It was such a night as comes sometimes early in October. The air was as clear as crystal. On the right the river stretched like a stream of molten silver; on the opposite shore the lights of the city shone yellow, and, on the left, were comfortable farm houses. In many of the gardens were spread huge white sheets to protect the late flowers from a delayed and probable frost.

At first Arthur and Mildred conversed merrily. From scraps of their conversation Honora knew that their speech was only of light and trifling matters.

She was glad this was so. She did not acknowledge to herself how keen was her interest in Arthur Bruce. But she did recognize the fact that she found him more charming than heretofore.

That was but natural, she mused. Of late years she had seen him so seldom that she had not realized how he had developed, how much he had broadened and deepened.

Did Mildred appreciate these improvements in him?

An Unwelcome Thought.

This question which thrust itself upon her consciousness seemed almost disloyal to her sister, and she changed the current of her reflections abruptly, and began to listen once more to what Mrs. Bruce was saying.

But the matron's remarks did not alter the trend of the girl's thoughts, for she was speaking of Arthur.

"The boy is so glad to get back to Fairlands," the mother was saying, "and it means everything to his father and me to have him here. When parents have an only child, they feel that all their eggs are in one basket, as it were. It's been hard for us to have him away so much, but we hope, now that he is back, he will stay right near us. Even if he marries I won't lose him—always supposing he marries the right kind of girl. And of course he will."

"Of course he will," Honora echoed faintly.

She was suddenly embarrassed and at a loss as to what to say. She could not understand her own mental processes at this juncture.

(To Be Continued)

TACOMA LADY MAKES BIG GAIN

Mrs. Perry will praise Tanlac for the remainder of her life, she says.

"I will certainly praise Tanlac the remainder of my life," said Mrs. George Perry, residing at 1929 North Stevens street, Tacoma, Washington, recently, "for the medicine has really and truly made me feel like a new woman and in just about two months time after I began taking it my weight had increased twenty-five pounds.

"Seven or eight years ago," she continued, "my stomach began to act in a very peculiar manner. Things I had always been eating failed to agree with me and I had no relish for my food any more. Then my appetite left me entirely and what I ate seemed to do me harm instead of good, as I would bloat up so with sour gas that I was miserable all the time. My whole body, even to my face, would bloat terribly and this gas would press on my heart, causing it to jump and palpitate fearfully. I suffered so with shortness of breath that I could not walk a block without having to stop several times to get my breath, and was completely exhausted by the time I had walked that far. I felt absolutely worn out all the time, although I did very little work, being physically unable to do much, and was so nervous and restless that I would lay awake night after night—my eyes just seemed to be propped open—and there was no sleep for me. I often had raging headaches my kidneys were in bad shape, too, and there was such awful aching pains in my back that I could hardly bend over to put my shoes on. My limbs and feet got so they would often swell until I could not get my shoes on and sometimes I could not walk at all.

"I was paying out money all the time for treatment and medicine, but only got worse, and at last reached the point where life did not seem worth living. My mother finally persuaded me to take Tanlac and the results are I am a well and happy woman. My appetite is splendid and I eat just anything I want at any time without suffering the least bit afterwards. Since the gas has stopped forming on my stomach I can walk any distance, in fact, I am walking nearly all the time every day, and never suffer any more from palpitation or shortness of breath. I have also gotten entirely rid of the headaches, as well as the pain in my back, and my kidneys are in fine shape. I sleep like a child every night, and I never have that tired feeling any more, although I am going all the time. To put it all in a few words, I was never in better health than I am right now and words cannot express the gratitude I really feel for what Tanlac has done for me. It has been a godsend to me."

Tanlac is sold in El Paso by Kelly & Pollard and by the leading druggists in practically every city, town and village in America.—Adv.

NUXATED IRON HELPS MAKE RED BLOOD

The Kind that Puts Roses Into the Cheeks of Women and Helps Give Force, Strength and Courage to Men. 3,000,000 people use it as a tonic, strength and blood-builder. Dispensed by all good druggists.

RIO GRANDE VALLEY BANK AND TRUST COMPANY · EL PASO, TEX. ·

Export Finance Bill by Edge Passed in Senate

Washington, D. C., Sept. 10.—After amending it to provide double liability for shareholders in corporations organized under the act, the senate Tuesday passed the export finance bill by senator Edge, of New Jersey. It now goes to the house.

BIG POTASH PLANT BURNS.

Lincoln, Neb., Sept. 10.— Word reached here today that one of the state's largest potash reduction plants was destroyed by fire at Lakeside, Neb., a few days ago with a loss of more than $500,000. Spontaneous combustion of coal caused the fire. The plant was owned by Heber Hord, of Central City.

A man at Millerton, N. Y., after July 1, when prohibition came into effect, made six gallons of homebrewed whisky, drank it in three days and died in agony.—Leslie's.

Bedtime Stories For The Little Ones

UNCLE WIGGILY AND THE RED BERRIES.

By HOWARD R. GARIS.

LULU and Alice Wibblewobble, the two duck girls, were here to see you this afternoon," said Nurse Jane Fuzzy Wuzzy, the muskrat lady housekeeper, to Uncle Wiggily Longears, when the bunny rabbit came back to his hollow stump bungalow, after a hop through the woods.

"They came to see me?" exclaimed Uncle Wiggily. "That was very nice, I'm sure. Did they want anything special?"

"Well, I think they did, but they didn't say," answered Nurse Jane. "They said they'd be back again after supper. Did you have a nice time, Mr. Longears?"

"Yes, but not a single adventure happened," replied the bunny rabbit. "I hope when Lulu and Alice come over they may have something exciting to tell me."

"Well, they seemed all worked up over something," went on Nurse Jane. "I'll get your supper and then you'll be all ready for them."

Surely enough after supper Lulu and Alice, the two Wibblewobble duck girls came over to the hollow stump bungalow with Jimmie, their brother.

"Glad to see you!" Uncle Wiggily said to them. "Did you want something, too, Jimmie?"

"Oh, no," quacked the duck boy. "I just toddled over with Lulu and Alice. It'll be dark when they go home, and they're afraid to walk under the trees alone after dark."

"Oh, well, I'd have taken them home," spoke Uncle Wiggily, magnanimous like and hospitable. "However, I am glad to see all three of you. And, Lulu and Alice, what may I have the pleasure of doing for you?"

"Have you any red beads in the house?" asked Lulu.

"Big, nice, shiny red beads," added Alice. "You see we are going to Beckie Stubtail's party, and we want to wear red beads around our white necks."

"I think that would look very nice," spoke Uncle Wiggily. "But I don't believe we have any red beads; have we, Nurse Jane?" he asked his muskrat lady bungalow keeper.

"No," replied Miss Fuzzy Wuzzy, "we haven't. I might string some brown coffee beans together for you, though."

"Thank you; we'd rather have red ones, if you please," said Lulu politely.

"Or I could string some green peas or white beans," went on Nurse Jane. "They would do very nicely for beads."

Lulu and Alice shook their yellow bills slowly and sadly.

"We'd like red beads," they said.

Uncle Wiggily twinkled his pink nose and thought as hard as ever he could. Then he gave a jolly cry:

"I have it!" he said. "I'll take a walk through the woods tomorrow, and perhaps I may find some red beads for you."

"Oh, I hope you do!" quacked Lulu, and Alice quacked the same thing.

Lulu, Alice and Jimmie Wibblewobble stayed a little longer at Uncle Wiggily's hollow stump bungalow and they were they did. For Nurse Jane brought out a plate of birch bark cookies which were very good to eat. Then Jimmie took his two sisters home, and the next day Uncle Wiggily went out in the woods to find some red beads so the duck girls could go to the party which Beckie Stubtail, the little bear cub, was to give.

Over the fields and through the woods hopped the bunny rabbit. He looked here and he looked there and he looked everywhere for red beads, but he saw none.

"Too bad!" he exclaimed. "I don't want to disappoint Lulu and Alice, and yet——"

Then, all of a sudden, he stopped. For, gleaming through some green leaves, on a bush, he saw growing a lot of bright, red, round berries.

"Ha! The very thing!" cried the bunny rabbit. "I will pick my hat full of these red berries take them home and Nurse Jane can string them with a needle and thread. Then Lulu and Alice will each have a necklace of red beads."

No sooner said than done. Uncle Wiggily picked his tall, silk hat full of the red berries. There were enough for a dozen strings of beads. The bunny rabbit was on his way home with his hat full of red berries, which he had covered with green leaves to keep the dust off, when, all of a sudden a voice cried:

"Wait a minute! I want to speak to you!"

Uncle Wiggily looked up and there in front of him, on the path, was the bad old Skeezicks.

"You—you want to speak to me?" asked the bunny.

"Yes!" growled the Skeezicks. "I want to see what you have in your hat. Why haven't you got your head in it? That's what belongs there! But I'll soon see, and I'll take a look at your cut house, too!"

So, speaking in a grillery, growlery voice, the Skeezicks rudely snatched the leaves off the berries in Uncle Wiggily's hat. But, no sooner had the bad chap seen the gleaming red color than he cried:

"Oh, red is for danger! Red is for danger! There must be a choo-choo train coming! This is no place for me!"

And away he ran, not hurting Uncle Wiggily at all. Then the bunny was very glad he had the red berries. He took them to Nurse Jane, who strung them into pretty necklaces for Lulu and Alice, and when they wore them to the party all the other animal girls said:

"Oh, aren't they wonderful!"

So everybody was happy except the Skee, who was scared away by thinking the red berries meant a red danger flag. And if the bread knife doesn't slice the point off the ice cream cone, so it can't tickle the piano, I'll tell you next about Uncle Wiggily and the cider.—Copyright, 1919, by McClure Newspaper Syndicate.

The Old Family Album

By G. A. MARTIN.

Some Recollections of an Encampment Col. Lapowski Once Attended.

PERHAPS you would not recognize him at first glance, but this is a picture of Col. Nathan Lapowski, city clerk, when he was 58 years old. The picture was taken at Gainsville, Texas, 30 years ago and shows Col. Lapowski in the niform of the Heming guards of Gainsville, Texas, of which organization he was captain.

Col. Lapowski's boyhood career was much the same as that of the European boy. Yes, European because he was born and reared in Poland, the country of Kosciusko and Paderewski. He was educated in Poland and finished his schooling at a Gimnasium college in Warsaw, in 1879. He remained in Poland until he was 19 years of age. His younger days were spent as a cadet in the military schools of Poland.

Col. Lapowski came to America in 1882 and went into the cattle business shortly afterward. While a cattleman, he resided at Colorado, Big Spring, Midland and other ranch towns of west Texas in those days. The colonel later went into the dry-goods business, being located at Abilene Gonzales, San Antonio, Gainsville, San Angelo and Colorado, Texas.

Ever since he can remember, Col. Lapowski has wanted to be a soldier. He was encouraged in his ambition while still a youth because all the schools of Poland had a system of military training. At the dedication of the Texas state capitol building at Austin in 1887, he went into the Texas state militia as a sargent and later was captain of the Cochran Light Guards at San Angelo. He became captain of the Heming guards at Gainsville a year later. In 1889 he was promoted to the rank of major and served as major in the "Big Bend" country during the trouble with Mexico in 1916.

Shortly after the United States entered the world war, Col. Lapowski entered the service and was promoted to lieutenant colonel on June 10, 1917. He served five months in France as lieutenant colonel in the 36th division.

Col. Lapowski points with pride to his service in the Spanish-American war in 1898, on the Mexican border in 1916, and in the world war in 1917, as only a few national guardsmen now living in the United States served in these three wars.

* * *

I first made the acquaintance of Col. Lapowski at San Antonio at the interstate encampment in 1896, when he was captain of the Gainsville company, and he had the best company camp in the entire encampment, which was held in the San Antonio fair grounds. The men of the company had made a design in rocks showing their organization and had white washed them, a plan many soldier organizations in camp have since adopted. Col. Lapowski was declared by Maj. Gen. Openheimer, the then commander of the Texas gard, to be the most soldierly looking officer in the guard. I heard him say it one day when a bunch of officers were at his headquarters.

That was an encampment that was not soon forgotten by those who attended it, for a feature of the encampment was a "night attack" sham battle and somebody down in the militia section of the field got hold of some real cartridges instead of blanks and poured them into an old gatling gun, which rained them out on the troops designated to hold a certain hill. Most of the troops were regulars, although the squadron of Texas cavalry was also located on the hill. The sergant major of that Texas squadron were more gold braid than Maj. Gen. Openheimer and all his staff put together.

The Busch zouaves, of Galveston, formed a part of the encampment and one of their principal occupations was drinking all the beer the Anheuser Busch brewery could ship to the camp. Their camp was more popular than that of Col. Lapowski, but not as orderly.

Tomorrow, you'll see what sort of a three-year-old Douglas C. Crowell was, back in Kansas City in 1883.

MAY CUT UNLOADING CHARGE ON LIVESTOCK AT CHICAGO.

Washington, D. C., Sept. 10.—Revision of charges for livestock unloading at Chicago was forecast Tuesday in a tentative decision by an interstate commerce commission examiner, who recommended that they be reduced.

WITH nature's assistance La Creole Hair Dressing will bring back gray, gray-streaked, or faded hair to its youthful color and beauty. La Creole contains no dyes, and so causes no sudden change. Its effect is gradual but certain and an occasional application preserves the healthy color permanently after it has once been recovered.

La Creole HAIR DRESSING

has been favorite for generations among the aristocratic Louisiana Creoles whose wonderful hair is a mark of their pure Spanish-French ancestry. Refinement approves the use of La Creole.

It must not be confused with dyes—gives no dyed look—can't stain the scalp - nothing to wash or rub off.

La Creole makes the hair soft, lustrous, beautiful. Eliminates dandruff. Excellent for scalp troubles. A delightful toilet requisite. Guaranteed to bring back hair's color—or money refunded.

Write for fascinating booklet "La Creole," Hair Beautiful.

At Druggists and Toilet Counters, Price $1.00

If your Dealer can't supply you, send his name and address. We will see that you are supplied.

Van Vleet-Mansfield Drug Co., Makers Memphis, Tenn. 28

QUESTIONS AND ANSWERS

QUESTIONS AND ANSWERS.

Q. WILL there be a service badge for participants in this war?—L. K. M.

A. The adjutant general's office says that a victory medal for all troops of the allies will soon be issued. It will be worn alike by officers and men. The medal hangs upon a ribbon and has a winged victory on one side and the inscription, "The Great War for Civilization" on the other. These medals are now being manufactured. A "Victory Ribbon," consiting of a double rainbow with red in the middle, to be worn by any participant in the war, will probably be issued sooner than the medal.

Q. What kind of a distinguishing badge or insignia do the army postal service men wear?—B. H.

A. The army post office men of the A. E. F. wear a "swastika" in red on a square dark blue patch. In the very center of the swastika is a small white circle.

Q. What is the new flag of China like?—M. K.

A. China has adopted a new flag on which the yellow dragon has been replaced by five stripes, crimson, yellow, white, blue and black; to denote the five races, comprised in the Chinese people—Mongol, Manchu, Turki and Tibetan.

Q. What American statesman said, "Give me liberty or give me death?"—A. I. B.

A. Patrick Henry in his speech, March, 1775, said: "I know not what course others may take, but as for me—give me liberty or give me death."

Q. What compensation is paid for the loss of the right arm?—L. L. B.

A. The schedule of rates of compensation for specific disabilities has not yet been decided by the medical department of the bureau of war risk. At present such cases are being paid at the rate of total disability. This is $30 a month for a single man; $45 for a married man, and an increased amount if there are children.

Q. Which transport carried the largest number of troops over to France on one trip?—F. F. F.

A. The U. S. S. Mauretania carried 16,339 as her largest number, and this is the leading record among the transports to date.

Q. What is meant by a tight scalp? U. G. T.

A. An unnatural condition of the scalp sometimes causes it to become abnormally tight and consequently unhealthy. Massage every day for a while will loosen it up, stimulate the circulation of the blood in it, and cure it.

Q. How tall was Napoleon Bonaparte. T. D. C.

A. Historians say that at the time of his coronation Napoleon Bonaparte was a little under five feet, three inches, but he became stooped in later life and at his death measured scarcely over five feet.

Q. What is the meaning of the initials R. S. V. P.? E. C.

A. These are the first letters of the French sentence "Respondez s'il vous plaît," which means "reply if you please."

Q. Where are hair nets made? E. T.

A. Many hair nets are made in Shantung, that part of China which is in the spotlight because of the Japanese situation. There are whole villages in which the women all work in weaving these hair nets by hand. They are made of the hair of the Chinese and are dyed.

Q. What was the number of ships engaged in the battle of Jutland? D. W.

A. Many contradictory accounts of this battle have been written, but the best figures credit the British with having thirty-seven dreadnaughts, eight battle cruisers, and many light cruisers and destroyers, either engaged in the battle or in adjacent waters. The Germans are believed to have used sixteen dreadnaughts, six pre-dreadnaughts, five battle cruisers, and accompanying light cruisers and destroyers.

Q. What is the difference between meteorology and astronomy? L. C.

A. Meteorology is a study of the atmosphere and its phenomena, particularly with relation to the weather. Astronomy is a study of the stars and planets, and begins far beyond the point where meteorology leaves off.

(Any reader can get the answer to any question by writing the Herald Information bureau, Frederick J. Haskin, director, Washington, D. C. Give full name and address and enclose two-cent stamp for return postage. Be brief. All replies are sent direct to the inquirer.)

HOROSCOPE

THURSDAY SEPTEMBER 11, 1919.

THIS is a rarely fortunate day, according to astrology, for Venus, the Sun, Jupiter, Neptune and Mars are all in benefic aspect.

During this sway the good will be much in evidence, an optomistic and positive attitude of mind being encouraged.

It is a most promising rule for all that concerns women who should make important decisions or take definite initiative while the configuration prevails.

All the signs are most favorable for weddings and meetings with strangers who take part in festivities of any sort are likely to be very lucky.

This should be an auspicious date for the presentation of new plays or the opening of new theaters.

The young are subject to a planetary government that puts them in places of the Sun. Boys and girls of pre-war days will find the path to sudden success.

There is a fortunate direction in business affairs where women are concerned. Those who are seeking positions should benefit greatly from the present position of the stars.

Great commercial enterprises that reach far into distant fields will develop rapidly in the new year.

Soldiers again have Mars smiling upon their affairs and encouraging their ambitions. An officer will be feted and praised greatly. To him supreme honors will be given, but his path is not altogether in the light.

Surgeons and physicians have the fore cast of a period of extraordinary activity.

Nurses are subject to a leading making for recognition and for recompense for past omissions.

Plays that present lofty ideas and belong to real literature are prognosticated as among the season's greatest successes.

Persons whose birthdate it is have the augury of a successful and happy year, but they should avoid litigation.

Children born on this day are likely to be energetic, generous and affectionate. These subjects of Virgo rise most rapidly as employes.

Hogwallow Locals

By DUNK BOTTS.

MISS FRIZZIE DILLARD was in town today after a cake of yeast. She is one of our rising young ladies.

* * *

The storekeeper at Bounding Billows has joined the church and his scales now balance.

* * *

Atlas Peck wonders what ever went with the old-time moving picture operator that used to run the machine too slow and cause the characters and the fire department horses to move along like they had bed-springs in their knees.

FIFTY YEARS THIS REMEDY HAS HELD THE PEOPLE'S CONFIDENCE

A medicine that has endured as long as PE-RU-NA and possessing a record of such substantial help to humanity, must have wonderful and untold merit and healing, health making qualities and be backed up by something besides promises.

PE-RU-NA

FOR EVERYDAY ILLS

If your trouble is of a catarrhal nature, try PE-RU-NA, then tell your friends what it did for you

By purifying and enriching the blood and reducing the irritation of the raw and quivering nerves, PE-RU-NA exerts a soothing influence upon mucous membranes lining the interior of the body, which explains its great value in all diseases having origin in Catarrh or a Catarrhal Inflammation. It is used effectively in coughs, colds, catarrh of the nose and throat, bronchial troubles, effects of the grip and Spanish Influenza, constipation, diarrhoea, dysentary, catarrh of the stomach, bowels, liver, kidneys or other organs, and all disorders due to irritation and congestion of the mucous linings.

Ninety-seven out of every hundred have Catarrh in some form

The glad message of PE-RU-NA helps and benefits has been carried far and wide by thousands of users. Gratitude thus expressed accounts almost wholly for the widespread and universal popularity of Dr. Hartman's celebrated PE-RU-NA tonic for Catarrh.

Hope for Sufferers

Some of the Saved

Mrs. Rosalia Kanis, New Britain, Conn. "I had stomach catarrh for three years and am now feeling very healthy."

Mrs. Chas. Anspaugh, R. R. No. 7, Lagrange, Ind. "PE-RU-NA saved my life."

Mr. C. H. Swartz, Bellingham, Wash. "I took PE-RU-NA for a blood purifier and system renovator. It is a good, straight, honest medicine."

Miss Ivy Gray, Fairview, Ky. "The best medicine for coughs and colds I have ever seen."

Mr. Herman Hildebrand, Ogden, Pa. "Don't give up hope. PE-RU-NA made me a well man in a couple of months."

Mrs. M. C. Burkhart, R. R. No. 4, Box 107, Lexington, Ky. "PE-RU-NA cured me of systemic catarrh of ten years' standing. For two years I was confined to my bed."

Mrs. P. Ludvigsen, Austin, Minn. "I am rid of my liver trouble and can eat anything."

Sold Everywhere ***Tablets or Liquid***

RECOMMENDED FOR CATARRH AND CATARRHAL CONDITIONS

A National Problem Solved

Pure, Wholesome Food + Nujol = Health

PURE, wholesome food is necessary, but it is not enough. The purest, most wholesome food will hinder rather than help health if allowed to clog the colon—the large intestine. And doctors agree that about 90% of our ailments are caused or intensified by constipation.

Some part of even the purest and most wholesome food is waste. If this waste is not kept moving out of the body, it stagnates and breeds poisons which saturate the system and cause or nourish disease.

The old, wrong way to attack such stagnation was to force a passage through the impacted mass.

The new, right way to overcome it is to let Nujol induce easy self-elimination.

And since health is as much a matter of how we eliminate waste as how we assimilate food-fuel, it must become evident to every thinking person that the use of a natural, drugless lubricant is as sensible and necessary as the eating of pure, wholesome food.

The three vital processes upon which health is based are Mastication, Assimilation, Elimination.

Therefore, the perfect recipe for health is thorough Mastication; Pure, wholesome Food, and Nujol.

Try this trinity. Get a bottle of Nujol from your druggist to-day.

For valuable health booklet—"Thirty Feet of Danger"—*free, write* Nujol Laboratories, Standard Oil Co. (New Jersey) 50 B'way, N. Y.

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All druggists. Insist on Nujol. You may suffer from substitutes.

Nujol

For Constipation

Sickness Prevention

SPRING WHEAT DECLINES AS CORN IMPROVES

Washington, D. C., Sept. 10.—Decline of the spring wheat crop reduced the prospective production 17,000,000 bushels during August, but corn had a good month and shows a prospective output of 70,000,000 bushels larger than indicated last month, according to the government's September crop report.

There were reductions in the forecasts of oats, while potatoes, tobacco and hay, but an increase in buckwheat and sugar beets.

A banker in South Orange, N. J., who recently died, left $59,000 to a faithful women servant. A colored woman at Camden, N. J., who had served a family as servant for 25 years was left $25,000 by her master.—From Leslie's.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in El Paso by Kelly & Pollard and other druggists.—Adv.

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