

Tells How Ziron Iron Tonic Helped His Daughter After Operation for Appendicitis.

AFTER any serious illness, the first thing you notice when you begin to get around is your lack of strength and energy—a tired, weak feeling. The sooner you get your strength back the better. The thing to do is to eat plenty of good, nourishing food, get all the fresh air you can, exercise conservatively, and take Ziron Iron Tonic three times a day. Your doctor will tell you this is sound advice, and urge you to follow it.

Read this letter from Mr. J. B. Kelly, vice-president of the First National Bank, Graceville, Fla.: "My daughter had been in bad health since last April. She was operated on for appendicitis. She has been taking Ziron for two weeks. Her appetite is better than it has been. Her nerves are better, and she says she feels better. . . I know that Ziron is good for weak and feeble people." Ziron is a scientific, reconstructive tonic, prepared from valuable strengthening ingredients, for weak people and low blood. Druggists sell Ziron on a money-back guarantee. Try it.

Siberian Bride Put to Test.
When a Siberian bride enters her husband's house for the first time she must be prepared to show her skill in cooking. She is expected to give a dinner prepared with her own hands as a test of her education in the culinary art.

Waterless Animals.
That there are animals that live without drinking is shown by the gazelles on the island of Saad-ud-Din, off the coast of Somaliland, where there is no fresh water at all, and where the annual rainfall is less than two and three-quarter inches.

being now a lost cause and must be remedied. To obtain sleep then becomes a search for a complex mental, emotional or physical thorn in the side. Loss of sleep may be due to some physical thorn such as an overburdened intestine or stomach, an abscessed tooth root, thickened tonsil, a skin irritation or cold, or an infection in some hidden, walled-off area of the anatomy. Equally as often some unconscious memory of financial reverses or difficulties, domestic complications or some other work banishes sleep.

Signs of Consumption.
What are the early symptoms? The patient may have neither cough nor expectation. He feels tired in the afternoon, and wakes tired in the morning. His appetite is poor, and he begins to lose weight or to stop growing. He is easily exhausted after exercise. Anyone who notices these symptoms in himself should consult a doctor. In any family, rich or poor, in which one member is known to have consumption, all the others should be examined by specialists.

Italian "City of Crime."
The only town in the world which can boast of possessing more criminals than law-abiding folk is the Italian city of Artenu, which is known as the City of Crime. For several hundred years nearly every criminal who has escaped prison or done time in Italy has emigrated to Artenu, and today practically every inhabitant of the place is a criminal or the child of a criminal.

"Picture Brides"
The manner of "picture-bride" marriages in California is this: A Japanese sends his picture to his relatives in Japan who select a suitable maiden and in turn forward her photograph to the waiting suitor in America. If satisfactory, the relatives on both sides meet, hold a banquet and the marriage is considered a fact. The wife then joins her husband in this country

during his life than in England. When Spencer visited the United States, in 1882, his fame and influence were so securely established that one admirer offered to pay all the expenses incurred by the philosopher on his trip, and heads of railways offered him the most luxurious traveling facilities, while other friends vied with one another to make the tour comfortable, interesting and instructing.

Atmosphere Above Earth's Surface.
The atmosphere is believed to extend much more than 100 miles above the earth's surface. Its density decreases rapidly for the first few miles of ascent, then much more gradually. From the phenomenon of twilight, due to refraction of light, it may be demonstrated that the air extends up to a height of 45 miles; but other phenomena, such as the behavior of meteors and the aurora, show that rare air exists at a much greater height.

No Chances at All for Joy.
Junior had spent several weeks one summer visiting a favorite aunt who lived in the suburbs, and he was reminiscent of those happy weeks when he again paid her a visit. However, she had moved, and now lives in a flat. When junior came home he voiced his grievance to his father, saying: "There wasn't no room to move around in; why they didn't even have any kids in that building to fight with!"

Life's Real Meaning.
As the sun rises every sort is born again, and the new day gives us a chance to begin all over again. We can do and be what we will to do and be for the entire day. We can make it a red-letter day if we try hard enough. This is the way of growth. And if life does not mean growth, enlargement to us, then we have missed its higher meaning.—Orison Swett Marden in Chicago Daily News.

A sea chart made of sticks and shells forms one of the curious exhibits to be seen in the South Sea Island Hall of the American Museum of Natural History, New York. These were formerly used as guides by the skillful and daring navigators of the Marshall Islands.

Quite Sure of It.
"Do you believe that the thoughts of a husband and wife become identical?" asked Bomber. "I do," answered Jaggaby. "For example, my wife is waiting for me now, and she knows just what she is going to say to me, and so do I."—Brooklyn Citizen.

On the Way.
The time seems to be coming when those who indulge in luxury and show will be regarded with quite as much suspicion and contempt as was formerly directed toward those who haunted the doors of chicken coops after dark.—Utica Observer.

Queer Little Isle.
The smallest dependency of France is the Ile d'Hoedle, situated at the east of Bella Isle. Its population is 238. They do not speak French, but Celtic. They are provided with food at an inn managed by the women. The town has no streets.

Counting Has a Limit in China.
Ten thousand is the largest number in the Chinese language. Therefore all large sums must be stated in multiples of this figure—the population of the country is four times 10,000 times 10,000, or 400 million.—Asia Magazine.

Economy.
The pot of gold at the end of the rainbow—has anybody ever seen it? Will anybody ever return with it? Economy may mean the difference between living in a poor house and supporting one.

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Fall Shoes Coming In

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