

# 25 PASS TESTS TO QUALIFY AS LIFE SAVERS

Thorough Examination Is Given Under Direction of James Clark.

One hundred twenty-five seniors and 129 juniors, both girls and boys, passed life-saving tests this summer. The lessons and tests were held under direction of James Clark, director of life-saving, Indianapolis chapter, American Red Cross, and the pupils at the close of the examinations all were listed as "being capable of rescuing a drowning victim."

The tests began July 2, and were held throughout the summer at all city and county pools and beaches, and at Ft. Harrison. Many out-of-town swimmers also took the tests here. The tests closed Tuesday.

## Given Severe Tests

As a preliminary examination, the swimmers were required to enter the water fully dressed, strip clothes and swim 100 yards.

The tests consisted of the breaks, carries, and approaches that may be needed in saving a drowning person. Each pupil was required to break all holds on Clark before the examination was completed.

A complete list of the requirements necessary before passing the examination is as follows:

Break front strangle, break back strangle, break double grip on one wrist and break two people apart; make front approach, back approach and underwater approach; perform cross chest carry, hair carry and tired swimmer's carry; make surface dive and recover object; make fireman's carry and saddle-back carry in shallow water; float one minute; tread water thirty seconds, and be able to administer artificial respiration.

## Many Make Good

The list of senior swimmers passing the tests during the summer follows:

FT. BENJAMIN HARRISON—James V. Tipp, Dean L. Moore, Marshall O. Sher, Dave M. Maier, Dennis S. Sher, Eugene L. Field, Hubert Bessels, Robert Paul, Dennis Connel, John Pinnick, Roger Healy, Adolph Beyer, David W. MacDonell, Robert W. Moon, Charles E. Brown, William R. Stough, Donald L. Michaels, Raymond R. Wolford, George Sample, Francis J. Gobel, Edward Frosch, Clarence E. Boyd, John W. McIntosh, John E. Miller, Melvin Mel, Mitchell Bloom, Stanley E. Moulton, Earl E. Bailey, Floyd H. Neel, Charles L. Van Pommant, Lester O. Pottenger, John W. Jeffrey, David C. Carson, Paul A. Page, Mike Vasey, Robert E. Furelow, David Oliver, Morris Gregory, Ted E. Williams, Robert C. Gage, Charles E. Corde, Richard Oeborn, J. Dwyer, David J. Byerly, George Rodman, James Levenson, John Meinourne, Carl Hiedel, Charles Mackey, Virgil, Joseph Thomas, Richard Scott, Charles R. Clinton, Wilbur T. Gladwell, Jack Locke, Clinton Ancker, Donald E. Martin, Curtis N. Knicker, Harold Ruchman, E. Gustafson, Everett Arley, Bill Hirtler, Bill Burton, Robert Shaw.

BOY SCOUT CAMP—Leslie Barlet, RHODIUS PARK POOL—Clarence Anderson, Donald Dwyer, John Taylor, Ed. Cora Lovell, Elvin Gronecose.

LONGACRE POOL—Riley Woines, Charles Moody, Louis Miller, Clinton Switzer, Ralph Temperly, Fred Marsh, Frank Winkler, Betty Williams, Eastburn, Esther Thurston, Alicia Gurley.

ELLENBERGER PARK POOL—Dave Stone, Charles Ditchinger, Paul Walker, Bernard Williams, Elton Herold, Harold Blaud, Charles Barz, Charles Clark, James Butland, Isabelle Brown, John Correll, Harry Madison.

WILLARD PARK POOL—Dick P. Everett, Adrian J. Janel.

DOUGLASS PARK POOL—Earl Young, William Jackson, Lester Blumgrang, Leonard Floyd, Richard Pool, Robert Foster, Richard Egert, Kenneth Manion, Albert Hendrickson, George Harlow, George Bradley, Melvin Beely, Frank Skufca, Carl Corde, Virginia Devere, Daniel Mel, Charles Barz, Charles Clark, James Butland, Isabelle Brown, John Correll, Harry Madison.

WILLARD PARK POOL—Dick P. Everett, Adrian J. Janel, Rosemary Delator, Robert Vermeer.

BOY SCOUT CAMP—William Goldstein, Ben Krutwinger, Edward R. Taylor, Riedemeyer, Albert Fessler, Ralph Colby, Fred McCon, Ralph Cuddip, Fred T. Reed, Bud Mueller.

LONGACRE PARK—Richard Will, Paul Anderson, Pauline Richter, John Williams, Bruce Williams, Wileta Wats, France James.

GARFIELD PARK POOL—Roy Mills, Glen Roth, Ralph Norris, William Weber, Eric Wilson, James C. Taylor, Paul Cantwell, Jeanette Barber, William Wilhelm, Manuel Venie, Clarence Jones, Robert Stump, Hannah Barber, Bernard O'Connor, Mildred Kelsey, Bernard Weber, David Wire, William McCarty, Richard Fletcher, Charles E. Brown, Brown, Paul Jackson, Jack Capnes, Ralph Hubbe, Jack Lovelace, Robert Perkins.

ELLENBERGER PARK POOL—Fred Fulton, Louis Brown, John Britton, Harold Kenneth North, Harold Whitaker, Lawrence Peterson, George Rockford, William Hinch, John Lindford, Floyd Hinch, John Hinch, Stanley Smith, John Rockford, Betty Rockford, Charles E. Brown.

WILLARD PARK POOL—Dorothy Glover, Martha E. Quillen, Rita Pick, Dorothy Harding, Alfrida Pick, Hedy Turner, Robert Ryan, Leon Hastings, Gene Tracy, James Johnson, Herod Joseph, Robert Lynch, Robert Schulz, Eugene Eskew.

DOUGLASS PARK POOL—Samuel Austin, Levi Smith.

MCCLURE BEACH—George Beasley, Fred Hargitt, Jack Curtis, Fredie Rosebrock, Rayner Weaver, Lawrence Eber, Marie Gray, Rosalind Cook, Fred Doebber, Theodore Roush, Joseph Ross, Alfred Speck, George Hargitt.

WARFLEIGH BEACH—William Smilie, Frank Reeves, Robbie Turner, Margaret Templeton, Joseph Van Meter, Ernest Reed, Audrey Reed, Dorothy Van Meter, Edgar Hoy, Bob Perkins, Jane Reynolds, Mary Swan, Dorothy Jane King, David Maurer.

ELLENBERGER PARK POOL—Florence West, Kenneth Smith, Frances Bourne, Edna Nellie Crandall, Frances Bourne, Winfield T. Reed, Ed. Ryan, Karl Ross, Fred Sommer, Neida Johnson, Virginia Brune, Madeline Whitney, Bob Prater and William Wile.

## CHILDREN'S GAMES USED

Ground Equipment Closing Forces Indoor Activities.

Games originated by children at local playgrounds this summer during handicraft studies were used Monday when the ground equipment was closed because of rain. "Many of the children reverted to "Ring-Toss," which was popular during the early part of the summer, while others worked jig-saw puzzles they had made.

## STUMP TO TEACH CLASS

Attorney Will Be in Charge of Butler Public Speaking Course.

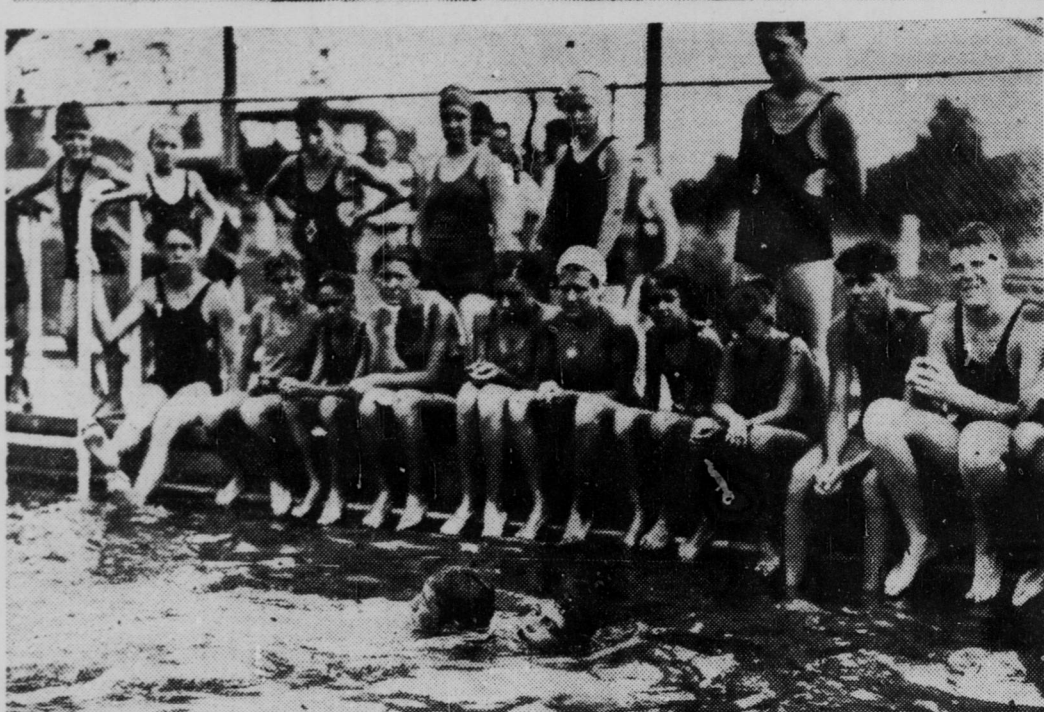
Class in public speaking will be conducted by Albert Stump, Indianapolis attorney, as a part of Butler university extension work under auspices of the Junior Chamber of Commerce.

Arrangements for the class are being made by Owen Calvert, chamber member and field representative of the Butler extension division. The class will be started about Sept. 21. Plan of meeting has not been decided.

## Church to Have Home-Coming

Home-coming day will be observed by Berea Church of Christ, Marion and Oliver avenues, Sunday, with a special all-day program. Professor P. D. Kershner, Butler university, will speak in the afternoon. Dinner will be served and a special musical program has been arranged.

## 25 GIVEN LIFE SAVING LESSONS AT POOL



Upper—Members of life saving class at Ellenberger pool watch as William Wylie, a senior pupil, attempts to break a double wrist grip on James Clark, instructor of the American Red Cross.

Lower—Clark demonstrating the cross-chest carry before the class. Wylie is taking the part of the victim.

Ten girls and fifteen boys were given life-saving lessons and tests at Ellenberger pool last week by James Clark, director of life-saving, Indianapolis chapter, American Red Cross.

Classes in life-saving were held at all city pools and beaches during the summer, and a total of 129 juniors and 125 seniors passed the tests, and are listed as being capable of rescuing a drowning victim.

## CHAMPION SOFTBALL TEAM TO BE FETED

Supper Will Be Given for Squad Members.

Joe Meo, instructor at Greer street playground, is planning a spaghetti supper to be held soon at the grounds in honor of the senior boys' softball team which recently won the city championship.

At the time of the dinner, the recreation department will present individual medals to the players. The medals are of gold, with the inscription, "City Softball Champion."

Earl Brandon, third baseman for the team, in addition to the medal, also will receive the sportsmanship medal for his playing ability and sportsmanship shown in the final game which was played with Ellenberger at the Ellenberger diamond.

## A BOOK A DAY

BY BRUCE CATTON

"The Massacre of Glencoe" by John Buchan, is the first of a new series of books being issued under the general heading, "Great Occasions."

It is the aim of the publishers to make each book a graphic sketch of some dramatic moment in history, and—judging by the first of the series—the idea ought to result in some very interesting reading matter.

Buchan's book deals with that singularly cruel and treacherous bit of wholesale murder by which the English, in 1692, sought to persuade the wild highland clans of Scotland that any further resistance to the British crown would be worse than useless.

The British felt that they had to make an example of some clan. They dared not pick a large one, for King William was engaged in a war in Flanders at the time and couldn't spare too many troops; so a small group of some 150 persons was marked for slaughter.

TOOPS were sent to the isolated glen where this clan lived. The soldiers made friends with the inhabitants, were feasted by them, were entertained in their homes; then, early on a cold winter morning, they turned on them and began shooting them down in cold blood.

Even then they bungled the job. Some thirty-five clansmen were slain and perhaps an equal number perished in flight over the mountains; but the clan as a whole survived and returned to its valley, the outrage helped to revive the dying Jacobite sentiment among the highlanders—and, all in all, the venture stands as one of the most senseless bits of thuggery ever indulged in by a responsible government.

Published by Putnam, this book sells at \$1.50.

# 1,000 CHILDREN, PARENTS ENJOY ANNUAL GAMES

Merchants Give Prizes for Athletic Contests at Brightwood.

Approximately 1,000 children and adults attended the annual fun day Friday at Brightwood playground. Brightwood merchants contributed prizes for the various athletic events. The prizes included toys, flashlights, cakes, candy, games, doughnuts, sweatshirt, pair of heels and four haircuts.

Nina Deal and Lucille Walter topped the junior and senior base-running and fifty-yard dash prizes, while Louise Walter out-tossed her rivals to win the senior distance throw.

Marilyn Bullock led the field in the hop, step and jump event to grab the junior crown in that event. Thelma Sims won the bean drop while Mae Bird was most proficient in the bean bag game.

## Win Barrow Race

Lena Moffet and Christine Brown wheeled ahead to gain premier honors in the wheelbarrow race.

Shirley Tritipo was first in both the hop around the small diamond and the twenty-five-yard dash. Frances Piers won the cracker contest and Joellen Atchison won the race for girls under 6.

In the boys' events, Ed Hunter and Dick Fender slid around the sacks with the most speed to win the junior and senior base-running contest. Lawrence Hayden and Gene Sherron took the accuracy throw, while Willard Reid and Darrell Cartwright broke the tape first in the fifty-yard dash.

## Reid, Fender Win

Reid and Fender won the 100-yard dash and Kenneth Bergdoll and Robert Passell were first and second respectively in the junior and senior running broad jump. Richard Pickett won the race for under 6.

Bobby Killian rolled in first in the rolling contest for small boys while the paired teams of Ray Hayden and Reid and Gale Guy and Fender won the three-legged race. Lawrence Hession and Harold Dehart won the cracker contest.

Miss Margaret O'Connor, matron, and Fred Deal, instructor, were in charge of the affair.

## THREE-LETTER WORD PRIZES AWARDED

Fifty Are Given Tickets to Ambassador Theater.

Youth and age alike showed ingenuity and skill in ferreting out the numerous three-letter words which could be made from the words "Jack Holt, the Wrecker," in the contest sponsored by the Ambassador Theater and The Indianapolis Times.

There were no specifications as to nature of the words, except that they be standard English.

The fifty winners, who will receive a pair of tickets each, to the Ambassador theater, are as follows: Mrs. Davis, 4514 Madison; Mrs. W. J. Redmon, 2343 Guilford; Mrs. E. E. Perkins, 1224 Guilford; Mrs. A. J. Francis, 824 Harlan; V. C. Scott, 3228 Guilford; Mrs. Esther Green, 1530 Guilford; William Wise, 143 Villa; Mrs. Frank Sowers, 1144 Broadway; Verne Jacobs, 1030 Guilford; Mrs. A. J. Adams, 1030 Guilford; Mrs. J. E. Harding, 1334 Guilford; Mrs. Betty Mandaback, 525 Broadway; Mrs. M. L. Munger, 230 South Sherman drive; Miss Helen Krueger, 2249 North 10th; John R. Field, 912 Kahn bldg.; Dolores Dietz, 43 Franklin; Peck, 2124 North Capitol; Mrs. C. Andrews, 1334 Commerce; Walter E. Cale, R. C. Danville.

Mrs. Margaret Nelson, 2108 North Capitol; Mrs. Charles E. K. Toland, 341 North Capitol; Mrs. Stella Fiesel, 1104 Lawrence; Pearl Myers, 521 K. of B. bldg. Allie Bowell, 1525 Central; Mrs. Allie Smith, 308 North Elm; and Mrs. J. M. Patterson, 638 North Colorado.

BASEBALL LEADS SPORT Teams in Fall Training for Play at Parks in 1934.

Baseball still is one of the leading games at local playgrounds, despite close of the season play two weeks ago.

Teams failing to place in the title race, both in the girls' and boys' groups, are more active than before at this time of year, and a number of star teams are expected for the regular season next summer.

Jackball Season Is Closed Last Jackball tournament of the summer at local playgrounds was held last Thursday at Kansas and Meridian grounds under direction of Miss Alma Tieft, several prizes, donated by south side merchants, were awarded. Both boys and girls participated.

Girls Soccer Teams to Play Girls at Christian Park playground have organized two soccer teams, and have been holding practice sessions. Rhodius park girls also have organized a team, and a post-season game is expected between the two groups in October.

Settlement and Fall Creek Teams Clash for Contest Victory. Finals in the annual volleyball tournament were to be held this afternoon at 2 at Indianapolis park, Bob Nipper, supervisor of boys' games and athletics at local playgrounds, announced.

Semi-finals in the tournament were held last Wednesday in the two divisions, with American Settlement team winning the first division, played at Indianapolis, and Fall Creek team winning the second division championship at Brookside park.

The finals previously were scheduled to be held last Friday at Willard park, but were postponed when all players were not able to be present.

Girls Soccer Teams to Play Girls at Christian Park playground have organized two soccer teams, and have been holding practice sessions. Rhodius park girls also have organized a team, and a post-season game is expected between the two groups in October.

Settlement and Fall Creek Teams Clash for Contest Victory. Finals in the annual volleyball tournament were to be held this afternoon at 2 at Indianapolis park, Bob Nipper, supervisor of boys' games and athletics at local playgrounds, announced.

Semi-finals in the tournament were held last Wednesday in the two divisions, with American Settlement team winning the first division, played at Indianapolis, and Fall Creek team winning the second division championship at Brookside park.

The finals previously were scheduled to be held last Friday at Willard park, but were postponed when all players were not able to be present.

Girls Soccer Teams to Play Girls at Christian Park playground have organized two soccer teams, and have been holding practice sessions. Rhodius park girls also have organized a team, and a post-season game is expected between the two groups in October.

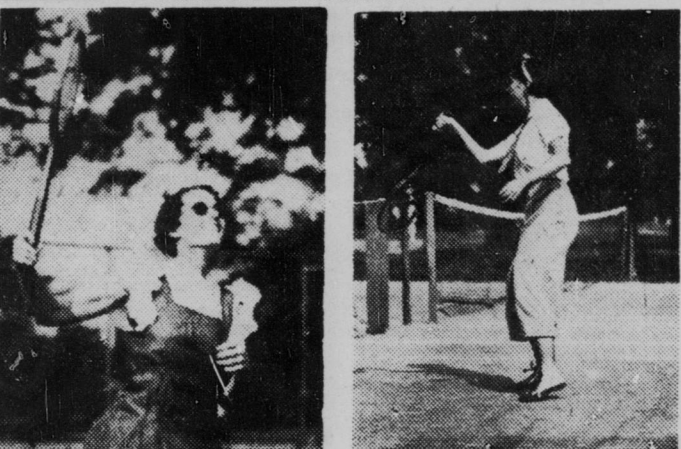
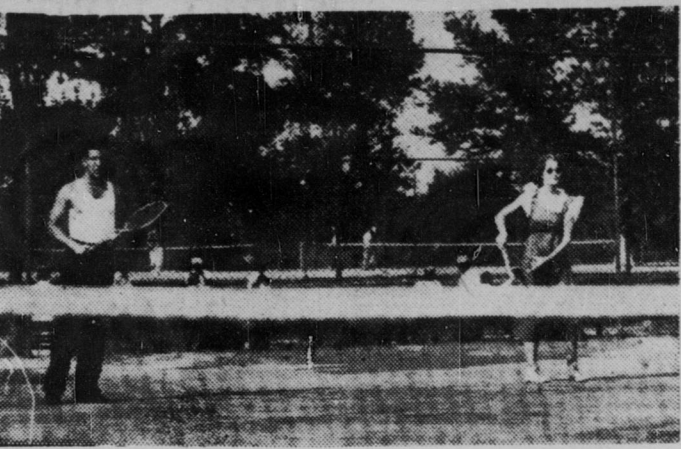
Settlement and Fall Creek Teams Clash for Contest Victory. Finals in the annual volleyball tournament were to be held this afternoon at 2 at Indianapolis park, Bob Nipper, supervisor of boys' games and athletics at local playgrounds, announced.

Semi-finals in the tournament were held last Wednesday in the two divisions, with American Settlement team winning the first division, played at Indianapolis, and Fall Creek team winning the second division championship at Brookside park.

The finals previously were scheduled to be held last Friday at Willard park, but were postponed when all players were not able to be present.

Girls Soccer Teams to Play Girls at Christian Park playground have organized two soccer teams, and have been holding practice sessions. Rhodius park girls also have organized a team, and a post-season game is expected between the two groups in October.

## TENNIS STARS BATTLE AS SEASON ENDS



Upper—Frances Howekotte, right, after serving over a fast one. Erle Gleason, left, her partner, is ready in case the ball is returned.

Lower Left—Frances up to the net, and going high into the air to stab one.

Lower Right—Julia Casserly who with her sister, Florence Casserly, opposed Florence and Erle, volleying one across for a point.

The annual tennis meet in their last week of operation for the summer, tennis courts at Brookside park were well filled when The Times photographer stopped there this week.

At the time the above pictures were snapped, Julia and Florence Casserly, 2517 East Thirtieth street, were engaged in a set with Frances Howekotte, 22 North Bolton avenue, and Erle Gleason, 808 West drive, Woodruff Place.

## Many Thanks

Times Lauded by Officers for Printing News of Playlots.

H. W. Middlesworth, city recreation director, Tuesday forwarded a letter of appreciation to The Times for co-operation with the recreation department this summer.

The letter written by Middlesworth follows: "With the closing of the 1933 playground season, I wish to take this opportunity to thank The Times for its fine co-operation with the recreation department of this city."

"The Times playground page has been a valuable weekly feature of the playground program, appreciated by the many children and recreation workers of Indianapolis."

## GOOD WEATHER AIDS PLAYGROUND SEASON

Indoor Games Occupied Children on Few Bad Days. A successful playground season was enjoyed at all parks in the city this year because of the almost daily visit of old man "fair weather."

A few days of rain and cold, which made playing on the slides and swings impossible, failed to stop the enjoyment of children of Greer street playground, and they gathered in the community house to present plays.

A favorite pastime of the youngsters at the ground is trying to imitate their favorite movie stars. Another feature of the acting is the children designing their own plays and costumes, and writing their own parts.

## HEALTH MEANS CHARM AND HAPPINESS

Sparkling eyes and smiling lips speak of health and vitality. Clear skin attracts. The healthy active girl is both happy and popular.

Peeps you are not really ill yet when the day's work is done you are too tired to enter into the good times that other women enjoy. For extra energy, try Lydia E. Pinkham's Vegetable Compound. It tones up your general health. Gives you more pep—more charm.

Remember that 98 out of 100 women report benefit. Let it help you too.

CALL LI. 6494 FOR GOOD DRY CLEANING FRENCH STAIN DYE WORKS The Garment Cleaners Main Plant, 317 West Maryland St. RUGS, DRAPERIES, CARPETS HATS, Cleaned and Dyed FURS

C-A-S-H for OLD GOLD GOLD TEETH WOLF SUSSMAN, Inc. 239 W. Washington St.

PROGRESS LAUNDRY LEARN Evening Law School OPENS SEPT. 11TH Three year standard legal course leads to LL.B. degree. Catalogue Upon Request BENJAMIN HARRISON LAW SCHOOL 1132 Consolidated Bldg. Riley 5882

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.

Take S.S.S. just before meals. No need to change your diet. S.S.S. will not interfere with any other medicine you may be taking. You will be happy with the beneficial results obtained. Start taking it today. At all drug stores in two convenient sizes. The larger size is more economical. © The S.S.S. Co.

NO ONE has to tell you that mental distress and nervous strain, overwork, colds, the "flu," sickness or a deficient diet weaken the body. You can feel it.

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.

Take S.S.S. just before meals. No need to change your diet. S.S.S. will not interfere with any other medicine you may be taking. You will be happy with the beneficial results obtained. Start taking it today. At all drug stores in two convenient sizes. The larger size is more economical. © The S.S.S. Co.

# CHILD CONTROL OF PLAY SITES IS SUCCESSFUL

Washington Ground Winner of Last Cleanliness Competition.

George Washington playground, Dearborn and Thirtieth streets, was voted the cleanest ground in the city for the week ending Aug. 26, J. C. Courtney, city recreation official in charge of the playground self-government system, announced today.

Because of the reduction of staff instructors almost 50 per cent it was decided to ask the children to help, and the plan proved successful.

Each week the instructor at each ground appointed four boys and four girls to help on the grounds. The children picked up paper, watched the slides and swings and helped the younger children.

Aids Had Authority The helpers were given authority, but always worked under supervision of the ground's instructor or matron.

"The danger of the plan was obvious," Courtney said. "Some of the children wished to misuse their authority, but this was eliminated through a careful daily check by the supervisors."

Children who helped at the grounds were mentioned weekly in The Times Playground Page which, according to Courtney, "served as a stimulant to good work."

Plan Succeeded In addition to the mention of their names in the paper, the children were guests at theater parties throughout the summer. The ground selected each week as the "cleanest" was given special mention in The Times.

"This plan, like all others, depends entirely on the enthusiasm of the instructor, and I can not think of a playground in the city where it will not work," Courtney said. "During the summer we had little or no trouble from three grounds which, in the past, have been constant 'sore spots.' I attribute this, in a large measure, to the self-government system."

ATTEND THIS SUMMER Why wait until fall? Make your summer months count. A cool, pleasant place to work and study. Central Business College Architects & Builders Bldg., Ind'pls.

LOW ROUND TRIP COACH FARES NEXT SATURDAY CLEVELAND .....\$4.50 Leave 10:00 p. m. or 10:50 p. m. Return on any train until 3:00 a. m. Monday. DETROIT .....\$4.50 TOLEDO .....\$4.00 Leave 10:00 p. m. Return on any train Sunday.

NEXT SUNDAY ST. LOUIS .....\$4.50 Leave 12:35 a. m. 2:45 a. m. or 8:15 a. m. Return on any train same day. CINCINNATI .....\$2.50 Greensburg, \$1.25 Shelbyville, 75c Leave 7:45 a. m. Return on any train same day.

Ask about Low Round Trip Fares over Labor Day. BIG FOUR ROUTE

Sparkling eyes and smiling lips speak of health and vitality. Clear skin attracts. The healthy active girl is both happy and popular.

Peeps you are not really ill yet when the day's work is done you are too tired to enter into the good times that other women enjoy. For extra energy, try Lydia E. Pinkham's Vegetable Compound. It tones up your general health. Gives you more pep—more charm.

Remember that 98 out of 100 women report benefit. Let it help you too.

CALL LI. 6494 FOR GOOD DRY CLEANING FRENCH STAIN DYE WORKS The Garment Cleaners Main Plant, 317 West Maryland St. RUGS, DRAPERIES, CARPETS HATS, Cleaned and Dyed FURS

C-A-S-H for OLD GOLD GOLD TEETH WOLF SUSSMAN, Inc. 239 W. Washington St.

PROGRESS LAUNDRY LEARN Evening Law School OPENS SEPT. 11TH Three year standard legal course leads to LL.B. degree. Catalogue Upon Request BENJAMIN HARRISON LAW SCHOOL 1132 Consolidated Bldg. Riley 5882

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.

Take S.S.S. just before meals. No need to change your diet. S.S.S. will not interfere with any other medicine you may be taking. You will be happy with the beneficial results obtained. Start taking it today. At all drug stores in two convenient sizes. The larger size is more economical. © The S.S.S. Co.

NO ONE has to tell you that mental distress and nervous strain, overwork, colds, the "flu," sickness or a deficient diet weaken the body. You can feel it.

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.

Take S.S.S. just before meals. No need to change your diet. S.S.S. will not interfere with any other medicine you may be taking. You will be happy with the beneficial results obtained. Start taking it today. At all drug stores in two convenient sizes. The larger size is more economical. © The S.S.S. Co.

NO ONE has to tell you that mental distress and nervous strain, overwork, colds, the "flu," sickness or a deficient diet weaken the body. You can feel it.

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.

Take S.S.S. just before meals. No need to change your diet. S.S.S. will not interfere with any other medicine you may be taking. You will be happy with the beneficial results obtained. Start taking it today. At all drug stores in two convenient sizes. The larger size is more economical. © The S.S.S. Co.

NO ONE has to tell you that mental distress and nervous strain, overwork, colds, the "flu," sickness or a deficient diet weaken the body. You can feel it.

Now medical science attributes that tired-out-let-down feeling to deficient hemo-globin (skin and tissue purifier) in the blood—so necessary for carrying the vital oxygen from the lungs to all parts of the body—even to the skin—and in throwing off body poisons.

Even a sufficient and well balanced diet cannot properly nourish the body, unless the blood contains sufficient hemo-globin. Today tens of thousands take a course of S.S.S. Tonic once or twice a year to regain lost strength, restore the appetite and to clear up the skin. You can feel it.