THE BLACKWELDER TENT



## (1) to Hav

d Beautiful Skin



## OW SHE GAINED 20

 POUNDS IN 22 DAYSSkinny Men Can Do the Same
$\qquad$








Penny Advertisements Get the Results


## Full of "IFs", But -

If we didn't sell high-grade, dependable goods-
If our service wasn't efficient, quick and courteous-
If our location and facilities weren't convenient and adequateIf our prices weren't absolutely right-
If we were not fair and square in all our dealings-
Then-
How do you figure we could build up the tire business we have?
People wouldn't come here and keep on coming if they knew of a better place
Don't get in a buying rut. If you've never patronized us and are rot ac-
We can sell you what you want for what you want to par. We believe we can give you Goodyear high quality tires at a price you can't
beat-make us prove it.

## Yorke \& Wadsworth Co.

The Old Reliable HardwareStore Phone 30


Health insurance best investment

 ture's order to get more exer.
els.e. Hhten
circulation, Inces, Insomnia, poor
Indigestion and circulation, Indigestion 2nd
many otter functional disorders Exerctise No.
 exerclise.
Exercise to
 get it or thelr aggravated con-
dition sends them scurrying to
their physiclan.
I know a wealthy man nere
 lo look after these animans, see see
that they are properly fed and
turns to the starting position. : regularly exercised every day.
Yet this same man, who bas not Lying flat on the floor, ralse


 Or exercise and diet. because he
realizes how essental they are
to keep his dogs in good form.

However, he has neglected his 18 Exing flat on the back, extend | own body so thoroughly that 1 |  |
| :--- | :--- |
| om certain he wull never see | both arms stratght beyond the |
| head. |  |

 on greatly shocked when he he try to touch your toes with the
finds himself laid up with gout.

finger tips Repat ten times | finds himself laid up with gout. |
| :--- |
| Bright's disense, dlabetes, high |
| inger tips, Repeat ten times, |
| counting each time you touch | blood pressure or some such

organic. disease that is awalting the toes organic. disease that
him round the corner.




 In the bank of health so that
they may have some health in. surance to draw upon in later
years. Health insurance deposits can
Exxercise No . ., cross the legs
pe made by exerclise. The body
first with the right arm and
 should live well-regulated uives.
Work and recreation should be Are Arternate this ten ten times
counting each time the right carefully balanced. Dtet is most
essential. simple meals taken
arm

Slightly Laxative and Reducing Diet Upon arising do five minutes' exercise, concentrating on
the special abdominal exercises. These may be taken conveniently in bed
After the exercise and bath, drink two plasses of water BREAKFAST: (One pound prunes, one pound ags, one
pound apricots, three tablespoons senna leaves cooked Dound apricots. three tablespoons senna leaves cooked
togetherr. At the beginning I would suggest a dish of
the his fruit twice a day, after which only take it in the
oraninga. Some bran cereal, a coffee substitute, or it this is not preferred, weakk tea. Graham, rye or some dark bread toasted-not more than two slices. Be
tween breakfast and lunch drink at least two glasses of water.
LUNOHEON: Select three of the tollowing vegetables:
Parsnlps,
splinach, carrots, turnips, celery, cabbage, Parsnips, spinach, carrots, turnips, celerry, cabbage,
Brussels sprouts, beet tops. string beans. peeas. ${ }^{\text {bettuce, }}$
tomatoes comatoes, Dark bread, chocolate or cocoa and some
stemed fruti. Two glasses of water between luncheon stewed frati.
and dinnuer.
DINNER: Soup, brolled lean meat, such as steak, chops chlcken or fish. Two vegetables at at least, some truit,
cheese, nuts, and weak tea. Drink two slasseat cheese, nuts, and weak tea Drink
water between dinner and bedtima




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