DAILY PAGE FOR EVERYBODY

Do What These Doctors Tell You

Sworn Statement of the Composition of the Formula of Nuxated Iron.

How It Helps To Increase Strength and Build Up Delicate Nervous, Rundown Folks.

The board of directors have authorized the broadcast publication of the sworn statement of the composition of the formula of Nuxated Iron, so that the public may examine it for themselves and judge as to its merits. It is conservatively estimated that this remarkable formula is now being used by over three million people annually. Among those who have used and strongly indorsed it are many physicians who have been connected with the best hospitals and medical societies, Hon. Leslie M. Shaw, Former Presidential Cabinet Official-Secretary of the Treasury, Vice-Presidential Nominee Chas. A. Towne, former members of Congress; distinguished U. S. Army Generals (Retired), Judge Atkinson of the United States Court of Claims at Washington and Former Health Commissioner Kerr of Chicago.

Newspapers everywhere are invited to copy this statement for the benefit of their readers. It is suggested that physicians make a record of it and keep it in their offices so that they may intelligently answer questions of patients concerning it. Everybody is advised to cut it out and keep it. A copy of the actual sworn statement will be sent to anyone who desires such. It is as follows:

Cut this Out

Sworn statement of the composition of the formula of Nuxated Iron

Iron Peptonate (Special specific standard) (Quantity given below).
Sodium Glycerophosphates U. S. P. (Monsanto).
Calcium. Glycerophosphates U. S. P. (Monsanto), P. E. Nuxx Vomica U. S. P.
Cascarine Bitter Magnesium Carbonate Po. Ginger U. S. P. Oil Cassia Cinnamon U. S. P. Calcium Carbonate Precip. U. S. P.

Each dose of two tablets of Nuxated Iron contains one and one-half grains of organic iron in the form of iron peptonate, of a special specific standard, which in our opinion possesses superior qualities to any other known form of iron. By using other makes of Iron Peptonate we could have put the same quantity of actual iron in the tablets at less than one-fourth the cost to us, and by using metallic iron we could have accomplished the same thing at less than one-twelfth the cost; but by so doing we must have most certainly impaired their therapeutic efficacy. Glycerophosphates used in Nuxated Iron is one of the most expensive tonic ingredients known. It is especially recommended to build up the nerve force and thereby increases brain power, as glycerophosphates are said to contain phosphorus in that particular state so similar to that in which it is found in the nerve and brain cells of man.

As will be seen from the above, two important ingredients of Nuxated Iron (Iron Peptonate and Glycerophosphates) are very expensive products as compared with most other tonics.

Under such circumstances the temptation to adulteration and substitution by unscrupulous persons, is very great and the public is hereby warned to be careful and see every bottle is plainly labeled "Nuxated Iron" by the Dae Health Laboratories, Paris, London, and Detroit, U. S. A., as this is the only genuine article. If you have taken other forms of iron without success, this does not prove Nuxated Iron will not help you. We guarantee satisfaction to every purchaser or your money will be refunded.

Take Nuxated Iron for Red Blood, Strength and Endurance.

In regard to the value of Nuxated Iron, Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon Jefferson Park Hospital, Chicago, says it has proven through his own tests of it to excel any preparation he has ever used for creating red blood, building up the nerves and strengthening the muscles. Dr. J. W. Armisted, Grove Hill, Ala., graduate of the University of Alabama School of Medicine, Mobile, 1883, says: "In the cases I used Nuxated Iron I have found more beneficial results than from any preparation I have ever used in 34 years' practice." Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital, said: "Contrary to general opinion, lack of iron in the blood does not necessarily mean you do not have enough blood, but it means your blood is not of the right kind. If you feel tired in the morning; restless at night; if you suffer from weakness or lack of vitality, go to your family doctor and have him take a specimen of your blood and examine it, and if it shows iron deficiency, get him to give you a prescription for organic iron—Nuxated Iron. Do this so as to be sure that you do not get hold of some of the numerous forms of metallic iron preparations on the market which may do you more harm than good. Or if you do not want to go to this trouble, purchase an original package of Nuxated Iron and see for yourself that the words Nuxated Iron appear on the package—Not Nux and not any other form of iron than Nuxated Iron."

Iron is absolutely necessary to enable your blood to change food into living tissue. Without it no matter how much you eat or what you eat your food only passes through you without doing you any good, and as a consequence you become weak, pale, sickly looking, just like a plant in soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two tablets of Nuxated Iron three times per day after meals for two weeks, then test your strength again and see how much you have gained.

Nuxated Iron often increases the strength and endurance of delicate, nervous, rundown folks in two weeks' time. Sold by all druggists everywhere.

HORLICK'S
Malted Milk for Invalids
A nourishing and digestible diet. Contains rich milk and malted barley extract. A powder soluble in water.

Secrets of Health and Happiness

Dining in Instalments One Solution of Digestion Ills

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D. (Johns Hopkins University.)

DR. HIRSHBERG

You may not have trouble with your digestion as soon as you "bolt" a meal, though this very often is true if you are a naturally dyspeptic person. But this does not mean that you are going to be free for the rest of your days from pain in the stomach.

Pain may come to you one or two hours after you have eaten or five or six hours later, or it may not come to you for days. You then have what is called a delayed pain, which may grip you in the middle of the night and take you by surprise.

Delayed pain usually occurs in the abdomen—the regions of the stomach and intestines. From here the pain sometimes radiates toward the spinal column and works through the spaces of the spinal bones around the ribs. When the pain is as extensive as this, it is usually very severe, and is accompanied by a burning sensation, cramps, a sort of twisting in the abdominal regions. It is apt also to be quite as agonizing as extensive.

Symptoms and Causes.

The features of the sufferer may be drawn, his face pale, and he may experience a feeling of weakness and irritability to the extent of collapse. This may be a neuralgic pain in the stomach, and often makes the patient moan and curl up in bed, hold his stomach with both hands, while cold perspiration covers his face. His feet become cold, and altogether he is in a state of torture.

The sufferer may also have an excessive secretion of saliva which is an automatic aim of the human mechanism to neutralize some of the overabundant gas present. This is accompanied by pains in the breastbone. A feeling of nausea often culminates in actual vomiting, and when this stage is reached the patient almost invariably gets relief.

The agony of pain like this can at once be decreased if the patient is given food. If you have seen a person who suffers from digestion disorders you have probably noticed that if he is given water to drink and a few morsels to eat the pain subsides. Many persons who have so deteriorated in health as to have frequent attacks of gastric trouble can overcome their ailment very largely if they permit digestion to go on every minute of the day. To do this, distribute your meals throughout the day, so that instead of having three meals, have six. A little food, frequently taken, is much better than a great deal of food taken a few times a day.

It must be remembered, to be sure, that pain of this sort does not come to attack the individual over night. It is, as a rule, the result of a long process of deterioration, due probably, to negligence or abuse of the bodily mechanism. Like the root of many a disease, overwork enters here, too, to create mischief.

Overwork by itself is not quite as harmful as when accompanied by other circumstances. One evil, however, is hardly left to trail along without a train of other evils. Overwork is usually accompanied by lack of fresh air, an unfortunate condition, because the bodily machinery is actually robbed of its necessary spark to light the fuel in it, burn or oxidize the food, and prepare it for absorption into the tissues and muscles.

Some Simple Aids.

In addition to hard work and lack of fresh air, you will also notice that food is incorrectly eaten, and as a result, poorly digested by a person inclined to overwork. Sufficient time is usually not given to mastication, and the result is that food is swallowed in "chunks."

Not only is the food swallowed in large pieces, and not a deep breath, a few stretching exercises or a short walk taken, but you perhaps apply yourself quickly and suddenly to your work and neglect your bodily welfare and so allow mischief to begin. Thus it happens that you are the cause of your own downfall. You may feel a burning sensation "once in a while," and try to ignore it, and although you perhaps work without sufficient exercise and fresh air from day to day "without feeling bad" the day of reckoning is bound to come.

If the taking of food does not give relief when the pain attacks you, take some alkaline solution such as chalk, magnesia or bicarbonate of soda. These will neutralize much of the surplus acid in your mechanism and thus give you relief. Of these powders, bicarbonate of soda is best to take, for that creates the quickest action; it works in about ten minutes.

Do not take any of these powders dissolved in water, but place them on the tip of your tongue and take a swallow of water afterward. This method will prove more effective and will bring relief sooner.

If you have been troubled two or three times with these stomach pains, put yourself on a diet of milk. Drink about four pints a day in divided doses until you have made for yourself quite a good foundation to protect yourself against the recurrence of these pains. Later you may add vegetables to your diet. Finally you may resume your ordinary diet, with precautions in taking food, against overwork and lack of fresh air.

Answers to Health Questions

GEORGE M. W. Q.—Please tell me how I can make my hair lighter.

A.—Washing the hair frequently, going without a hat, and not using soap on it will help to make the hair light.

A. P. Q.—What can I do for granulated eyelids?

A.—This is a warning to have an oculist search your eyes and a physician to look after your general health. Apply to the eyelids and eyelashes each night a little of 2 grains of yellow oxide of mercury to 1 dram of vaseline.

C. L. L. Q.—What can be done for an itching face?

A.—Try a little of the following lotion:

Pink calamine	2½ drams
Zinc oxide	2 drams
Glycerine	2 drams
Phenol	30 drops
Limewater	2 ounces
Rosewater	2 ounces

READER. Q.—Until a year ago last fall I never had a bad or tired feeling. At that time I began to have lazy and tired feelings. I lost weight from 160 pounds to 135 pounds. Please advise me.

A.—Go to a specialist or consult several of them. Loss of weight may be due to any one of several maladies that instant attention may cure.

J. E. W.: Q.—Kindly advise me what to do for enlarged nose pores.

A.—Massage, vibration and the use of a little harmless paste, such as lycopodium powder and glycerine, or borated cocoa butter, helps to fill them out.

A C. S., London, Ont. Q.—Would you kindly advise a remedy for numb hands?

A.—The causes of numbness in the hands or other parts of the body are very numerous. Have a physician find the cause by an examination.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.

How to Make Your Cleansing Creams at Home

BY LUCREZIA BORI
The Famous Spanish Prima Donna

LUCREZIA BORI

The cold cream habit, though often carried to excess, is, nevertheless, one of the very best assurances against clogged pores. No matter how thoroughly you wash your face, or even scrub it with a soft camel's hair brush, the pores themselves cannot be cleansed thoroughly by any such a surface process.

To relieve them of the particles of dust that adhere to them it is necessary to give the skin a delicate rubbing with the finger tips, lubricated by some good cream. In this way the pores are gently pressed open and cleansed. It is absolutely essential for the city women especially to give regular attention to this process, for it is impossible to avoid the dust and grime in our city streets, and only a thoroughly cleansing process will keep the skin clean and clear.

Some women object to the frequent use of cold cream on the ground that "it grows hair." It is true that cold cream with a vaseline base may encourage the growth of hair, for vaseline, as is generally known, is excellent for this purpose. However, there are dozens of excellent cold creams on the market that do not contain vaseline, and which can be used regularly. However, if you prefer, you can make your own cold cream at home with little trouble.

A reader asks for some recipes for a cleansing cream that contains neither alcohol nor rosewater. Here are two that are minus these ingredients, but delightful, nevertheless:

Oriental Orange Cream.

4 ounces oil of sweet almonds.
6 drams of white wax.
6 drams of spermaceti.
2 drams of borax.
1½ ounces glycerine.
15 drops oil of neroli.
15 drops oil of orange skin.

Melt the oil of sweet almonds, the wax and the spermaceti, and add to it the orange flower water. Dissolve the borax in the mixture, and then pour it slowly into the blended fats, stirring constantly.

When applying cream to your face be sure to rub the skin upward and outward with a rotary motion, and rub very gently. Don't hold the muscles of the face rigid or in any unnatural position. Let your face relax into a natural expression, and try to remain in a restful position.

I have seen women at their dressing tables hurriedly rubbing cream into their faces, but they were so tense and so nervous that the operation was a task and a strain instead of a pleasant operation, as relaxing as a warm bath.

There is much to be said about the creaming habit as a beneficial relaxation for the muscles of the face as well as a cleanser for the surface skin, but if you don't relax and rest during the process you aren't obtaining even half the benefit you should.

Cold Cream.

75 grains sweet oil of almonds.
20 grains of virgin wax.
8 grammes of spermaceti.
Any favorite perfume.

Melt these ingredients together and stir for 20 minutes. Set aside to cool and when partly cool add the perfume.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Learns Just What Street Dress Will Serve the Older Woman for Many Occasions.

Mrs. Caldwell came into the studio quite late the other afternoon, and when she'd wearily greeted Madame, she said:

"I don't think it's really fair to you or to me to try and select a gown—particularly if you're as fatigued as I am."

But Madame Frances never grows weary.

"Don't you know I am inexhaustible?" she responded, smiling.

"I just delivered a lecture at one of the women's clubs and I've made a discovery," Mrs. Caldwell beamed. "I have always favored wearing a tailored suit at meetings. It seems to add a dignified bearing. But when you're in a moderate-sized room with forty or more other women, a suit isn't the most comfortable garment to wear while talking enthusiastically; therefore, tired as I was, I decided to run in and have you show me a dress that will be appropriate yet comfortable for my purposes."

"I've often wondered why you didn't select a dress that you could wear equally well on the platform and the street," said Madame. "Now I'm going to show you a model which I think particularly well suited for you."

While this was being brought into the studio Madame couldn't help noticing how exhausted Mrs. Caldwell appeared to be. So she insisted upon her resting a few minutes, then she had her try the dress on.

Mrs. Caldwell is a middle-aged woman, who must be exceptionally careful in the selection of her clothes. She cannot wear anything that's frilly or fussy, but rather a garment that has good lines, and one that emphasizes her stability.

The dress Madame had her try on was one of olive green faille silk.

"The color seems so restful," remarked Mrs. Caldwell. "It actually seems to soothe me."

"It is restful," admitted Madame, "and I think the style is very becoming. Don't you?"

The blouse is quite simple, made in jumper effect, and is outlined with a narrow silk cord of the same color.

A little pocket in the front of the skirt gives the dress a smart touch.

The skirt is plain, falling in box pleats.

The dress is finished with collar and cuffs of hemstitched organdie.

"I think the dress looks rather smart," remarked Madame, "and I'm sure it ought to be very comfortable."

"Yes," said Mrs. Caldwell, laughingly, "it might even have the effect of calming my audience as well as myself when we get into heated discussions, which happens only too frequently."

"Quite right," agreed Madame, "the effect of restful colorings is a subject well worth considering when you select a gown for yourself, Mrs. Caldwell, particularly if you have an audience that you wish to influence by the personality which your clothes reflect."

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

"There's Work To Be Done, and I've Got To—Do It!"

At my declaration that Dicky and I were very happy together, a sudden unreasoning anger flamed in the sunken eyes of the wounded officer. He half-raised himself from his pillow and his tone was almost a shout:

"Then, if that be so, why isn't he taking care of you? Where is he?"

My heart echoed his question drearily. Where, indeed, was my husband? I did not mean his geographical location, that I knew, but his soul — his heart?— Ah! that was a far more difficult question to answer!

But I knew that I must give no hint of the real condition of affairs to the weak, half-hysterical man whose burning eyes questioned me so fiercely.

He had sunk back upon his pillow weakly, and the nurse had hurried to his side.

"You mustn't excite yourself," she said authoritatively, "or I must ask Mrs. Graham to go away."

He turned his head toward her, and I saw a gleam like ice come into his eyes. I realized in that moment, as I had when he faced the infuriated Ernest, what a man of steel he could be.

"Pardon me, please, but may I ask you to summon the interne for me? There is something I must tell him at once."

It was so patent a subterfuge to get her out of the room that I wondered if she would submit or refuse to go. But evidently she had no desire to face his displeasure. She waited a long moment, while the gleam in the sick man's eyes narrowed into a pin point of steel, then she said quietly:

"Of course, but I'm afraid he cannot come to you just now."

"Please wait for him then," he retorted, and turned his face away from her.

"Forgive Me—"

She turned away without another word and went out of the room.

As the door closed behind her he looked up at me imperiously.

"Why don't you answer my question?" he demanded. "Where is your husband?"

"The nurse gave me no chance to answer before," I returned quietly. "But the answer is very simple. My husband is away from home on a business trip, and, of course, we have not alarmed him by telling him of my accident."

He closed his eyes for a long moment. When they opened again I saw crass disbelief in them.

"That is only part of the truth," he said deliberately, then as I couldn't keep down the angry, humiliated flush that crept over my face at his words, his eyes softened.

"Forgive me, I'm a brute," he said contritely, "but all this means so much to me—you can't guess how much."

I took my courage in both hands, looking into his eyes squarely.

"Please don't misunderstand me," I said, "but if I come to see you any more there must be no more questions concerning my married happiness. Think of me only as you would of a very grateful friend—another man, for instance."

An amused smile flitted across his face.

"You're such a very masculine person," he said ironically, and then his face fell into its old, sad, stern lines and he closed his eyes again.

A Bargain Made.

I waited quietly, hoping that he would go to sleep, for I feared the effect of the excitement he had brought upon himself. But he evidently was stronger than I thought, for at the end of two or three minutes, when he again opened his eyes, the feverish excitement had gone out of them, and his voice was calm and strong.

"I fancy I have been seven kinds of a delirious fool," he said quietly, "but I'll try not to offend again."

There was something in his tone that told me he had fought a battle with himself in the moments he had lain so motionless. Before I could frame an answer to his words he was speaking again:

"You don't mind telling me why you were at the inn that day, do you? I really ought to know what happened before I came on the scene."

I looked at him in astonishment.

"Are you sure you are strong enough to go over all that now?" I asked.

"Positive." His tone was crisp, assured. "I've been a weak, half-hysterical fool long enough. There's work to be done, and I've got to get out of here and do it."

I looked at him searchingly, saw that he was speaking only the truth. From somewhere within him he had brought up his reserves of force and will power. That he would mend quickly now I was sure.

"I will make a bargain with you," I said, glad indeed that there was no longer embarrassment to me in conversing with him. "I'll tell you everything that happened before you arrived so opportunately at the inn if you in turn will tell me of the things which happened from the time I dropped unconscious to the moment when you brought me to the hospital."

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, JUNE 28.

The indications are for a day of interest and success in commercial lines, but not so advantageous in other directions. The trine of Moon to Jupiter, one of the strongest of benefic testimonies, makes the day secure for speculation, investment and new business, for finances generally, with honors, fame and increase. But a Venus under affliction may bring anxiety into the home circle and into affectional attachments. There is a strong probability of removal, change and journeys, and these should result fruitfully, though women should undertake these with wise counsel, especially if the changes involve domestic and affectional matters. In these there is danger of a cooling or procrastinating aspect, induced by hypocrisy, deceit or indiscreet behavior.

Those whose birthday it is may expect a year of increase and satisfaction in business, with travel and change, but they must be discreet about their domestic, social and affectional affairs, safeguarding and cherishing them. A child born on this day will be industrious, popular and respected, and will make fine success either in business for himself or in employment.

A recent exhibition of carrier pigeons in London showed many devices used to protect the birds in their flights at the front. Several pigeons were shown painted in camouflage coloring, while gas masks for use during gas attacks were also exhibited.

Try TETROL, 25c
To clean spats, white kid shoes, gloves, etc. You will be surprised.
BRUCE WALLACE
419 RICHMOND STREET.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War

By ALBERT BARRETT SAYRES

Making Backyard Trees Useful.

Those who have sufficient ground in the rear of their city or country houses in which to plant trees, or who are planning to plant trees in ground on which they plan to build, will do well to consider the usefulness of the trees that are to occupy the space before deciding just what they will plant. Of course, you want trees that are beautiful, but trees may be both economically useful and beautiful. Give thought to fruit trees.

Not only are apple trees, cherry and peach trees ornamental in their shape and their foliage, but they vary the year around. They are not only as decorative as the purely flowering shrubs, but they are much more lovely than the average shrub or tree in blossom time. The green or the other soft colors of the growing fruit become more beautiful each day until the brilliant reds or ripe greens arrive at harvest time.

Of course, there is no thought of transforming grounds entirely to utilitarian uses. But why not adopt the ideas of the best landscape gardeners of Europe before the war, and of the cherry-loving—one almost might write cherry blossom worshipping—Japanese? Let a goodly portion of the trees in open spaces serve your eye with their beauty and your table with their fruit.

Enforcing Food Control.

The most powerful force for the regulation of the prices of food is made up of the housewives of the nation. Each home-maker who has signed and proudly displayed her pledge card—and what good housewife hasn't?—is a volunteer member of the food administration, not only in her own home, but wherever she goes. If you find that any dealer is asking more than a fair price, you will not only save money for yourself, but serve your community and the nation as well by learning the reason.

Of course, the dealers who give you the extra service of delivery, credit or superior quality must charge a bit more than those from whose stores you carry home your own purchases bought for cash. But you are entitled to know of any reason why you pay more than a fair price. And if you can discover no adequate reason for a higher charge, your duty is to lay the matter before the local food administrator.

In this "policewoman" work you, as a housekeeper, can aid the food administration and serve the fair and honest dealers as well as yourself and your household.

Good Night Stories

By Blanche Silver

Illustrated by Gruelle

BOBBY'S INTRODUCTION TO A REAL LIVE WHIRLIGIG.

For a long time Bobby sat and watched a little bug whirling around in the water.

"Just as sure as I'm alive, he's drowning!" exclaimed Bobby, and he nearly tumbled into the water trying to reach the bug with a stick. "Oh, dear, where's Happy Giggles?"

"Here I am!" laughed a merry voice, as Happy Giggles popped up at Bobby's elbow. "Be careful, or it will be but Mrs. Whirligig heard him.

"Yes, they are queer to you, I guess," laughed Mrs. Whirligig. "There seems to be four of them, but there's really only one, divided on each side of my head. Half the eye looks up, while the other half looks down, so I can watch the birds above me and the fishes, frogs and turtles underneath me."

"But tell me, little friend, why you are so happy this morning," said Happy Giggles.

"I should be happy," replied Mrs. Whirligig Beetle, whirling like a top. "I've just tucked my eggs away on the leaves that hang over the water. Soon the little larvae will hatch and spin silken pupa cases around themselves, and hang on the leaves there until they turn into little beetles. Just think what a happy family of Whirligig Beetles I'll have then! That's why I'm happy."

Now, as Mrs. Whirligig Beetle never stays still very long at a time, she merrily whirled away to the middle of the pond, turning round and round just like a top.

"Well, that's the first time I ever saw a real live whirligig!" laughed Bobby, turning around—but Happy Giggles was nowhere in sight.

"Where's Bobby?"

"That poor little bug is almost drowned!" cried Bobby, pointing to the whirling bug.

Happy Giggles jumped upon the stone beside Bobby and looked out at the end of Bobby's stick, then he laughed merrily as the bug in the water darted and whirled away, spinning round and round like a top.

"It's no time to laugh!" exclaimed Bobby. "He'll drown in a second."

"Oh, no, he won't!" laughed Happy Giggles, waving his cap at the whirling bug, calling: "Come in, Mrs. Whirligig Beetle, and let Bobby have a look at you."

Into the bank whirled Mrs. Whirligig, and greeted Happy Giggles.

"You see, Bobby thought you were going to drown," said Happy Giggles.

"No, indeed!" laughed Mrs. Whirligig Beetle, shaking the water from her bronze-colored gown. "I always whirl that way when I'm happy. I use my hind legs for oars and my fore legs for rudders," and her four little eyes fairly danced.

"What funny eyes!" whispered Bobby,

300 Cups to the Pound

That's what you get when you buy Lipton's Tea.

Two teaspoonfuls are sufficient to make five delicious cups, and there are about 120 teaspoonfuls to a pound.

But what you will be MOST interested in is the QUALITY of Lipton's.

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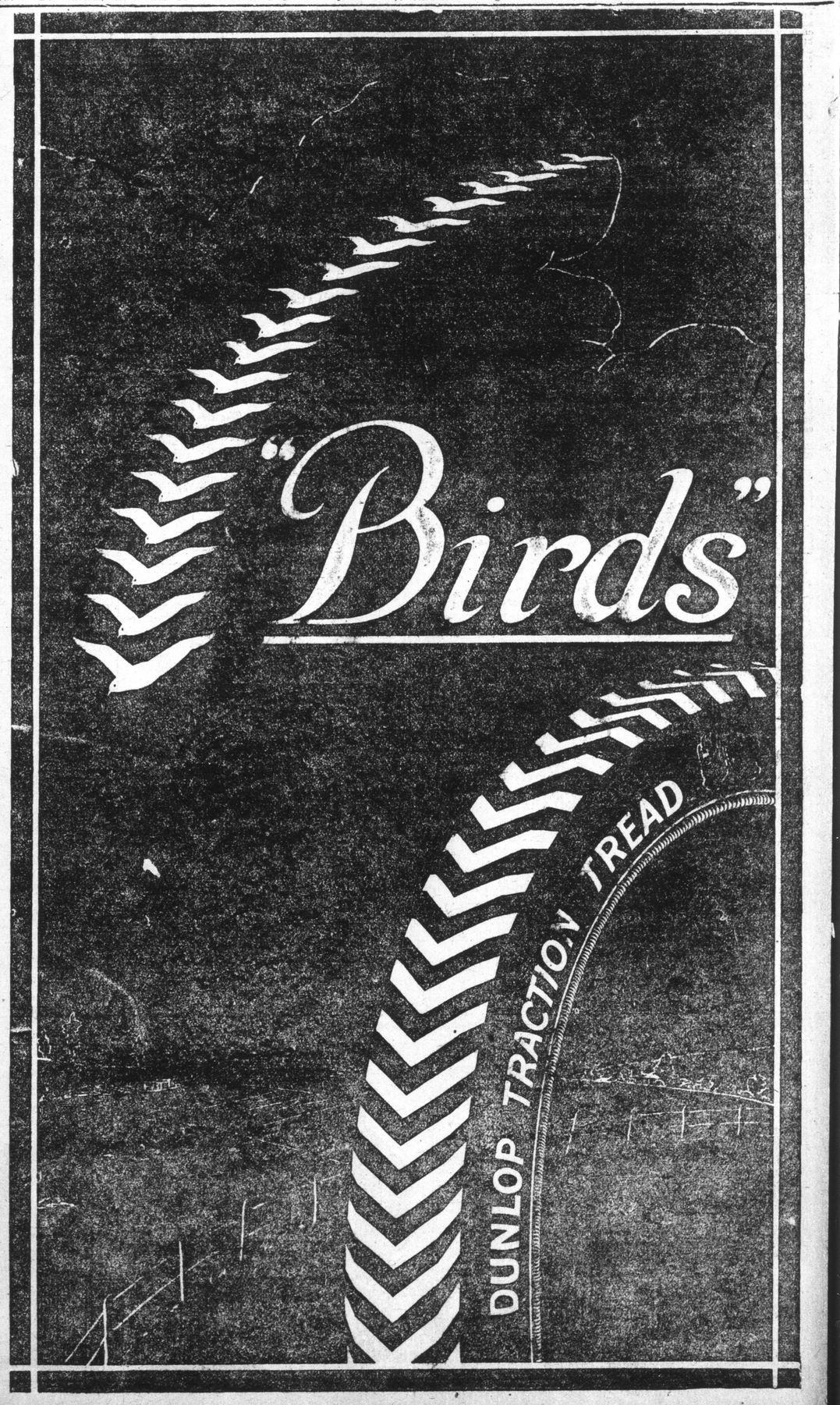
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