Uncle Phil Says:

See the Bright Side

The world may be pretty sordid, but one does not have to contemplate that phase of it too much. It has others that are brighter.

The best angle from which to approach any problem is the try angle.

One needs to learn how to enjoy two or three hours of quiet reflection. You can't be entertained every waking moment.

Calling a man "man" and calling him "guy" marks the difference between the intelligentsia and other people.

Don't Stay with Evil

If you have been tempted into evil, fly from it; it is not falling into the water, but lying in it that drowns.

Sometimes a man has no confidence in other men because he has none in himself.

The people of Europe stay mad at each other all the time. They are as bad as our mountain feudists.

Many people talk about the value of saving—that's jawbone. Some folks wish they had saved—that's wishbone. A few resolve to save, and do it—that's backbone.

There Should Be a Law

The law can compel a man to pay taxes. Why can't it compel him to take an interest in the affairs of his government?

A backward boy who can't store away much knowledge can sometimes perform wonders with his hands. Every son of Adam should have some talent, only discover it.

Generally speaking, give your candid opinion, but mind who's present.

Displays of temper are sheer waste of vitality. They help nobody and hinder everybody

Gossip a Confession

GOSSIP is always a personal confession either of malice or imbecility, and the young should not only shun it, but by the most thorough culture relieve themselves from all temptation to indulge in it. It is a low, frivolous, and too often a dirty business. There are country neighborhoods in which it rages like a pest. Churches are split in pieces by it. Neighbors are made enemies by it for life. In many persons it degenerates into a chronic disease, which is practically incurable. Let the young cure it while they may. —J. G. Holland.

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THE WET OLD SMACK

By NANCY RHODES

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MISS MAGINLEY, division manager of the fifth floor of Gordon's department store, had a sudden and not unpleasant stricture about her heart as Mason, the assistant buyer of women's machine-mades, stepped into her office. Funny how the old heart kind of flipped and turned over when that kid looked at her out of those level gray eyes! And when he accidentally brushed her shoulder or touched her hand . . .

But she was getting worse than one of the little bundle girls—that new one, for instance, with the round baby face.

"D'ye suppose we could wangle an ad out of old Mack for those pin-tucked jerseys?" asked Mason, dropping into a chair beside her desk and running a hand over his smooth black head. "I told Clemmens she overstocked on those when she make the buy. They haven't moved for three weeks."

"'Tisn't the first time Clemmens has overstocked," said Miss Maginley, bending the neck of a flexible desk light so that the white glare fell on her green blottered desk, rather than flared into her carefully rouged face.

Awful hard things to face, these desk lights, after a woman got to be forty—well, over thirty-five.

"Thank the Lord Clemmens is going over to Levy's next month. They are offering her fifty more a month and a higher commission," added Miss Maginley.

The boy—she wondered if he could possibly be over twenty-five—took a deep breath and she could almost hear him pray to be allowed to step into Clemmens' shoes. By right of seniority and ability he and Miss Cohen were neck by neck in line for the Clemmens' vacancy, and Miss Maginley's word would be the deciding factor. For a moment the reassuring word trembled on her lips but some instinct choked it back and it died unspoken in her throat.

"How are those figured broadcloths going?" she asked, as Mason started to get to his feet with a half-impatient gesture. Anything to keep his in the office a while longer. How those gray eyes did get her going!

"Fine," said Mason, absently, fingering the doorknob. "Fine. There is something I'd like to talk over with you, when you have plenty of time," he continued. "A stunt they're starting over at Levy's, and I think we could work the same thing here. Some day when you're not busy . . ."

"Come out to my apartment for dinner tonight," said Miss Maginley, so quickly that she could have bitten her tongue when she thought it over. The deuce and all would be to pay if the kid ever got the idea that she was sweet on him.

"It's my turn on the dinners," said Mason, hesitating. "You've had me out twice and I haven't had you out yet."

"I love to cook," said Miss Maginley, dismissing his argument with a little wave of her fat, white hand. "See you at seven."

After he had gone she sat for a moment making ideal curlicues on a block of scratch paper. Funny the way that kid made her feel! Times when she actually blushed when he looked at her unexpectedly! Could it be that the foolish forties had her by the throat?

After all, older women than she had married younger men than Mason. Women didn't get old any more, and forty was just the prime of life, anyway.

The prime of life. She rolled the phrase over her tongue as she stepped out on the department floor. Almost as soon as she crossed the threshold she saw Mason and the youngest stock girl standing by the elevators in earnest conversation. The girl's cheeks were flushed and she looked angry.

Miss Maginley herself felt vaguely irritated. She must speak to Mason about hanging around in corners with that girl. An assistant buyer owed it to himself to keep up his prestige.

Prestige was what counted in this game. A person who didn't look after his prestige was sunk, simply sunk.

You couldn't tell Miss Maginley anything about prestige. She had learned all about it during the process of pulling herself up by her bootstraps.

Frowning and slightly irritated, she paced down the green velvet carpet while a group of gossipping girls watched her admiringly. Everyone on the floor knew that Miss Maginley never wore anything but models and lavender chiffon underwear. Heaven alone knew what she spent a year on clothes, and since she had had that darker shade of henna on her boyish bob, she looked simply marvelous.

The feeling of depression remained with Miss Maginley, however, until she unlocked the door of her apartment. Then her spirits lightened perceptibly.

The long, pleasant living room, with its deep, cushioned chairs and its bright lamp shades, sent a never-failing glow of pleased proprietorship over her.

At seven o'clock the things that should be hot were simmering on the range and the things that should be served cold were chilling in the electric refrigerator, while Miss Maginley stood in front of her full-length mirror daubing her eyes and the corners of her mouth with a rare perfume. She slipped into a teagown, bought because it reminded her of a passionate love scene in the movies, and she sighed a little as she noticed that it made her thickening body take on even heavier curves than showed in a dark business dress. Of course she didn't have one of these lead pencil figures like that young stock girl, for instance, but she wasn't fat! And men liked these lacey, frilly things. What always happened in the movies when the heroine donned a tea gown or a negligee? Lord!

A ring at the door started that funny feeling around her heart. All through dinner her heart continued to thump and flip over when the kid looked into her eyes. After dessert, Miss Maginley lighted a long gold-tipped cigarette, drew little puffs into her mouth and spat them out again. The smoke got into her eyes, as it always did, and reddened her lids.

Mason watched her with an amused smile.

"You women!" he said indulgently. "You don't smoke. You just puff it in and out again. Never inhale."

"I'm not a smoking woman," said Miss Maginley, getting up and going across the room to sit beside him in the deeply cushioned davenport.

The tea gown frothed around her and the odor of a rare perfume hung heavily in the air. She tipped back her head until her double chin went taut as she looked from under drooping lids at Mason. He moved uneasily under her gaze.

"About that Levy proposition," he began abruptly. And they talked about the Levy proposition until they had exhausted all angles of it.

A silence fell between them. A perfumed silence, thought Miss Maginley, who knew her captions. Perhaps the boy was shy. After all she had never given him much encouragement. Might he not be a little overawed by her position and salary. She moved her hand across the plush davenport until it touched his fingers, which closed over hers. She moved closer and her head dropped to his shoulder. He slipped his free arm around her.

She rehearsed the scene dreamily the next morning, as she sat before her desk, making curlicues on her blotter. The boy hadn't said much; neither had she. They sat there like a couple of bashful kids. Lord! At her age! She smiled as she thought that he might be rehearsing the same scene in his cubbyhole of an office that adjoined hers. Two souls with but a single thought and just a thin wall between them. She arose and started towards the door. At that moment she heard voices on the other side of the partition.

"Well," said a flippant young voice that she recognized as belonging to the little stock girl. "How's the old lady's darling this morning?"

"I wish you wouldn't talk about her like that, dear," answered Mason. "She's a wet old smack, I know, and kind of lonely and pathetic, to my mind. Not so bad underneath the rouge and perfume . . ."

"An honest heart beats neath her model's gown," paragraphed the stock girl.

Miss Maginley staggered blindly out to the department. Lord! Why should the store manager pick this of all times to talk to her? He had Miss Clemmens' job on his chest.

"I suppose Mason's the logical person to step in there?" he asked.

A gust of anger started Miss Maginley trembling. As she stood speechless Mason walked out of his cubbyhole, looked at her with his level gray eyes, and smiled in his grave friendly way. Lord! How it got to her, that smile! She hoped she wasn't going to cry like a fool . . . or a wet old smack . . . but not so bad . . . under the rouge.

"Oh, yes, let the boy have it," she said wearily. "I don't care."

Famed Castle in Forest

If a castle will not grow on the summit of a precipitous rock, as so many do in Germany, it should be hid mysteriously among the shadows of a mighty forest. Such a castle is Chambord, a few miles from Blois. Of all the great French castles on the Loire, Chambord in its forest of nearly 3,000 acres, surrounded by its mossy walls of 24 miles, rises above the trees, a perfect palace of pinnacles and towers.

For the Style-Conscious Little Girls

By CHERIE NICHOLAS

IT IS with ever increasing enthusiasm that designers are yielding to the urge of catering to the needs and fancies of style-conscious little girls.

The story of the modern child's wardrobe resolves itself into many chapters dealing with all phases of fashion. Beginning with simple, novel and amusing beach, swim and playtime togs and cunning sun suits, the plot carries on through thrilling adventures in the realm of smart school and dressy daytime clothes reaching a grand and glorious climax in way of entrancing pretty-pretty party frocks that make every little girl look like a fairy princess of story book lore.

For practical daytime and playtime frocks the call is outstanding for cotton reps, gabardines, chambrays, crinkled seersuckers (no ironing required is their big appeal), ginghams, novelty cottons soft and spongy, piques and most important, new linens both plain and printed. Now that a sturdy non-crush type of linen is obtainable mothers are jubilant, for in it they have discovered the fabric ideal to withstand the vigorous test of the wear and tear of the thousand and one antics which little folks enjoy in a day's sport.

Perhaps the most exciting news is gay printed linens in bold patterns and colorings. Peasant designs in a blaze of daring colors abound and these rustic prints are especially good-looking when made up into separate little coats with hats to match. Florals in effective spacing, cunning animal, vegetable and fruit motifs on the new printed linens are a special lure to children. Then there are the exquisitely sheer printed handkerchief linens and the fine dimities which are adorable for dress-up wear.

Lace-trimmed organdie or georgette is a favorite theme this season with the designers of little-girl party dresses. Georgette made over taffeta is shown quite a little. A significant trend is the use of pastel colors which seem to have almost gained precedence over all white.

In the matter of styling, the princess silhouette is a great favorite while most sleeves are just short puffs. Note the dress worn by the little girl with the gorgeous doll in the picture. Her smart school and playtime dress is of firm linen cut on the new princess lines. Gay striped printed linen is used as a bordering. The style distinction of this charming dress will make instant appeal to both mother and little daughter.

The other two children are looking their prettiest in dainty party frocks or perhaps they took part in "last day of school" exercises. At any rate their little pleated sheer frocks are lovely and will be a joy the whole summer through. The wee maiden to the left is wearing an accordion pleated voile as charming in pastel colors as it is in white. A wide sash about her waist ties at the back in a huge butterfly bow.

Tiers of narrow pleatings animate the frock centered in the group. The vogue for pleating is as pronounced in children's fashions as in grown-up styles. The pleatings about the neckline extend over the short puff sleeves so as to achieve the new-vogue wide shoulder line.

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IT'S EMBROIDERED

By CHERIE NICHOLAS

The latest call of the mode is for frocks of monotone silk crepe with complementary jackets made of the identical silk crepe of the dress, the same handsomely allover embroidered in bright contrasting colors. In the instance of the model pictured the sports dress is of pink silk crepe with a short-sleeved box jacket of the same crepe embroidered with green and blue wool. Blue buttons are on the dress.

Short-Term Wigs.

Wigs are proving popular among fashionable women in London, who use them to cover hair while it is regaining its natural color after a "blond" period.

Black Is Smart

Much black is shown for summer wear with tailored white jackets and white accessories.

DESIGNERS PRESENT SKIRT INNOVATIONS

Unusual color combinations and a strong Oriental influence characterize the new Alix collection. Some skirts are so full and flaring that they resemble parachutes or lamp shades, while others, are caught under at the hem like Turkish trousers.

The feminine silhouette is stressed at all times and clothes at Alix are fashioned to display a slender waistline and curving hip line. For day wear, bodices are skin tight and are usually made with a high neck trimmed with bows or loops of material. All clothes show a certain amount of fullness at the hip, and this is frequently stressed by the use of a full and flaring peplum.

Glamorous Apparel Wins Approval of Parisiennes

For the polo matches, the races and late afternoon occasions of summer in Paris, it is now the smartest fashion to wear frocks and hats of the glamorous variety. Sheer fabrics like organdie are altogether enchanting and feminine for frocks with wide and sweeping skirts and hats with wide and flattering brims.

These decorative full-skirted frocks, with little capes or puffed sleeves, have not by any means replaced the tailored evening costume with a jacket, an important fashion for parties from five o'clock on. Daylight dining will enhance this tailored idea.

Culottes More Popular

The fashion for culottes (divided skirts) is no longer confined to the active sports field, say stylists. They will be seen everywhere for all daytime occasions this summer. Last season saw them first spring into popularity for sailing, bicycling and beach wear.

Prehistoric Crematory May Be Key to Unknown Civilization, Say Professors

G. H. Wood and Mark Reeve, Friends university professors and experts on Indian lore, believe that a prehistoric crematory vault 12 miles southeast of Wichita, Kan., may be the key to an unknown civilization existing in Kansas centuries before the American Indian. The vault was discovered recently by Lyle Cherry, Derby, Kan., farmer, when his plow dislodged a large slab, revealing a crypt, according to a United Press correspondent in the New York Herald-Tribune.

In the interior were rocks and a considerable deposit of charcoal. The scientists dug to the floor and discovered fine ashes, believed to be those of human bones. The kiln was ten feet long, seven feet wide and six high. There are five similar mounds within 150 feet of the original discovery.

The kiln was walled up and roofed with stone slabs. A narrow passageway wound downward around the clay pit. Wood pointed out that the burial was marked by high honors because the rock used for the tomb is found only at a site twelve miles away.

A geological map of the vicinity shows the tomb was located on the banks of a stream, although it is impossible to see any indication of the vanished stream today. Silt marks were found on the walls of the vault, indicating the stream must have flooded that region once and seeped into the crypt.

Drumhead Court-Martial

Any summary trial is sometimes called a drumhead court-martial. Originally the name was given only to a summary and hasty court-martial called to try an offense committed on the battlefield or during a march. Most of the forms and ceremonies are dispensed with. The name comes from the fact that formerly such court-martials were often conducted around a drum used as a table.

What Women Want to Know About Fashions

The newest tweed coat hugs the hips snugly but billows out above the belt in a swagger manner.

New trends in the basic autumn colors for evening wear are vineyard reds, clay, tans, burnt bread and rich dust.

Culottes are the smart and sensible costume for all kinds of outdoor sport—bicycling, tennis, golf, or merely on the side lines.

Draped sleeve details concentrated at the shoulders have an important role in midseason styles.

Nubbed and slubbed cottons for suits and rustic weaves are among the favored sports spectator styles for the summer.

Zipper fastenings are use not only on sports frocks and sweaters, but on foundation garments, bathing suits and formal evening gowns.

Curiosa Americana

By Elmo Scott Watson

HERITAGE

HE HAD been a prominent and successful lawyer in Chicago. Then misfortune overtook him and he died penniless. Among his effects they found his last will and testament. It was so unusual that his former fellow-members in the Chicago Bar association passed a resolution ordering it probated in court. Today it is a part of the Cook county records. It reads:

I, Charles Lounsberry, being of sound and disposing mind and memory, do hereby make and publish this my last will and testament, in order, as justly as may be, to distribute my interest in the world to succeeding men.

Tha tpart of my interests which is known in law and recognized in the sheep-bound volumes as my property, being inconsiderable and of none account, I make no disposition of in this my will. My right to live, being but a life estate, is not at my disposal, but, these things excepted, all else in the world I now proceed to devise and bequeath.

ITEM I give to good fathers and mothers, in trust for their children, all good little words of praise and encouragement, and all quaint pet names and endearments; and I charge said parents to use them justly, but generously, as the needs of the children shall require.

ITEM: I leave to children inconclusively, but only for the term of their childhood, all and every the flowers of the fields and the blossoms of the wood, with the right to play among them freely according to the customs of children, warning them at the same time against thistles and thorns. And I devise to children the banks of the brooks, and the golden sands beneath the waters thereof, and the odors of the willows that dip therein, and the white clouds that float high over the giant trees.

And I leave to the children the long, long days to be merry in, in a thousand ways, and the night and the train of the Milky Way to wonder at, but subject, nevertheless, to the rights hereinafter given to lovers.

ITEM: I devise to boys, jointly, all the useful, idle fields and commons where ball may be played, all pleasant waters where one may swim, all snow-clad hills where one may coast, and all streams and ponds where one may fish, or where, when grim winter comes, one may skate, to hold the same for the period of their boyhood. And all meadows, with the clover blossoms and butterflies thereof; the woods and their appurtenances; the squirrels and the birds and echoes and strange noises, and all distant places which may be visited, together with the adventures there found. And I give to said boys each his own place at the fireside at night, with all pictures that may be seen in the burning wood, to enjoy without let or hindrance, or without any incumbrance or care.

ITEM: To lovers I devise their imaginary world, with whatever they may need, as the stars of the sky, the red roses by the wall, the bloom of the hawthorn, the sweet strains of music, and aught else they may desire to figure to each other, the lastingness and beauty of their love.

ITEM: To young men, jointly, I devise and bequeath all boisterous, inspiring sports of rivalry, and I give to them the disdain of weakness and undaunted confidence in their own strength. Though they are rude, I leave to them the power to make lasting friendships and of possessing companions, and to them exclusively I give all merry songs and grave choruses to sing with lusty voices.

ITEM: And to those who are no longer children or youths or lovers, I leave memory; and bequeath to them the volumes of the poems of Burns and Shakespeare and of other poets, if there be others, to the end that they may live the old days over again, freely and fully, without tithes or diminution.

ITEM: To our loved ones with snowy crowns I bequeath the happiness of old age, the love and gratitude of their children, until they fall asleep.

FICKLE FAME

YOUNG E. ALLISON was a famous Kentucky journalist, a writer of short stories and novels, a nationally-known bibliophile. Yet he is remembered, not for all these achievements, but because he took a quatrain quoted in Stevenson's "Treasure Island" and built it into one of the most famous poems ever written. He called it "The Derelict." Perhaps you remember it as: "Fifteen men on a dead man's chest—Yo-ho-ho and a bottle of rum!"

Langdon Smith was one of the noted war correspondents in Cuba in 1898. But his newspaper writings are forgotten while thousands are familiar with a poem which he wrote. "Evolution," he called it. It begins:

When you were a tadpole and I was a fish
In the Paleozoic time . . .

Dr. Clement C. Moore was a professor of Greek and Hebrew in the General Theological seminary in New York city and author of the first Greek and Hebrew lexicon published in America—a scholarly work which he hoped would make him famous. But that book is forgotten and he is remembered for what he considered some "silly verses" which he wrote for his children. "A Visit From St. Nicholas" he called it, but it is as beloved by American children as the poem "'Twas the night before Christmas . . ."

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White Held Best Light Reflector, Tests Show

In all lighting tests white is far ahead of other colors in reflecting value. According to scientific experiments white's reflecting power is between 82 and 89 per cent. Cream rates at 73 and 78 per cent while ivory comes next in the scale with a percentage of 62 to 80. Then comes light pink at around 66 per cent yellow at 57 percent and flesh color at 51 per cent.

Buff and light gray also test at 51 per cent while light green and aluminum gray rate at 45 and 41 per cent, respectively. Lower in the scale come light blue and sage green with a percentage of 36.

Dark red reflects only 13 per cent of the light that strikes its surface, while dark green and dark blue soak up all but 9 and 8 per cent of the light that hits them. Black, at the bottom of the list, is rated close to zero in its reflecting qualities.

Black Beauty

Anna Sewell was born in England, in 1830. She wrote the most famous novel with an animal as its principal character "Black Beauty," while a virtually helpless invalid, and for it received only $100—a fraction of the royalties that should have been hers from the millions of copies sold.

Definition of Odd Number

The arithmetical definition of an odd number is a whole number which leaves a remainder when divided by two.

Uncommon Sense

By JOHN BLAKE

© Bell Syndicate.—WNU Service.

Make up your mnd that it is senseless to quarrel.

You will meet many people that you dislike.

At Least Tolerate Your Neighbor

Many of them will be quarrelsome, conceited, ill tempered. Avoid such people, but tolerate them. They may turn out to be better than you think they are.

There is plenty of room on this earth for human beings of all sorts and kind.

Some of them will differ with you in politics, others in religion.

Some may be downright ugly.

But they are as they are made. Quarreling with them will make you unhappy, and you're going to need all the happiness you can find as you travel through life.

• • •

Some of them may be snobbish and "high hat". You can easily keep away from that sort.

But you will be thrown in with certain people whom you cannot avoid.

They may live next door to you, they may belong to the same church or club, they may intrude themselves upon you in many unpleasant ways.

It will do you no good to "get your back up" when they are around.

You will get only misery out of quarreling with them.

Just convince yourself that there must be that kind of people in the world with you, and that the easiest way is to be as cheerful as possible in their presence, eschew arguments with them, and let them go their own way.

• • •

You can kill mosquitoes and spiders and rattlesnakes and other creatures with which you may be thrown as you go on.

You can't kill human beings without getting into serious trouble. I do not contend that you ought to nurse odious people in your bosom, or try to reform them.

All I suggest is that if you must be with them you will not be unhappy about it, but get along as well you can.

And now and then you are pretty sure to find that somebody you thought was a pest was a really good sort when you came to know him well, and that you lost a good deal by not getting better acquainted with him.

• • •

Dislike reacts on the person who harbors it. Better figure that wherever you go you will find men and women who are constant irritations to you.

Leave them alone if you can.

If you can't, just be civil and pleasant and if they resent that keep out of their neighborhood.

The chief end of man I honestly believe is happiness.

You can't be happy when you are hating other people.

But toleration will put it out of their power to annoy you.

Try this plan for a couple of weeks. I think you will profit by it.

All Around the House

Mayonnaise may be kept for several weeks in refrigerator if a tablespoonful of boiling water is added to it before bottling.

• • •

Sandwiches may be kept moist for 24 hours if they are wrapped tight as soon as made, in waxed paper, then placed in a box lined with a damp cloth and covered with a cloth. Keep in a cool place.

• • •

Never put hot foods in your refrigerator or ice box. Wait until they have cooled.

• • •

Chamois wet in cold water and wrung dry will polish mahogany furniture that has become cloudy.

• • •

Always strain hot fat used for deep frying through a piece of cheese cloth each time it is used and set in a cool place. Treated in this way fat may be used many times.

• • •

A little garlic rubbed over the broiler on which steak is broiled gives steak a delicious flavor.

• • •

Air the bread and cake boxes frequently during the summer months. Mould is likely to form on breads and cakes kept in boxes during the warm weather.

• • •

Do not remove husks from green corn until just before putting on to boil. Corn spoils quickly, so it should be used as soon as possible after purchasing.

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SMILES

Cause Enough

Neighbor—I wonder why your new baby brother cries so much.

Bobby—Oh, I guess you'd cry too if all your teeth were out and your hair all off and your legs so weak you couldn't stand on them.

Self-Protection

"You mean to say Crimson Gulch has an anti-gambling law?"

"Yes," replied Three-Finger Sam. "We had to have some way of breaking up the game when a tenderfoot comes along and gets to winning all the money."

TURRET TOP

Horse Fly (on top of auto): "Gee whiz, this is the toughest equine I ever tackled.

The Last Word

Mother and father were having a few words when father said: "I don't believe in parading my virtues."

"No?" answered mother. "I don't think you could, dear. It takes a number, you know, to make a parade."

Bounded Out

Teacher—What are the bounds of Australia?

Mary—The kangaroo!

It Is Well

Most of the illusions we recover from; and we're glad of it.

Costly Compliment

There is nothing so expensive as an undeserved compliment.

"Black Leaf 40" KILLS LICE
OUR "Cap-Brush" Applicator makes "BLACK LEAF 40" GO MUCH FARTHER
JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS

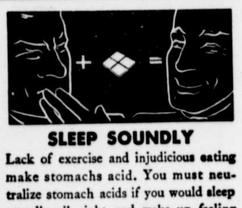
Makes 10 GLASSES 5¢
MADE IN 6 FLAVORS KOOL-AID
CHILDREN'S DELIGHT
AT YOUR GROCER'S

FOUR TEASPOONFULS OF MILK OF MAGNESIA IN ONE TASTY WAFER

DOLLARS & HEALTH
The successful person is a healthy person. Don't let yourself be handicapped by sick headaches, a sluggish condition, stomach "nerves" and other dangerous signs of over-acidity.

TAKE MILNESIAS
Milnesia, the original milk of magnesia in wafer form, neutralizes stomach acid. Each wafer equals 4 teaspoonfuls of milk of magnesia. Thin, crunchy, mint-flavor, tasty. 20c, 35c & 60c at drug stores.

HEARTBURN?
Its surprising how many have heart burn. Hurried eating, overeating, heavy smoking, excessive drinking all lead to heartburn. When it comes, heed the warning. Your stomach is on a strike.



SLEEP SOUNDLY
Lack of exercise and injudicious eating make stomachs acid. You must neutralize stomach acids if you would sleep soundly all night and wake up feeling refreshed and really fit.

MILNESIA FOR HEALTH
Milnesia, the original milk of magnesia in wafer form, neutralizes stomach acids, gives quick, pleasant elimination. Each wafer equals 4 teaspoonfuls milk of magnesia. Tasty, too. 20c, 35c & 60c everywhere.

35c & 60c bottles • 20c tins
The Original Milk of Magnesia Wafers

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