

THIN PEOPLE GAINED
WEIGHT QUICKLYBy Following This Simple
Suggestion.

Thin men and women who would like to gain weight quickly, with 10 or 15 pounds of healthy, say they, "would enjoy eating a large meal with their meals, and then have light snacks." Here is a good test worth trying. Thin weight, you tell them, means weakness. Take a large meal tablet with every meal—for two weeks. Then weigh again. If you gain weight, you know why you look or feel or what your friends say and think. Thin weight, you tell them, means thin men and women. We believe you can easily gain weight in the movement for national preparedness.

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Steps already have been taken by Mrs. William Cushing, national president of the D. A. R., to spread the news of the very important purpose of the organization and to make the fact producing complete and rapid results known to the public.

Women representing every state in the union participated in the conference and heard speakers of national prominence discuss national preparedness.

Assistant Secretary Roosevelt, of the navy department, addressing the women, suggested that one of the most practical ways in which they could help the navy was by becoming members of the navy reserves.

Mrs. O. H. Belmont, of New York, said:

"Women demand that they be consulted in public affairs, and in war time, especially, since it is they who supply every man sent to be killed, and because woman suffers mentally and physically infinitely more than man."

Other speakers were Col. George M. Thompson, president of the League; Miss Mabel Boorman, of the American Red Cross; Mrs. Oliver H. Belmont, president of the Political Equality Union; Mrs. Arthur D. Little, of the American Association opposed to Woman Suffrage, and Mrs. Catherine E. Little, president of the League of the Grand Army of the Republic.

The meeting closed Monday night with a reception.

THE BIRTH LIST.

BOSTON.—Bessie P. Smith, 1218 Fisher avenue; George Bolin, 445 Larch street; Mrs. L. W. Wink, 215 Harrison street; Stewart Dawson, 13 Rogers street; Mrs. C. C. Clegg, 1246 Beveline avenue; Joe Rosswall, 49 Kinnaman street; Mike Wright, 264 Thruway street; Miss Anna C. Clegg, 1246 Beveline avenue; Louis G. Gammie, 161 Cleveland avenue; Mrs. C. C. Clegg, 1246 Beveline avenue; Giuseppe Di Laura, 213 Brady street; Salvatore Di Giacomo, 1246 Beveline; Francesco Di Giacomo, 1246 Beveline; John H. Lippincott, 1196 Beacon street; Andrew Edson, 112 Lockwood avenue; John Cottrell, 200 Franklin street; Joseph P. Kelleher, 200 Franklin street; James Kiessman, Woman's hospital; Charles A. Kiessman, 1246 Beveline; George E. Baker, Grace hospital; Harry J. Scott, 100 National avenue; John McCullum, Providence hospital; John F. Hayes, 1125 Franklin street; Guy Van Winkle, Harvard hospital; Mrs. John F. Hayes, 1125 Franklin street; O. Edwards, 212 Tuftswood street.

Open Letter From a Victim
to a Victim.

So whom it may concern: I for years was afflicted with nasal congestion and pain, with all the accompanying symptoms. Any victim knows what the symptoms are, how they come on, how they disappear. Finally I began using Fretzinger's Cataract Balm, and in a very short time my trouble was gone. It stopped the discharge and healed up the membranes. And I want every one to know about it. Address Fretzinger Cataract Balm Co., Dayton, O., inclosing a cent stamp for trial sample. They will send you a trial treatment. They will gladly supply you and prove to your own satisfaction what a wonderful medicine it is.

(Signed) E. A. SMITHWELL
—Advertisement.

Yes—We Have It

And we honestly believe that

Rexall Hair Tonic
"93"
Is the best hair tonic on the market—
80 a bottle. Sold only by us.
Liggett's Gray & Worcester Stores

HOW LONG ARE
YOU GOING TO
BE SATISFIED TO
REMAIN A CLERK

?

Why are you sticking at the same salary you earned last year?

Do you say to yourself, "It's no use—there's no chance for a clerk?"

If you do you're wrong.

Read Edward Most Wooley's big fact article about clerks who have got to the top, and how they did it. It's called "Is There Any Chance for the Clerk?" In our next

Sunday Magazine
of The
Detroit
News Tribune

HORLICK'S
The Original
MALT MILK
Unless you say "HORLICK'S"
you may get a substitute.

USE NEWS LINERS

1,000,000 WOMEN
IN DEFENSE PLANFeminine Section of Navy
League to Enlist That Many.

BY THE ASSOCIATED PRESS.
WASHINGTON, Nov. 16.—Efforts will be made by the newly organized women's section of the navy league to enlist 1,000,000 members by Jan. 1 to aid in the movement for national preparedness.

This was decided on at the first conference of the league which after electing permanent organization and a permanent executive, adjourned to the summer meeting in Chicago. President Wilson and other government officers to support adequate national defense legislation and calling for the annual observance of a "national day of congress" on the opening day of congress with meetings and rallies throughout the country under the organization's auspices.

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War May Be Salvation
of Steamship Combine
in Receivers' Hands

The Combination, Conceived by the Late J. P. Morgan, Unsuccessful and Now in Charge of the Courts, Earned \$5,000,000 in September, and \$9,000,000 in October Through Export Business, Says Holland Trade Letter.

BY HOLLAND.

It should happen that the combination will be successful, and the receivers will be able to pay off the debts of the company.

There is no doubt that the European war, this corporation will receive a large amount of its profits.

It is the opinion of the court that the company will be able to pay off its debts.

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