



The Second Quarter Century.

Twenty-five is a distinguished and significant age. Old men say, "When I was twenty-five," and boys say, "When I am twenty-five." It is a desirable age. For we are beginning the second of the three laps, and the most telling of the race. The first quarter century is past—we are on the threshold of the second. We have left off seeking education, directly, and are hunting for wealth and other things. The real battle of life starts at this age. Youth is full of hope, illusions; manhood is full of struggle, disillusionment. On your fitness to withstand that struggle depends the success of your life. Neglect of health will ruin your prospects. Only the healthful win success.

Abbey's Effervescent Salt

will give you health—will keep you healthful. Eminent physicians recommend it to their patients. Prominent persons certify to its efficacy. Its daily use keeps the system in good order. Abbey's Effervescent Salt has proven its efficacy as a cure and preventive in cases of La Grippe, Sleeplessness, Loss of Appetite, Biliousness, Sick Headache, Constipation, Rheumatism, Neuralgia, Spleen Affections, Nervous Depression, Indigestion, Sea Sickness, Flatulency, Gout, Fever, Skin and Kidney Complaints. Its use purifies the blood in a natural manner and clears the complexion.

The Daily Use of Abbey's Effervescent Salt will keep you in good health.

SOLD BY ALL DRUGGISTS AT 60 CENTS A LARGE BOTTLE. TRIAL SIZE, 25 CENTS.