

THE EASY WAY TO GET FAT

**A Safe, Simple, Method Which Puts Flesh
on Thin Folks, Makes Skinny Men
and Scrawny Women Plump
and Attractive.**

50c PACKAGE FREE TO PROVE IT



Thin Folks Get the Cold Shoulder, Socially and in a Business Way

Modern scientific skill has at last been successful in devising a simple home treatment which works wonders in making undeveloped men and bony women gain flesh rapidly, even if they have been thin and scrawny for years.

This seems too good to be true, you say? Well, the test is free and surely the test will tell. You see it is this way with thin folks. Most thin persons eat enough, many eat too much, but the trouble is that they do not assimilate their food properly.

Assimilation is the process which turns food into flesh. Let any scrawny woman gain this power to properly assimilate her food and she would quickly develop a figure which will be the admiration of passersby. On the other hand, let any fat, jolly, happy-go-lucky man lose this power of assimilation, and his flesh will quickly leave him.

This marvelous new discovery, Sargol, seems to have the power of causing all kinds of thin folks to assimilate their food properly, then of course, nature takes care of the rest and they fat up to proper weight quickly. No severe diet stunts, no dosing. When Sargol once gets the body machinery working properly, the rest is easy. Take Sargol and you may, like many others, gain five or six pounds a week steadily.

It is truly remarkable the way that Sargol gets busy putting on good, solid flesh almost from the first dose. Take the case of Harry Rumford, of East One Hundred and Thirty-seventh street, New York, for instance. His report shows a gain of four pounds in less than 10 days. Or the case of Mrs. Gray of Camden, Me., who went from 132 pounds to 142 pounds in less than two weeks, or

Mr. J. F. Shields of Pittsburg, who gained five pounds in the first week and fifteen pounds by the time he had taken one treatment.

A man from Portland, Me., in sending for a second package of Sargol, happily christened this marvelous new discovery "THE THIN MAN'S FRIEND." A mighty good name, for we all know that thin, scrawny folks need friends more than fat happy-go-lucky people do.

Thin folks are pushed to one side in this day and age. It is the well developed ones that make the money and have the fun. Dress will not hide the skin and bones.

Arrangements have been effected whereby thin folks can make a private test of Sargol free of charge. Send your name and address to Sargol Co., 5 J Herald Building, Binghampton, N. Y. Pin this coupon to your letter and enclose ten cents to help pay distribution expenses and they will send you a full size 50 cent package in plain wrapper at once. Do it now and get your weight up where it should be before Easter.

Free Sargol Coupon

This certificate with ten cents to help pay postage and distribution expenses, entitles the holder to one 50-cent package of Sargol, the Flesh Builder. The Sargol Co., 5 J, Herald Building, Binghampton, N. Y.

TO EARN THE BIG SALARY LEARN RAILROADING.

There is no line of work to-day that pays the princely salaries as does that of Railroading. Mechanics and tradesmen, office and store clerks, street-railway men, etc., spend years in learning and training, only to find that they have entered overcrowded trades and lines, and are therefore compelled to accept small wages. Not so with Railroading.

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Winnipeg,
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The Young People.

Which Are You.

There are two kinds of people on earth to-day,
Just two kinds of people, no more, I say.
Not the sinner and the saint, for 'tis well understood,
The good are half bad, and the bad are half good.
Not the rich and the poor, for to count a man's wealth,
You must first know the state of his conscience and health.
Not the humble and the proud, for in life's little span
Who puts on vain airs is not counted a man.
Not the happy and sad, for the swift flying years
Bring each man his laughter and each man his tears.
No; the two kinds of people on earth I mean
Are the people who lift and the people who lean.
Wherever you go, you will find the world's masses
Are always divided in just these two classes.
And oddly enough, you will find, too, I wean,
There is only one lifter to twenty who lean.
In which class are you? Are you easing the load
Of overtaxed lifters who toil down the road?
Or are you a leaner, who lets others bear
Your portion of labor and worry and care?

—Ella Wheeler Wilcox.

A Guessing Contest.

The hostess said she had a guest, bearing a familiar name, whom she would like to introduce, although she felt sure she was known to every one in one or more of the forms that she was accustomed to assume. Programmes were passed bearing these sentences.

1. Cate never tells the exact truth—Prevaricate.
2. Cate is frail and gentle—Delicately.
3. Cate kindly points the way—Indicate.
4. Cate has a twin—Duplicate.
5. Cate seizes the property of others—Confiscate.
6. Cate leads a country life—Rusticate.
7. Cate brings others into trouble—Implicate.
8. Cate adds to the difficulty of a case—Complicate.
9. Cate takes leave—Vacate.
10. Cate makes things run smoothly—Lubricate.
11. Cate on occasion denies church privilege—Excommunicate.
12. Cate settles on a particular spot—Locate.
13. Cate is an eloquent pleader—Advocate.
14. Cate imparts much information—Communicate.
15. Cate offers a perplexing problem—Intricate.
16. Cate develops mental and physical powers—Educate.
17. Cate has an influence for evil—Intoxicate.
18. Cate believes in home life—Domesticate.
19. Cate will die if deprived of air—Suffocate.

What I Live For.

By Mrs. Linnaeus Banks.

I live for those who love me,
For those I know are true,
For the Heaven that smiles above me
And awaits my spirit, too;
For all human ties that bind me,
For the task by God assigned me,

For the bright hopes left behind me,
And the good that I can do.

I live to learn their story

Who've suffered for my sake,
To emulate their glory,
And follow in their wake:
Bards, martyrs, patriots, sages,
The noble of all ages,
Whose deeds crowd history's pages,
And Time's great volume make.

I live to hail that season,

By gifted minds foretold,
When men shall live by reason,
And not alone by gold—
When man to man united,
And every wrong thus righted,
The whole world shall be lighted,
As Eden was of old.

I live to hold communion

With all that is divine,
To feel there is a union
'Twixt Nature's heart and mine;
To profit by affliction,
Reap truths from fields of fiction,
Grow wiser from conviction,
And fulfil each great design.

I live for those who love me,

For those who know me true,
For the Heaven that smiles above me,
And awaits my spirit, too;
For the wrong that needs resistance,
For the cause that lacks assistance,
For the future in the distance,
And the good that I can do.

An Age Combat.

Write the following questions on cards. The answers all end in age. It is a suitable game for a birthday party or any other affair where something is needed to fill in part of the time.

1. What age will people reach if they live long enough? Dotage.
2. What age do people look forward to? Marriage.
3. A necessary attribute for a soldier? Courage.
4. What age is required at sea? Tonnage.
5. What age are we forbidden to worship? Image.
6. What age is neither more nor less? Average.
7. What age do people get stuck on? Mucilage.
8. What is the age of profanity? Damage.
9. At what age will vessels ride safely? Anchorage.
10. What age is necessary for a clergyman? Parsonage.
11. What is the age of communication? Postage.
12. What is the age most important for travellers? Mileage.
13. What is the most popular age for charity? Coinage.
14. What age is shared by a doctor and a chief? Pillage.
15. What age do we all wish for? Homage.
16. What age is the age of slavery? Bondage.
17. What age is served for breakfast? Sausage.
18. What is the most indigestible age? Cabbage.
19. What age belongs to the travellers? Luggage.
20. What age signifies the farmer? Tillage.
21. What age is an indication of wealth? Acreage.
22. What age is unfrayed and smooth? Selvage.
23. What age do milliners delight in? Plummage.