Don't Trifle With Indigestion—It May Lead To Chronic Dyspepsia

You once could eat anything your appetite craved, and your stomach would digest it. But now there are some foods your stomach won't digest; you are afraid to eat the things you like because of the distress that follows, and therefore you submit and force yourself to eat food you have no real desire for.

Dieting is Contrary to Nature's Laws

Nature intended everyone to eat good, wholesome, appetizing food — and to digest and enjoy it. Indigestion is a complaint and often may be corrected if attended to in time, but—if neglected—it goes into chronic dyspepsia — ofttimes into even more serious disorders. The symptoms of dyspepsia are so numerous and diversified in different individuals that probably no description could exactly represent them in each case. Briefly, however, a furred tongue, disturbance of appetite, nausea, pains in the chest, shortness of breathing, headache, heartburn, giddiness and general languor are common accompaniments of dyspepsia; while the nervous results are specially troublesome in the form of sleeplessness, irritability, despondency, etc.

Don't Become a Chronic Dyspeptic

Help to keep your stomach healthy and strong by taking Pabst Extract—the "Best" Tonic. It is a partially predigested liquid food welcomed by many weak stomachs—a combination of choicest hops and barley malt, fortified with calcium hypophosphite and iron pyrophosphate. The system easily and thoroughly assimilates the nourishment offered in this beneficial tonic. The digestive organs are strengthened. The appetite is stimulated, causing a desire for and making possible the digestion of heavier foods, and a speedy return to health is assisted. Pabst Extract is also recommended for nervousness, insomnia, overwork, anaemia, old age, motherhood and for convalescent patients.

Order a Dozen Bottles Today From Your Druggist

Delay in anything is bad, but it is positively dangerous when there is something wrong with your digestive organs. And beware of substitutes—insist upon Pabst Extract, The "Best" Tonic. Take a wineglassful before each meal and at bedtime and it will help you to have a healthy, vigorous stomach and to eat the things you like.

Write for free booklet describing all the uses and benefits of Pabst Extract, The "Best" Tonic.

PABST EXTRACT CO., Milwaukee

Small boys' suits can be rip-proof

Ask any good store whether or not it *guarantees* its boys' suits to be rip-proof.

You will be surprised to find how few stores can answer "yes"!

To get rip-proof suits for your boy, you have only to make sure that the seams are sewed with pure silk and not with some cheap substitute for it!

Ten years ago such a thing as substituting cheap thread for silk in ready-made clothing was unknown.

Today you need to ask for a guarantee of silk sewed seams throughout.

Why the manufacturer sews your boy's suit with cheap thread

For a petty saving of less than 3c on each suit, the manufacturer sews your boy's suit with cheap thread which will not wear as well as silk.

For a saving of less than 2c he sews even your daintiest, costliest blouse with a cheap substitute for silk! Suits, dresses, silk petticoats, gloves, are sewed with cheap substitutes for silk, for a petty saving to the manufacturer. *You* will not notice it, the manufacturer says.

Silk seams nearly four times stronger than cotton!

This scientific test was made under the auspices of the Silk Association of America, by the United States Conditioning and Testing Company. Silk seams and cotton seams of the same size of thread were subjected to exactly the same test. *The silk seam was nearly four times stronger than the cotton seam.*

The silk seam was stronger than the material sewed, while the cotton seam broke!

Some stores guarantee silk sewed seams

This is what one store says about the seams of its boys' suits:

"We adhere to the most rigid standards as regards the silk with which we sew all our boys' suits. The fact that we do not remember the last time we saw one of our suits ripped at the seams is proof of the wisdom of this policy begun more than twenty years ago."

Your store can do as much for you. Insist on having silk sewed seams in your own as well as your boy's suits. Refuse to accept any garment sewed with cheap thread instead of silk. Examine the seams. If the garment is not sewed with silk, *send it back!*

"Is it sewed with SILK?"

TEAR THIS OUT AND MAIL IT TO US

The Silk Association of America, 354 Fourth Ave., New York City.

Please tell me how I can make sure that my boy's suits are sewed with silk throughout, and send me your booklet "Behind the scenes with the men who make your clothes," giving the facts about this substitution of cheap thread for silk in ready-to-wear clothing.

Name .....

Address .....

Behind the scenes with the men who make your clothes

A new supply of Summer dresses—just arrived from our workrooms—awaits your approval. Remember:—You *always* pay less at HAMILTON'S.

Leonard's

24 West 39th St., N. Y.

The house that specializes in distinctive apparel for the stout figure.

Smart Apparel for Stout Figures

Charming simplicity and graceful long lines that impart the much-desired effect of slenderness and youth, so essential to the full-formed figure, are characteristic of the garments designed by Mme. Leonard.

Sizes 38 to 52.

No. 5358 *(as illustrated)* — Attractive taffeta dress. Georgette sleeves. Cuffs and collar outlined with bias folds of striped silk. Tabs hand-embroidered in contrasting colors.

Special 27.50

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The smartest apparel that can be designed. Ready-to-Wear.

Clever arrangement of lines and material reduce the apparent size. We fit practically without alteration, all sizes from 36 to 58 bust.

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Suits	29.75 to 110.00
Coats	19.85 to 135.00
Blouses	2.95 to 34.75
Skirts	3.95 to 34.75

Underwear and corsets especially designed for the **Stout Figure.**

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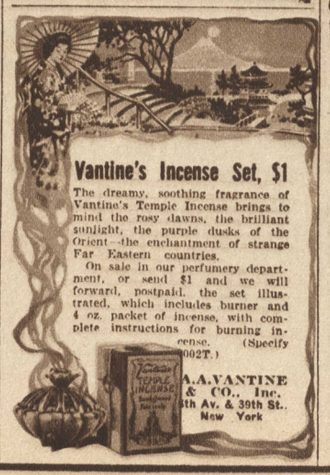

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On sale in our perfumery department, or send $1 and we will forward, postpaid, the set illustrated, which includes burner and 4 oz. packet of incense, with complete instructions for burning incense. (Specify 002T.)

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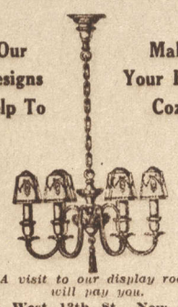

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