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Snowflake

ammonia

It softens the water

in the washing machine

and makes the clothes

so white and clean. 28

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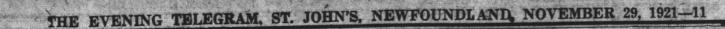
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are classified rade headings but let the With a strong purpose towards the MERCHANTS meet the attainment of such an object, and with the mental environments and inarticulars of the C Colonial and Fo SHIP LINES has done her the Ports to forces, closely approximate the rendicating the appro alization of this perfect manhood.

sibilities of life your capacities, your NESS CARDS of Fir end their conne nower to take advan tunities depend greatly EEKING AGENCIES the steam that at a cost of 8 doll for the engineer leading under w

full realization d. Larger ad and successes 80 dollars. this "power bedirectory will be 10 dollars,



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Wrangel's Mysterious Army. Military Sinbad The Sailor Riga. (Associated. Press.)-Charges that Great Britain had already transported a number of General Wrangel's followers from Constantinople to Vladivostok, together with rumors. that the British were collecting large orces of "White" Russians in Bombay and Bagdad, are contained in a tatement sent out by the Russian official news agency. Aboard a British military transport which has already arrived at Vladivostok, states the agency, are 768 Russians, of whom 600 effectives are in British uniforms, and formerly served with Wrangel's or Denikine's forces. Soviet Russia, according to the agency's report, energetically protests against this act as menacing to the Far Eastern republic, and charges that Great Brit

ain which, in Lord Curzon's note, ac cused Russia of breaking their agree ment, is herself violating the agreement, by openly assisting the enemies

a set height, cultivate than the body. For those just distance from entering adult life physical training of the Far Eastern Republic. arms upward can change the entire structure and PERPLEXING TO ALLIES. full reach above appearance of the body. It can im-What to do with the thousands of being closed and prove, enlarge and make symmetrical Cossack and other Russian troops again their full every part of the physical organism. under the command of General Baron Follow a good system of physical Wrangel who were thrown out of the ev project over and training. Begin moderately, and if you Crimea by the Bolsheviki and took g the heels, and desire the greatest possible improverefuge in and near Constantinople, has of the body on the ment in the shortest space of time, been one of the puzzzles which has t. Repeat this move exercising should last from thirty perplexed the Allied governments in and after the third minutes to an hour daily. Thoroughly Europe. In April last it was reported body spring from tire the various sets of muscles. If that Wrangel had asked the French the resistance is too strong there is Government to convey his men to To leap width, take danger of becoming "muscle bound" Vladivostok. The Soviet Government on, with the toes -an inflexible condition of the musof Russia has been suspicious that the transverse mark. Cles, incapacitating them for a quick forces would be used somehow againt? slowly upward graceful movement. Be persistent in the Bolshevik government and during e line of the shouls your exercise and strong in your defirmly clinched. termination to reach the goal. Make the past summer the official Russian lownward and it a pleasure instead of work. Look reports that these troops were to be all extension, at upon it as play. Study the movements shippd to Vladivostok to aid the new o the lower limbs, of the muscles before a mirror as you anti-Bolshevik government there or to vements three exercise, and thus add to the interest. take the field in Siberia against the from the feet Be temperate and wholesome in Soviet government of the Far Eastf propulsion of habits and diet, cleanly in person and at the same in- in morals. Above all, be a man-a real Chita. One of the reports was that ern Republic with headquarters at to the front. genuine, vigorous, courageous man. Japan had agreed with General Wrangel to move his troops to Vladivostok and that the Russian Soviet Govern ment had lodged a protest against it fluences, congenial and pure, almost Since coming out of the Crimea any young man can by combining thousands of Wrangel's troops have physical training with these ennobling been living in huts in extreme poverty on the Gallipoli Peninsula, and the Island of Lemnos in the Aegean Sea, sustained by the hope that some

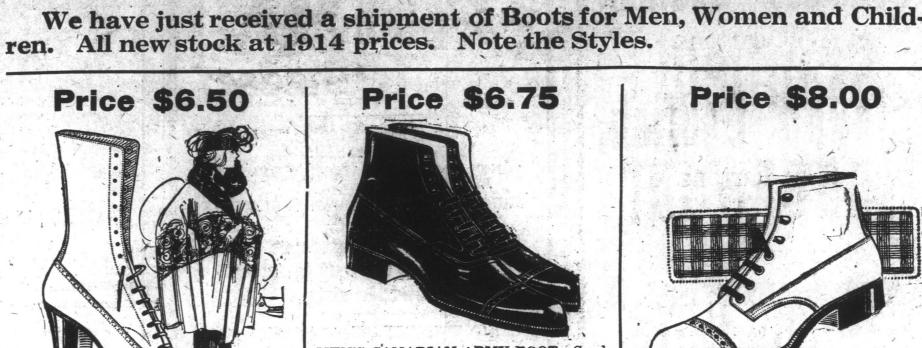
time their services would be needed to re-establish a new government in Russia

Mr. J. Thomas, formerly wireless

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